We are Getting back to “normal”

In the last few months the opportunity for CBT Therapists and researchers to once again meet in person and be able to present their work and participate with their colleagues at their annual meeting has started again in Barcelona, Melbourne and New York. After over 2 years of virtually no face to face meetings life is getting back to some normality and we have been able to reconnect once again. However, we have all learned to keep our congresses, meetings and activities going through the pandemic and in many ways the experience will have increased accessibility for many therapists who have not previously been able to attend live events.

Even those associations who have not yet managed to return to a live or hybrid event are planning to do so in 2023.

This edition of the eNews has reports from each of these congresses and their plans for the future......and the most important event in 2023 is

more information on the next page

This is my last annual message, there will be a planned transition in leadership at the World Congress. Dr. Lata McGinn from Yeshiva University in New York City will take on the Presidency, and I want to take a moment here to thank her for all of her work over the years to help make the WCCBT a reality. She and I have discussed the idea of this type of global organization for many years, and I am very pleased for the confederation that she will take on the leadership. Until June, though, if you have any thoughts, suggestions, or criticisms about the WCCBT, please do feel free to contact me at ksdobson@ucalgary.ca.

Keith Dobson
Calgary, Canada
December 2022

From the President’s Desk

Dr. Keith S. Dobson, ksdobson@ucalgary.ca

Despite beginning in 2019 and on the very eve of the global pandemic, the World Confederation of Cognitive and Behavioural Therapies (WCCBT) is doing well. The Board of Directors, with representation from six regional associations has been meeting regularly and has been developing the policies and procedures to operate, even as we grow. As the pandemic unfolded, we continued to update materials related to mental health and optimal strategies to protect and enhance mental health using CBT strategies. The WCCBT also conducted a very successful first World CBT Day on April 7, 2022 (the date coincides with the World Health Organization’s World Health Day), in which there were presentations on most continents to showcase some of the developments and successes of CBT. We have continued to improve our internal operations, financial footing, and liaisons. Perhaps most importantly from my viewpoint, we undertook the opportunity of our third formal year of operation to revisit our mission and strategic plan, (which can be found on our web site; www.wccbt.org).

This is my last annual message, there will be a planned transition in leadership at the World Congress. Dr. Lata McGinn from Yeshiva University in New York City will take on the Presidency, and I want to take a moment here to thank her for all of her work over the years to help make the WCCBT a reality. She and I have discussed the idea of this type of global organization for many years, and I am very pleased for the confederation that she will take on the leadership. Until June, though, if you have any thoughts, suggestions, or criticisms about the WCCBT, please do feel free to contact me at ksdobson@ucalgary.ca.

Keith Dobson
Calgary, Canada
December 2022
Mensaje del Presidente – 2022

Dr. Keith S. Dobson, ksdobson@ucalgary.ca

A pesar de que iniciamos en el 2019 casi justo antes de la pandemia global, la Confederación Mundial de Terapias Cognitivo Conductuales (WCCBT), avanza bien. La Mesa Directiva, con la representación de seis asociaciones regionales, ha tenido sesiones regulares y ha estado desarrollando políticas y procedimientos para operar en la misma medida que ha ido creciendo. Con la pandemia desplegada, hemos continuado actualizando materiales relacionados a la salud mental y estrategias óptimas para proteger y mejorar dicha salud mental empleando estrategias de la Terapia Cognitivo Conductual. La Confederación (WCCBT) también llevó a cabo un muy exitoso primer Día Mundial de la TCC el 7 de Abril del 2022 (el cual coincide con el Día de la Salud de la OMS), en el cual hubieron presentaciones en muchos países para dar vitrina a algunos de los desarrollos y logros de la TCC. Hemos continuado mejorando nuestras operaciones internas, bases financieras y vínculos. Tal vez, lo más importante, desde mi punto de vista, fue que nos dimos, en nuestro tercer año formal de operaciones, la oportunidad de revisar nuestra misión y nuestro plan estratégico (el cual puede ser encontrado en nuestro sitio web; www.wccbt.org).

Nuestro plan estratégico revisado incluye muchas de las mismas actividades de antes, además del Día Mundial de la TCC el 7 de Abril del 2023 mucho más enfocado al público en general. También hemos incluido la idea del Comité de Estándares y Entrenamiento. Este comité está trabajando ahora revisando los estándares globales de entrenamiento en el campo de la TCC para desarrollar una definición de TCC que corresponda a un rango de guías que las organizaciones puedan adoptar voluntariamente para encaminar iniciativas de entrenamiento y, si es apropiado para diferentes países y regiones, un sistema de acreditación.

Si bien este trabajo no es de cumplimiento obligatorio, lo que se espera es que un amplio rango de definiciones y guías aceptadas ayude a unificar esfuerzos globales en esta materia y así promover el entrenamiento donde, actualmente, no es tan activo como lo esperado.

Un importante foco que tiene la Confederación Mundial en el 2023, será el Congreso Mundial de TCC, el cual está programado desde el 1 hasta el 4 de Junio en Seúl, Corea del Sur (vea www.wccbt2023.org). Este Congreso Mundial, debido a la pandemia, tuvo el retraso de un año, pero su planeamiento ahora está a toda máquina. Una emocionante lista de conferencistas magistrales y expertos en talleres están listos y la web oficial está abierta ahora para sumisiones de trabajos. Esperamos ver 3000 participantes en el COEX Centre, sede principal del congreso en Corea del Sur, justo en el corazón de Seúl. Espero, si tienen la oportunidad, que hagan su sumisión de alguna presentación y estén presentes en el congreso y podamos ver cómo la TCC se ha desarrollado en los años recientes. Por favor, síéntanse libres de saludarme cuando estemos en el congreso y ¡tomémonos una foto juntos!

Este es mi último mensaje anual, dado que habrá una transición ya planeada de la presidencia en el Congreso Mundial. La Dra. Lata McGinn, de la Yeshiva University en New York asumirá el cargo y

Deseo tomarle un momento aquí para agradecerle todo el trabajo realizado a través de estos años ayudando a hacer la Confederación Mundial una realidad. Ella y yo venimos conversando la idea de este tipo de organización global por muchos años y me siento muy complacido por la confederación en la que ahora llevará el liderato. Hasta Junio, si tienen cualquier idea, sugerencia o crítica acerca de la Confederación Mundial, por favor, contácteme a ksdobson@ucalgary.ca.

Keith Dobson
Presidente, Confederación Mundial de TCC (WCCBT)
Calgary, Alberta - Canadá
The Congress will run for 3 full days from Friday 2nd to Sunday 4th June, and there will be 30 Pre-Congress workshops offered on Thursday 1st June 2023.

The Congress theme, “Global CBT Dissemination, Accessibility and New Technology”, addresses the reality that CBT is currently evolving at a rapid pace, and yet there is a vast unmet global need that requires an innovative and comprehensive dissemination strategy.

The Congress program will include:
- 25 invited Pre-Congress workshops
- 35 invited addresses
- 15 parallel scientific sessions each day
- Symposia, debates, clinical roundtables, etc.
- Multiple streamed open paper sessions
- 30 In-congress workshops
- High-profile continuous poster sessions
- Technical, software, and equipment demonstrations
- A large-scale exhibition

Revised Call for Papers Schedule

Don't miss a great opportunity to present at the World Congress!

Key submission dates and deadlines are now:

1st September 2022 | Call for Papers Opens
Symposia, full day and half day in-conference workshops, panel debates, clinical roundtables, open papers, and poster presentations.

12th February | Call for Papers Closes
Symposia, full day and half day in-conference workshops, panel debates, clinical roundtables, open papers, and poster presentations.

Information including the electronic submission procedures, Congress streams, and examples of different presentation formats is available on the website www.wccbt2023.org

For up to date information visit the Congress website www.wccbt2023.org
News from the WCCBT Board

Despite the continuing impact of the Pandemic the Board and the WCCBT Executive Group continued to meet regularly and its final meeting of 2022 will be held on 19th December. This year we were even able to hold our first face-to-face Board meeting during the Annual Congress of EABCT in Barcelona in September.

The launch of the first World CBT Day on 7th April 2022 to coincide with World Health Day which marks the anniversary of the founding of the World Health Organisation (WHO) in 1948, was a major achievement and all the WCCBT member associations participated. You can read about the success of the day on the next page. Three of our associations also used their contribution to the day to be part of the first Global Leaders Programme and we were able to recognise David Barlow, USA, Mark Dadds, Australia and Freedom Leung, Hong Kong as part of this initiative.

As reported in the last eNews (April 2022) the Board has been looking at what it has achieved in its first 3 years and what it still needs to do. The Board has revisited the Mission Statement, the Goals it set in 2019 and its new Strategy for 2023 - 2026. These will be presented at the 2nd General Meeting in Seoul in June 2023 together with any revisions of the By-laws that will help to take forward the work of the Confederation

As we have grown older it has also been time to make a decision on who will take over the Presidency of the WCCBT from Keith Dobson whose term will come to an end in June 2023. We are pleased to be able to announce that Dr Lata McGinn, has been elected as the President-Elect and will take up her role next year. Lata has now relinquished her role as Secretary of the WCCBT and that role has been taken on by Rod Holland

We are also pleased to announce that the Canadian Association of Cognitive and Behavioural Therapies is now a permanent member of the WCCBT following a memorandum of understanding between ABCT and CACBT. Through this agreement they have agreed to share the two seats on the WCCBT Board allocated to North America. We are also nearing a formal agreement with the Australian Association which will enable AnzACBT in New Zealand to also become a full WCCBT member

Training in CBT

The Goals of the WCCBT
Develop and Support CBT through training
Foster the dissemination of training in CBT worldwide

From the inauguration of the WCCBT in 1999 one of the Confederations important goals has been to have a focus on training and how we can support its development worldwide.

A Training and Accreditation Committee from WCCBT Member associations under the leadership of Board member and Officer-at-Large, Luis Oswaldo Perez Flores was set up and has been meeting once in every month since June 2022 by zoom.

Luis has been joined on the Committee by Jacquie Cohen, Andrea Ashbaugh, Joseph Inhaber, Firdaus Mukhtar, Mehmet Sungur, Helen Macdonald, Julio Obst Camerini and Gabriel Persan.

The group is discussing issues related to establishing training standards and guidelines for practitioners who apply CBT in their daily practice. It is hoped that these guideline will apply to all CBT practitioners all over the world and it is intended that they ready to be supported at the next WCCBT General Meeting in Seoul June 2023.

A number of associations have well developed training standards and guidelines and some even have processes in place for accrediting individual practitioners and even CBT Training courses. It is not the intention of the WCCBT to impose a new set of standards but rather to look at the commonalities that exists and learn from the experience of member associations. This work will of course help those new and developing CBT associations around the world who are in the early stages of their development.

The group recognised that it is difficult to talk about core competencies without some clarity on the definition of Contemporary CBT or “Modern CBT”. As CBT is no longer a single approach and has an ever changing and ever evolving nature based on collaboration with the client(s) and integration of evidence based (empirically supported) therapies, the committee initially started with making a broader definition of CBT. It has then formed task forces to look at different topics for establishing standards of CBT training.

The subgroups (task forces) are:-
1. Acquisition of basic knowledge
2. Client Engagement and Collaboration (including therapeutic relationship)
3. Assessment and Case Conceptualisation
4. Treatment Structure and Strategies (interventions)

Any one who is interested in the work of this group and would like to contribute is invited to get in touch with Luis on loperezflores@yahoo.es
WORLD CBT DAY

The inaugural World CBT day was held on April 7th, 2022, as authorized by the Board of Directors of the WCCBT. Six events took place to mark this initial celebration of cognitive and behavioral therapies, and included events in Europe, Asia, North America, South America, and Australia. These various events were sponsored or managed by a variety of organizations, which deserve great credit and recognition for their efforts in making the day successful.

The program for the World CBT day workshops, professional talks, and public presentations. Doctor Mark Dadds from the University of Sydney provided a workshop entitled “Beyond the manual: How behavioral family interventions work in the real world”, sponsored by the Australian Association for Cognitive and Behavioural Therapy. This was a live event.

The other World CBT Day activities were all virtual, in light of the continuing effects of the global COVID pandemic. A second workshop was provided by Dr. Freedom Leung from the University of Hong Kong. This workshop, entitled “Doing CBT’s with the help of neuroscience” was pre-recorded and hosted by the Association for Behavioral and Cognitive Therapies (ABCT) in the United States.

A second activity also pre-recorded and hosted by ABCT was a lecture by Dr. David Barlow from Boston University entitled “Neuroticism and disorders of emotion: A new synthesis and approach to treatment”.

Three additional activities formed part of the first World CBT day. A series of interviews that highlighted and celebrated the contribution of influential women in the development, training and dissemination of CBT’s was presented by the European Association of Behavioral and Cognitive Therapies, and hosted by its President, Katy Grazebrook. This set of interviews included presentations by Drs. Anne-Marie Albano, Judith Beck, Susan Bologe, Diane Chambless, Kristene Doyle, Anke Ehlers, Melanie Fennell, Isabel Fernandez, Edna Foa, Iris Fodor, Elena Heinz, Irina Lazarova, Rosemary Nelson-Gray, Irene Oestrich, Christine Padesky, Monica Williams, and Janet Wolfe. (A recording of these interviews is still available on www.EABCT.eu)

A second panel discussion was sponsored by the Latin American Association of Analysis, Modification of Behaviour and Cognitive and Behavioural Therapies (ALAMOC). This panel discussion, conducted in Spanish, included Hector Fernandez Alvarez, Luis Perez Flores, Wilian Viera Melo, Maria Esther Lagos, Luis Perez Flores, Wilian Viera Melo, Maria Esther Lagos, Julio Obst Camerini, Jose Britos Rivas, Juan Jose Moles Alvarez, Sergio Paz Wactson, Roberto Mainieri, Wilber Castellon, Martin Gomar and Keith Dobson.

Finally, Dr. Mehmet Sungur, the Past President of the International Association of Cognitive and Behavioral Therapies conducted an Instagram and YouTube program with a very well-known actor, writer and influencer in Turkey, Ceyda Duvenci. The topic of the discussion was “The impact and significance of CBT in understanding and reducing human suffering and improving quality of life”.

As the above demonstrates, the World CBT Day included presentations to clinical professionals, the academic community, and the public at large. Some of the presentations included a modest registration fee, the proceeds of which will be eventually returned to the World Confederation of Cognitive and Behavioral Therapies, but the primary goal of the event was to highlight the contributions of cognitive and behavioral therapies to the world, and to instil further interest and activity at the international level. World CBT day was a marked success, despite the modest resources that were dedicated to it, and it is hoped that a more vigorous and larger World CBT day will take place on April 7th, 2023.

Keith S. Dobson, PhD
President, WCCBT

2023 WORLD CBT DAY
Save the Date
Friday 7th April 2023

The World Confederation of Cognitive and Behavioural Therapies

The WCCBT is a world organisation representing CBT and board members with representatives from:

- Asian Cognitive and Behaviour Therapy Association (ACBTA): acbta.org
- Association for Behavioral and Cognitive Therapies (ABCT): abct.org
- The Canadian Association of Cognitive and Behavioural Therapies: cacbt.ca
- Australian Association for Cognitive and Behaviour Therapy (AACBT): aacbt.org
- Aotearoa New Zealand Association for Cognitive and Behavioural Therapies cbt.org.nz
- European Association for Behavioural and Cognitive Therapies (EABCT): eabct.eu
- International Association for Cognitive Behaviour Therapy (IACBT): i-acbt.com
- Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductua (ALAMOC): alamoc-web.org

Send information for the eNews to Rod Holland, WCCBT Secretary at newsletter@wccbt.org
It was a wonderful summer for EABCT with the opportunity to hold our 51st Annual Congress in Barcelona. We were hoping to attract 700 delegates to attend in person but instead we welcomed 1127 and this clearly demonstrated the wish from delegates across Europe to return to a live meeting again. Our delegates came from 59 countries not only from all the corners of Europe but also from 19 countries further afield and travelling from as far as Australia, Japan and North America. Since the congress was also able to stream 4 of the sessions to delegates remotely we increased registrations by nearly 200 delegates and the opportunity for anyone who had registered to watch the recordings of these sessions for more than the event had ended made the congresses accessible to as many people as possible without losing the opportunity for people to meet in person. This is a model EABCT will continue to adopt into the future including our next congress in Antalya, Turkey in 2023.

The scientific programme included 11 live Pre Congress workshops attended by over 300 delegates followed by a three day congress with 15 keynote addresses, 108 symposia, 18 skills classes and in-congress workshops plus over 250 poster presentations. This resulted in 576 speakers having the opportunity you present their work many for the first time in their career. An excellent report on the congress has been prepared by Mieke Ketelaars and Maria Bekendam who are both science journalist and part of the scientific team of the Dutch Association for Behavioural and Cognitive Therapies (VGCt). Their report looked at some of the latest research results from the congress and how these translate into clinical practice? In the first part of their report, they asked some of the keynote speakers (Ioana Alina Cristea, Italy; Emily Holmes, Sweden; Carmelo Vázquez, Spain; Gerhard Andersson Sweden; Paul Gilbert UK; Kerry Young UK; Keith Dobson, Canada; Claudé Bockting, the Netherlands; Todd Farchione, USA and Caroline Braet, Belgium) about their field of expertise. In the second part they provide a summary of several of the symposia that were run during the Congress. The report can be viewed on the EABCT website.

EABCT22 51st Annual Congress
Barcelona on 7-10 September 2022.

AACBT22 our 42nd National Conference
Melbourne on 13-15 October 2022

We welcomed 300+delegates over the three days, and they enjoyed 4 streams of scientific program over 2 days, plus 1 day of workshops.

Our days were headlined by Willem Kuyken and Cammi Murrup-Stewart, plus a diverse range of invited speakers - the topics covered ranged from mindfulness, First Nations peoples, ABI, personality disorders, trauma, and trans & gender diverse young people.

Feedback was excellent, including:

“...the diverse keynote topics were excellent, useful, and thought-provoking. It was fantastic to see colleagues in person after two years of hiatus. I had a wonderful time. Thank you AACBT! I look forward to next year’s national conference!”

“...the presentations left me thoughtful about my practice and definitely keen to return to another AACBT event. There was an open mindedness that was evident at this conference that has been missing at some previous and other conferences - an acceptance of different professions and ideas while maintaining scientific rigour. This was very encouraging and I left the conference feeling energised and hopeful for the future of CBT in Australia.”

It has also been a double celebration for Ross Menzies, AACBT representative and the Treasurer of the WCCBT. At the AACBT Conference in Melbourne Ross was awarded the Distinguished Career Award for his Contribution to Cognitive or Behavioural Research and Therapy. Rachel and Ross Menzies were also the proud winners of the People’s Choice Award at the 2022 Mark & Evette Moran NIB Literary Awards for their book “Mortals” (Allan and Unwin) which focussed on death anxiety and examines all the major human responses to death across history. Congratulations and you can view the award ceremony on this link.
The International Association of CBT has formed a joint committee with the Academy of CBT to further delineate our affiliation. They now jointly publish a Newsletter “Advances in Cognitive Therapy” and their official journal “International Journal of Cognitive Therapy” which is moving into a new era. John Riskind, will step down from the journal as editor in a January 2023 after serving the IACBT for over 20 years and they are deeply grateful for his service. John will be working closely with the new editor, Edward Seby, from Rutgers University in New Jersey. IACBT is also welcoming Dennis Titch, President of the NYC-CBT Association and The Compassionate Mind Foundation USA, as a new Board member.

This year IACBT and the Academy Boards have also jointly launched a new Humanitarian Award and thanks go to Bob Leahy for spearheading this initiative. It was excellent news that Iga Jaraczewska has been recognised as the first recipient of this award. Iga is a clinical psychologist and CBT supervisor from the Polish Association of CBT which is a member of EABCT. During the last year, Iga has been instrumental in organizing training for therapists in Poland and Ukraine who are working with refugees. This program is now online and is available worldwide for free for anybody who is interested in learning about how to help refugees. Iga and her colleagues have been fortunate to be able to recruit some of the top people in the world in Cognitive Behavior Therapy.

It was also a pleasure to learn that Lynn McFarr, IACBT President and Board member of the WCCBT has been awarded the 2022 ABCT Distinguished/Outstanding Contribution for Education/Training in recognition of the profound influence that her work has achieved for so many people over so many years. The International Congress of Cognitive Psychotherapy (ICCP) was held virtually in May, 2021. It was a tremendous success with participants from across the globe spanning the world of CBT held in the most trying of times! With the recent change in name to the International Association of Cognitive Behavioral Therapy (IACBT) to reflect the broader umbrella of CBT while still honoring their cognitive roots their Congress is also being rebranded to be the IACBT Congress. However, due to shifting world circumstances IACBT’s proposed 2024 Congress site is being changed and the Board of Directors of IACBT is soliciting new bids for the International Congress of Cognitive Behavioral Therapy (ICCBT 2025) in June. Bids will be considered at a meeting to be held in, January 17, 2023, and a successful host city and organization will be named at that time, or as soon as possible thereafter.

Congratulations go to Dr Patricia Resick who gave ABCT’s Lifetime Achievement Award Address on “Cognitive Processing Therapy for PTSD: Where We Have Come and What is Next” during the convention.

Cultivating Joy With CBT.

Put a date in your diary for 2023 and join ABCT in Seattle and celebrate the convention theme of Cultivating Joy With CBT. Within this theme the convention will highlight advances across research, practice, and education that feature approaches to addressing inequity and injustice within our field, as well as improving mental health, physical health, meaning, and well-being in the world. Information about the convention and how to submit abstracts will be on ABCT’s website, www.abct.org, after January 1, 2023 and the online submission portal will open on 7th February 2023.

Listen to Keith on www.wccbt2023.org

Promoting Inclusiveness in CBT: Perspectives and Challenges

8th Asian CBT Conference

6th to 9th March 2024

The India Habitat Centre, New Delhi

Themes

- CBT in everyday life issues I Child & Adolescent issues I Apathy, Anger and Aggression I New trends in Anxiety disorders I Early Intervention CBT models I CBT for Trauma, Grief & Abuse I Digital & Social media addiction I Environmentally consciousness behaviors I Issues of LGBTQ+ community I low and middle income groups
XIX LATIN AMERICAN CONGRESS OF ALAMOC – PANAMA, Sep 30th Oct 2nd.

The 19th Conference of ALAMOC held in Panama this year (XIX CLAMOC – 2022) was a completely academic success. The event dates were from September 30th y October 2nd. With its motto “Transforming impact of CBT as Aaron Beck’s legacy”, a post-memorial tribute was given to Dr. Aaron Beck, who passed away last year on November 1st.

This conference was organized by the Panamanian Institute of CBT (IPTCC) and was chaired by Dr. Ricardo Turner. 450 people from 21 countries participated.

Delegates from Argentina, Bolivia, Brazil, Canada, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, Spain, Guatemala, Honduras, Israel, Mexico, Panama, Paraguay, Peru, El Salvador, Uruguay, USA and Venezuela, join us in the event. The scientific program was composed by 8 workshops, 6 keynote speeches and 36 lectures that was held simultaneously in 3 or 4 rooms. As well, The ALAMOC General Assembly for Members was held the Conference.

The Keynote speakers were: Dr. Judith Beck (USA), President of Beck Institute and Dr. Aaron Beck’s daughter; Dr. Keith Dobson (Canada), President of the World Confederation of Cognitive and Behavioural Therapies (WCCBT); Dr. Luis Oswaldo Pérez Flores (Peru), ALAMOC delegate to the World Confederation of Cognitive and Behavioural Therapies (WCCBT); Dr. Julio Obst Camerini (Argentina), current President of ALAMOC; Dr. Hector Fernández-Álvarez (Argentina), award for distinguished contributions to the international advancement of Psychology by the American Psychological Association (APA), in 2016 and 2022; and Dr. Robert Leahy (USA), past-President of the American Association for Behavioural and Cognitive Therapies, the Academy of Cognitive Therapy and the International Association of Cognitive Therapy.

All lectures considered a period of questions and answers which allowed the interaction between participants and speakers. Those records were available for a week after the event was over. This was a virtual conference and a platform with cutting-edge technology was used. It simulated a convention centre through which participants could attend the lectures or events of their choice.

The academic display was complemented by artistic presentations which highlighted Panamanian folklore.

Dr Ricardo Turner
President XIX CLAMOC