At long last and after many years of preparation and challenges we are looking forward to welcoming delegates to the 10th World Congress of Cognitive and Behavioral Therapies on behalf of the Asian Cognitive Behavioral Therapy Association and the World Confederation of CBT. There is still two months to go before we meet in 1st June in Seoul and we are now expecting to be joined by nearly 2500 delegates from over 50 nations around the world.

We are committed to continuing the tradition of successfully organizing the most important international event in the world of CBT. WCCBT 2023 will provide a platform for thought-provoking discussions on the future of CBT, considering different historical, philosophical, and theoretical approaches to our field, particularly in this new era of rapidly evolving technologies. The Congress will be an ideal opportunity for you to connect and reconnect with CBT professionals from around the globe.

Seoul, the capital of Korea, is the heart of Korea’s culture and education and for those of you who will be making the journey we will be ensuring a warm welcome and an experience that you will remember for a long time.

The closing date for submissions to present at WCCBT2023 has now closed and we are able to report that there has been an excellent response from around the world. We are going to be able to put together a first class scientific programme of symposia, skills classes, clinical round tables and debates, in-congress workshops, open papers and posters. The full programme will soon be available on the congress website alongside the invited keynote addresses and Pre-congress workshops which are already available for you to see.

We now invite you to the scientific programme of WCCBT2023 and a great opportunity to listen to talks and workshops that will be given by many well-known experts in the field of cognitive behavioural therapy and to the many new researchers and practitioners who will be presenting their work for the first time.

For up to date information visit the Congress website www.wccbt2023.org

There is still time to register before the online registrations closes on 14th May.
We are now just a few short weeks away from the 2023 World Congress of Cognitive and Behavioral Therapies in Seoul, South Korea. This conference represents a milestone in the development of global mental health, as it brings together experts from around the world to both share their knowledge and skills, and to communicate directly with each other. The last three years of the global pandemic has severely tested everyone, and in particular the ways in which our health care systems have managed the enormous number of people with significant anxiety, depression relationship distress, substance use and other problems that were attendant to the pandemic. The CBT community has responded extremely well to this crisis; for example, sharing best practices, and developing and deploying of distance technologies. Indeed, some of the (few) positive legacies of this global pandemic will be an increased understanding of how to use digital technologies to optimize mental health, and the infrastructure to do so.

I am an optimist by nature, but recent events suggest that I should perhaps temper this tendency. The Russian invasion of Ukraine has generated global tensions, large numbers of displaced persons, and the threat of potentially even more international dispute. Even the ability to converse among colleagues from Russia and elsewhere has been affected. The recent horrific earthquakes in Syria and Turkey show how fragile humans are in the face of nature. But perhaps of most concern to me, and of serious global portent is the risk of ongoing environmental disasters, leading to possibly the largest numbers of global refugees in history. Although humans are remarkably resilient in the face of stress and trauma, I worry that our global political, economic and health systems will be severely tested in the coming years, and possibly beyond their breaking points. In this regard, organizations such as the WCCBT are sorely needed, to work together among different regions of the world, to share resources, and to optimize the number and training of health care providers to meet these global challenges.

It has been my privilege to serve as President of the WCCBT. I will conclude my term at the 2023 World Congress and transfer the role to Dr. Lata McGinn. I have worked with Lata for many years now in different organizations and I have every confidence that she will maintain and surpass whatever contributions I have been able to make in this role. She will also be in office until the next World Congress, which will take place in June, 2026 in San Francisco, USA. I am curious to see how the WCCBT will evolve around the world to both share their knowledge and skills, and to communicate directly with each other. The last three years of the global pandemic has severely tested everyone, and in particular the ways in which our health care systems have managed the enormous number of people with significant anxiety, depression relationship distress, substance use and other problems that were attendant to the pandemic. The CBT community has responded extremely well to this crisis; for example, sharing best practices, and developing and deploying of distance technologies. Indeed, some of the (few) positive legacies of this global pandemic will be an increased understanding of how to use digital technologies to optimize mental health, and the infrastructure to do so.

Worried about the future of the world and its ability to cope with the challenges ahead, I believe that the WCCBT has a vital role to play in bringing together experts from all over the world to share knowledge, skills, and best practices. The organization must continue to evolve and adapt to the changing needs of the global mental health community. The WCCBT has a unique opportunity to be a leader in the development and implementation of evidence-based practices and guidelines for mental health care around the world. I am confident that the WCCBT can meet this challenge and ensure that the global mental health community is equipped to respond to the needs of the 21st century.

In closing, I want to thank the members of the World Congress of Cognitive and Behavioral Therapies organization for their hard work, dedication, and commitment to advancing the field of mental health. Their contributions have made the World Congress a success, and I am proud to have been a part of it. I look forward to seeing what the future holds for the WCCBT and its members, and to seeing how they will continue to make a positive impact on the lives of millions of people around the world.

Keith S. Dobson
President, WCCBT
GACBP Greece will celebrate World CBT Day through a series of talks and lectures related to psychotherapy with invited guest speakers including Katy Grazebrook the President of EABCT. Visit www.gacbp.com

You can reserve your spot by visiting the following link: https://www.eventbrite.com/e/livestream-tickets-588529185637

On behalf of IACBT (https://i-acbt.com) and TACBP (Turkey) Mehmet Sungur will be interviewed by well-known public figures about the importance of the World CBT Day and significance of evidence-based therapies on 7th April. On Instagram where a couple of thousand people will attend and listen.

Instead of a World CBT Day the Indian Association of CBT (IACBT) is having a World CBT Week. On 5th April Nimisa Kumar, President of IACBT will be running an online workshop for undergraduate psychology students. On the 7th IACBT is planning to have a live talk on CBT on Instagram or Facebook. On 8th there will be a CBT Open House for students and practitioners and on 10th a short play (drama) on emotions is going to be held in one of the Psychology colleges in New Delhi in collaboration with a theatre group. On the same day there will be a slogan writing competition on mental health awareness with prizes awarded to the best three slogans. Members of IACBT will also be giving talks on CBT and mental health awareness in different parts of India. Visit http://iacbt.org to see the full programme

Understanding and Managing Psychological Reactions following the Earthquake Disaster

Following the tragic disaster that struck Turkey and Syria on 6th February 2023 Mehmet quickly produced “A self help book for Understanding and Managing Psychological Reactions following the Earthquake Disaster”. This book has been written for survivors of the Earthquake Disaster and is given free of charge to those people who have been directly and indirectly exposed to the devastating consequences of trauma. The original first edition of the book was written in the year 1999 following the Marmara Earthquake and this version is now extended covering the needs of children and adolescents in addition to adults, psychological first aid for victims of trauma, and is tailored according to the needs of the new earthquake survivors and is dedicated to the people who have lost their lives and their loved ones who are left behind in pain and those people who generously volunteered to work at the earthquake area with ultimate compassion for helping victims to survive and maintain their basic needs.

The Turkish Association, TACBP is also running education courses on psychological first aid and self-help about how to manage psychological reactions that emerge following the EQ disaster for the public.

You can also find a link on the WCCBT website (https://www.wccbt.org) to a UTube presentation on Psychological First Aid that Lata McGinn, WCCBT President-Elect produced to train Polish Mental health Workers working with Ukrainian refugees which translates well across all disasters.
Assessing Competency – A global approach

Andrea R. Ashbaugh, Ph.D., C. Psych
Associate Professor, University of Ottawa
WCCBT Training and Accreditation Committee

In March, I had the great pleasure to attend a 4-day workshop on the Ensuring Quality in Psychological Support (EQUIP) competency assessment tool endorsed by the World Health Organization in Tunisia. Not only was the training a fantastic opportunity to learn about a new tool to assess clinical competency, it was also a great opportunity to meet clinicians from all corners of the globe, many of whom work for humanitarian organizations providing supervisory support to helpers in the field. It was a concrete reminder for me of how difficult it is to access mental health specialists globally. Indeed, the EQUIP tool was developed in recognition that, in many instances, mental health specialists are not the individuals necessarily providing mental health supports.

EQUIP is a competency assessment tool and online platform aimed at improving mental health and psychological support services. The EQUIP tools and platform are freely accessible and there are over 11,000 registered users globally. The main users are organizations aimed at providing services to underserved populations and those requiring urgent psychological support, including refugees and those living in war zones. It is designed to be used by supervisors of helpers (e.g., those working in the field, trainees etc.) to assess basic therapeutic helping skills and to identify, with the goal of eliminating, potentially harmful behaviours.

At the core of EQUIP is ENACT (Enhancing Assessment of Common Therapeutic Factors), a competency rating tool which focuses on 15 common therapeutic factors that were identified in systematic review as commons factors (e.g., verbal communication, non-verbal communication etc.) relevant to helpers in low- and middle-income countries (Pedersen et al., 2020). Supplemental competency modules are also available, including tools related to group therapy, and remote work, some manualized interventions (e.g., Problem Management Plus) and some general therapeutic orientations. The competency modules most relevant to CBT practitioners are Cognitive Competencies, Motivational Enhancement Competencies; Problem Solving Competencies; Stress Management & Relaxation Competencies.

For each competency tool raters identify different categories of behaviours (e.g., unhelpful, basic, advanced) believed to be pertinent to the competency being assessed. If any unhelpful behaviour is identified the helper is rated as a level 1, the idea being that it is imperative to identify behaviours in helpers that are potentially harmful. If no or some but not all basic skills are identified they are rated as a level 2, if all basic skills are identified they are rated as a level 3, and if all basic skills and any advanced behaviour is identified they are rated as a level 4. These ratings can be completed based upon either standardized role plays (either brief role plays to assess a specific competency or longer role plays in which all competencies are assessed) or live observation. In addition to the basic competency rating, recommended roles plays with prompts to assess each competency are also available. A web platform is also available to help track competencies and identify areas of growth. One particularly notable strength of EQUIP is that this tool appears to be quite adaptable across different cultural contexts.

How is this tool useful for CBT practitioners? The core ENACT tool allows for a standardized way of assessing basic helping skills that are integral to any form of therapy. Therefore, CBT practitioners who are supervising trainees, whether as part of Ph.D. programme, supervised practice, or other allied mental health practitioners, will appreciate having a tool to assess basic helping skills in a standardized manner. Personally, am looking forward to integrating it into my supervisions. Additionally, with the additional CBT related competency tools are a welcome addition to the few CBT competency tools currently available, such as the Revised Cognitive Therapy Rating Scale (Blackburn et al., 2001). Indeed, the checklist nature of the competency tools and the role play prompts, may make it easier tool to use when assessing competency compared to some other CBT competency tools. Furthermore, the specificity of the competency tools is also helpful. For example, there are separate tools for Behavioural Activation and Cognitive therapy. Of course, all of this is based on the personal opinion of one CBT practitioner for a relatively new assessment tool. I hope to see more research, particularly on the CBT related tools, examining the utility and validity of the EQUIP platform. If you would like more information on EQUIP, including access to the tool, as well as relevant peer-reviewed publications, you can go to the website, equipcompetency.org.

References:
Mission The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global multidisciplinary organization dedicated to the prevention, assessment, and treatment of mental distress and suffering, and the promotion of health and well-being through the scientific development and implementation of the broad range of evidence-based cognitive and behavioural approaches.

The WCCBT Member Associations cover:
- Asia, represented by the Asian Cognitive and Behavioral Therapy Association (ACBTA)
- North America, represented by the Association for Behavioral and Cognitive Therapies (ABCT) and Canadian Association of Cognitive and Behavioral Therapies (CABCT) Canadiana des thérapies cognitives et comportementales (CACBT/ACBCT)
- Australia, represented by the Australian Association for Cognitive and Behavioural Therapies (AACBT) and Australian New Zealand Association for Cognitive and Behavioural Therapies (ANZACBT)
- Europe, represented by the European Association of Behavioral and Cognitive Therapies (EABCT)
- Latin America, represented by the Latin American Association of Analysis, Behavioral Modification, and Cognitive and Behavioral Therapies (ALAMOC)
- The International Association of Cognitive Behavioral Therapy (IACBT; formerly the International Association of Cognitive Therapies (IACCT)
- The International Association of Cognitive Psychotherapy (IACP) is also a member.

But at present there is no regional association to represent the continent of Africa.

One of the Strategic Aims of the WCCBT has always been to support the development and profile of Cognitive and Behavioural Therapies (CBT) worldwide, while promoting equity, inclusion and diversity. Included in this aim is the determination to support the development of a regional association in Africa with full membership of the WCCBT. This may take a few years but we are starting by highlighting work that has taken place in four established CBT associations in Morocco, Tunisia, Egypt, and South Africa.

EABCT initiated a Pan African CBT Network when they held their annual congress in Marrakesh in Morocco in 2013. This congress provided a real opportunity for clinicians, academics, and researchers interested in CBT in Africa to come together and the Pan African CBT Network was formed with the aim of identifying and making links with colleagues with an interest in CBT in countries in Africa. The initiative has recently been revived and EABCT is keen to link it to the Mobile Academy that they have been developing to provide elements of CBT training to associations or countries where local opportunities for CBT training are limited, or may benefit from additional support.

Moroccan Association of Behavioral and Cognitive Therapy
Association Marocaine de Thérapie Comportementale et Cognitive.

It was in 1997 that members of the Francophone Association for Training and Research in Behavioral and Cognitive Therapy (AFORTHECC) gave up their time and energy to train a group of Moroccan psychiatrists at the TCC. This group then formed the core of the Moroccan Association of Behavioral and Cognitive Therapy (AMTCC) in 1999 with the aim of disseminating CBT in Morocco. Since that time the AMTCC has continued to promote behavioral and cognitive therapy by holding an annual congress and running study days and supervision programs for therapists who wanted to increase their knowledge of cognitive-behavioural therapy.

In 2002, the Faculty of Medicine of Casablanca established a university degree and subsequently a diploma of applied TCC to medicine and AMTCC has participated actively in these programs. This has led to a meteoric rise in the practice and availability of CBT as an alternative or complimentary approach to traditional treatments for mental health problems.
The Egyptian Association for Cognitive & Behavioral Therapy

The Egyptian Association of CBT (EACBT) was founded in 2013 and has grown steadily ever since. It is a multidisciplinary organization committed to the advancement of scientific approaches to the understanding and improvement of human functioning through the investigation and application of behavioral, cognitive, and other evidence-based principles to the assessment, prevention, treatment of human problems, and the enhancement of health and well-being.

EACBT now represents over 1000 clinicians and psychotherapists in Egypt, and students who support the use of cognitive behavioral therapy to treat mental health disorders and improve health behaviors. They are dedicated to increased access to evidence-based, cost-effective models of care. Their membership promotes CBT as an effective form of treatment in the field and enhances collaborative relationships amongst individuals who utilize Cognitive Behaviour Therapies.

The association was founded by Dr. Reham Aly who was joined by a prestigious group of professors of psychiatry, young psychologists, psychologists and mental health professionals. Dr. Aly was nominated the president and was honoured by the complimentary presidency of Prof. Okasha the founder of modern psychiatry in Egypt.

EACBT has successfully run many activities including training workshops, symposiums and an annual CBT congress that have been well received in Egypt and across the Arab world. Their structured certificate for training and accreditation of CBT therapists continues to train CBT Therapists in Egypt.

Last year EACBT ran a free online congress on 25th February, entitled Contemporary Cognitive Behavior Therapy: Integrating basic & new techniques. This year they will be running a conference in October and since this is their 10th Annual Congress it will be a bigger event and a celebration of CBT in Egypt.

The ATCC is the national association for CBT in Tunisia. It was founded in 2012 by a group of psychiatrists specialized in cognitive-behavioral therapy. Its fundamental mission is the promotion and dissemination of Cognitive and Behavioural Therapies in Tunisia, and more globally in Northern Africa and the Arab world.

The ATCC has participated in the training of dozens of new CB-therapists each year and since 2012, members of the board have been teaching students of the two Tunisian university degrees in CBT. These two degrees, taught by the Faculty of Medicine of Tunis and the Faculty of Medicine of Sousse, train psychologists, psychiatrists, as well as non-psychiatric doctors in the practice of behavioral and cognitive therapies. As a result of this commitment the number of behavioural and cognitive therapists in Tunisia has increased from 15 in 2011 to more than 100.

ATCC also organizes regular teachings for its members which are part of their ongoing professional development. In 2023, it plans to introduce an annual supervision cycle for newly graduated young therapists to supervise them at the beginning of their professional careers and enable them to obtain the certification of the ATCC as a cognitive behavioural therapist.
The online submission portal for general submission will open on February 7, 2023.

The congress theme "Life after the pandemic (Bolivia) from April 18th to 20th in 2024.

Santa Cruz is a paradise with a tropical savanna climate, exciting nightlife, amazing wildlife, and unique culture. You will experience local vendors, traditional clothing, time -honored customs, colonial architecture, and upscale restaurants. Santa Cruz de la Sierra is the gateway to amazing outdoor activities in Bolivia including hiking, watching wildlife, river rafting, and sandboarding. Although the city is still developing, it is one of the most contemporary cities in the country.

The city is an excellent example of traditional values combined with a modern lifestyle. This congress will take place in Santa Cruz de la Sierra, a fast -growing city in Bolivia.

In 2024. More information: clamoc2024santacruz@yahoo.com

CLAMOC Santa Cruz de la Sierra 2024

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For more information visit: www.xxclamoc.org