



eNEWSwccbt

World CBT Day Update



Bosnia and Herzegovina (BHUKBT): Webinar: *What is CBT and how can it help?* and an online quiz "CBT myth buster quiz" will be held and published on BHUKBT's social media networks

Cyprus (CACBP): Three online presentations to celebrate World CBT Day are being held 8th April 19:30-20:30: *An Introduction to Acceptance Commitment Therapy (ACT)* by George Pepetsios, CACBP. President 11th April 19:00 - 20:00: *The importance of training and specialization in Cognitive Behaviour Therapy* by the IPSEPA training institute - 13th April 10:00-11:00: *Psychotherapy in people with an immigrant background in Cyprus. Challenges and needs of the immigrant population*, by Andronika P. Italou - CACBP. secretary

Germany (DGVt): A composition of edited scenes from their Training Videos will be made available on YouTube for free for 14 days.

Italy (SITCC) is organizing a live 3 hour zoom event on 2th April with Antonio Pinto talking about *CBT for schizophrenia* followed by a question and answer session and live discussion with the participants.

Serbia (ACBTS): All their therapists will be giving free sessions on 7th April and they will also be hosting a free webinar about *CBT for the public Serbia (SRABCT)* is organizing an online event, on the "Assertive communication: how can CBT help? - Q&A + training", for colleagues and the general population. On 7 April questions on assertiveness will be invited and on 9 April therapists will hold a Q&A session, followed by assertiveness training session. SRABCT members will also promote CBT in settings outside the CBT community. World CBT Day will be celebrated with announcements on the website and social networks.

Turkey (TABCT): Two free online events. One for the public hosted by a well-known TV personality. Mehmet Sungur (President) and Yusuf Sivrioglu (Vice President) are the guests and will give information about CBT and psychotherapy in general emphasizing the importance of adequate training. The second meeting "CBT: From Yesterday to Today, From Today to Tomorrow" is for mental health professionals TABCT Board members and young CBT therapists will be the speakers in this interactive event and give information about the status of CBT and CBT training in Turkey and the world.. They will also focus on the future of CBT and CBT derived psychotherapies and talk about current training standards and their importance.

Ukraine (UACBT/ UKBT). Everyone on the board is being asked the question "what is CBT for them?". They are making a carousel on Instagram, and call on subscribers to share their definitions and how someone uses CBT in life.

United Kingdom (BABCP): Senior Clinical Advisor Helen Macdonald and Rachel Handley, from their Course Accreditation Committee talk about the importance of training, and the benefits of a Accredited course for trainees. Helen and BABCP President Saiqa Naz, talk about the importance of accredited training. A full transcript is available. BABCP's Course Accreditation Managers Jason Roscoe and Angela Dingwall have written a blog about training from a trainee and course director's perspective.

The International Association of Cognitive Behaviour Therapy (i-ACBT) is hosting an Instagram Live training event, *Modern CBT & Its Reflection on Training* on Sunday April 7th, 2024 at 12:30pm CST. The event will be freely available on Instagram and can be accessed by visiting the Instagram profile of either member Dr. Mehmet Sungur (@dr.mehmet_sungur) & Dr. Scott Waltman (@socraticmethodcbt).

To coincide with this event IACBT is excited to announce that Free Student Memberships are to be made available inspired by our mission statement of connecting international CBT researchers, providers, and communities to ensure that global modern integrative CBT is innovative, personal, charitable, and accessible. Students can register for free memberships using this link <https://i-acbt.com/register/free-student-membership/>



The Asian Cognitive Behavior Therapies Association will have Kyong-Mee Chung from South Korea who is also ACBTA's Global Ambassador in 2024 deliver a webinar on "CBT and the era of AI: The Next Wave" via zoom platform on the 7th of April.

In **Malaysia**, Alvin Lai Oon Ng is producing a video based on Keith Dobson's slides on CBT training. This will be available on his YouTube channel and social media sites, as well as on the ACBTA website, Facebook and Instagram. Firdaus Mukhtar and her team of psychologists at Universiti Putra Malaysia will be launching cognitive restructuring infographics in the Malay language targeting Muslims going back to their hometowns during the Eid Festival (called Hari Raya Aidilfitri in Malaysia) that starts on 10th April.

The Indian Association of CBT (IACBT) is holding a video presentation by Keith Dobson on CBT early in the day on 7th April. They are also running a webinar on Promoting awareness in CBT Practice on 7th April at 7pm featuring Rima Mukherji and Susmita Halder.



The Australian Association (AACBT) has planned a series of short videos on CBT topics and some of their keynote speakers who will be presenting their conference this year will be promoting their upcoming talks.

The New Zealand Association (AnzaCBT) is planning a national radio interview across the country and will be putting information on this event on their website.