

## Scientific Program

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global multidisciplinary organization dedicated to the promotion of evidence-based cognitive behavioral strategies designed to evaluate, prevent, and treat mental conditions and illnesses. ABCT is a member of WCCBT.

The WCCBT 2026 Congress will take place in San Francisco, California, from Thursday, June 25 to Saturday, June 27. Post-Congress workshops will be held on Sunday, June 28. San Francisco has a rich history of innovative psychological research in areas including CBT, neuroscience, mental health disparities, and health services for underserved populations.

The theme of the 2026 Congress is “**Health for All: Affirming, Equitable, and Sustainable CBT.**” This theme emphasizes WCCBT’s aim to promote mental and physical health for individuals worldwide through cognitive-behavioral approaches that affirm personal agency, resilience, and identities; meet individual needs while also reducing health disparities at the population level; and are sustainable in their intended settings. The Scientific Committee will especially encourage submissions that target the 2026 Congress theme.

## Confirmed Speakers

### Dixon Chibanda, M.D.

Director, Friendship Bench  
Associate Professor, Department of Population Health,  
London School of Hygiene & Tropical Medicine  
Associate Professor, Department of Psychiatry, University  
of Zimbabwe College of Health Sciences

### Michelle Craske, Ph.D.

Distinguished Professor of Psychology and of Psychiatry  
and Biobehavioral Sciences at the University of California,  
Los Angeles (UCLA)  
Kevin Love Fund Centennial Chair  
Director, UCLA Anxiety and Depression Research Center  
Associate Director, UCLA Staglin Family Music Center for  
Behavioral and Brain Health

### Jessica Schleider, Ph.D.

Associate Professor of Medical Social Sciences at North-  
western University

### John Pachankis, Ph.D.

David R. Kessler, M.D. '55 Professor of Public Health (Social  
and Behavioral Sciences) at Yale School of Medicine  
Professor of Psychology and Professor of Psychiatry at Yale  
School of Medicine

## Congress Tracks

- Aging and lifespan psychology
- Anxiety disorders
- Artificial intelligence and technology-based interventions
- Basic processes and experimental psychopathology
- Behavioral medicine, chronic illness, and integrated primary care
- Child and adolescent mental health
- Conflict, disasters, and trauma- and stressor-related disorders
- Dissemination and implementation science
- Family- and caregiver-based interventions
- Feeding and eating disorders
- Interventions and care delivery models in the context of resource limitations
- LGBTQIA+
- Mood disorders and suicidality
- Neurodevelopmental and autism spectrum disorders
- Obsessive-compulsive and related disorders
- Personality disorders
- Positive psychology and resilience
- Promoting diversity, equity, inclusion and reducing stigma
- Psychedelic-assisted interventions
- Schizophrenia spectrum and other psychotic disorders
- School-based interventions
- Sexual wellbeing and/or partnership concerns
- Sports and performance-related interventions
- Substance use
- Training, supervision, and credentialing
- Transdiagnostic and therapeutic processes