World Confederation of Cognitive and Behavioural Therapies (WCCBT)

By-Laws

1. History

The first by-laws were voted upon by the six founding member associations of the World Confederation of Cognitive and Behavioral Therapies (hereafter referred to as the WCCBT), which came into effect on 7th January 2019. These by-laws were developed by a sub-group of the World Congress Committee (WCC), to extend the remit of the WCC that successfully supported the organization of the trienniall World Congress. Since then, the by-laws are updated by the WCCBT Board of Directors on a regular basis.

2. Mission

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global multidisciplinary organization dedicated to the promotion of health and well-being through the scientific development and implementation of evidence-based cognitive and behavioural strategies designed to evaluate, prevent, and treat mental conditions and illnesses.

3. Aims

The aims of the WCCBT are to:

(a) Promote application of Cognitive and Behavioural Therapies (CBT) and evidence-based therapies to treat and prevent psychological disorders and to improve wellbeing around the globe;

(b) Support the development and profile of CBT worldwide to build workforce capacity; training and competence in evidence-based therapies across the globe;

(c) Develop a worldwide network to share news, information, and issues in CBT;

(d) Develop and support effective implementation of CBT through training;

(e) Facilitate and support research in CBT.

4. Incorporation and Authority

The WCCBT is legally incorporated in the state of New York, with offices in New York City, in the United States of America and, therefore, will abide by the legislation for not-for-profits at the state and federal level. The rules contained in the most recent edition of “Robert's Rules of Order” shall govern the WCCBT.

5. Membership and Benefits

5.1. Members of the WCCBT shall consist of regional and national associations, federations, not-for-profit and for profit organizations, and institutes (hereafter referred to as “organizations”) that represent behavioural, cognitive, and cognitive-behavioural therapists, students and trainees, and that educate, advocate on behalf of, promote, and disseminate behavioural, cognitive, and cognitive-behavioural therapies, broadly conceived.

5.2. Categories of Membership

There are two categories of members: Full members, and Affiliate members. Membership into the

WCCBT, including the membership designation assigned to the organization, is at the sole discretion of the WCCBT Board of Directors.

5.2.1. Full Membership

a) Full membership was initially given to the members of the World Congress Committee that predated the WCCBT (see article 1). These founding full members include one regional organization from each of the six geographical regions of the world (Asia, Australasia, Europe, North America, and South America, Central America, Mexico, and the Caribbean), and the International Association for Cognitive Behavior therapy (IACBT). As such, the founding full Members of the WCCBT include:

- Asian Cognitive and Behavior Therapy Association (ACBTA) representing Asia
- Association for Behavioral and Cognitive Therapies (ABCT) representing North America
- Australian Association of Cognitive and Behaviour Therapy (AACBT) representing Australasia
- European Association of Behavioural and Cognitive Therapies (EABCT) representing Europe
- Latin-American Association of Analysis, Behavioral Modification, and Cognitive and Behavioral Therapies (ALAMOC) representing Latin America.
- International Association for Cognitive Behavior Psychotherapy (IACBT)

b) If other regional organizations (1) exist within a geographic continent already represented in the WCCBT, and (2) meet the criteria for full WCCBT membership, the Board will work collaboratively with the existing regional member organization to facilitate their inclusion. The initial step involves encouraging the current member organization and the prospective regional member to establish an equitable system for Board representation, whether through division or rotation, and to cooperate in supporting the new organization's membership process. However, if the parties within the region fail to form a partnership, agree on representation, or if the existing regional member refuses to include the prospective organization in the WCCBT, the Board reserves the right to proceed with the new membership. In such cases, the terms of representation and rotation will be determined through a majority vote of the board.

Assuming that all members below successfully complete the required forms and meet criteria for full Members of the WCCBT, they will include:

Representing Asia
Asian Cognitive and Behavior Therapy Association (ACBTA) (*two seats*)

Representing Australasia
Australian Association of Cognitive and Behaviour Therapy (AACBT) (*one seat*)
The Aotearoa New Zealand Association for Cognitive Behavioural Therapies (AnzaCBT) (*one seat)*

Representing Europe
European Association of Behavioural and Cognitive Therapies (EABCT) *(two seats)*

Representing North America:
Association for Behavioral and Cognitive Therapies (ABCT) *(one seat)*
Canadian Association of Cognitive and Behavioral Therapies (CACBT) *(one seat)*

Representing South America, Central America, Mexico, and the Caribbean
Latin-American Association of Analysis, Behavioral Modification, and Cognitive and Behavioral Therapies (ALAMOC) *(one seat)*
Latin-American Federation of Cognitive and Behavioral Psychotherapies (ALAPCCO) *(one seat)*

International Association for Cognitive Behavior Psychotherapy (IACBT) (two seats)

c) Full Membership may be made available in the future to not-for-profit regional organizations that: (1) represent a geographical continent not currently represented in the WCCBT (e.g. Africa), (2) are comprised of national associations, (3) represent all types of behavioural, cognitive, and cognitive-behavioural therapists, students and trainees, (4) educate, advocate on behalf of, promote, and disseminate cognitive and behavioural therapies, broadly conceived, and (5) meet criteria for full membership.

d) Full Member associations shall:
- Be legally registered as a non-profit organization in a country within the geographical region they represent;
- Be in good legal and financial standing;
- Subscribe to the goals of WCCBT as stated in the Mission Statement;
- Indicate their willingness to subscribe to the goals of the Mission statement by signing and sending appropriate documentation;
- Represent all forms and developments of behavioural, cognitive, and cognitive-behavioural therapies; - Have existed as an association for at least one year; - Exhibit good governance (e.g., has publicly available by-laws, policies, procedures, and board and officer terms); - Fulfill all Full Member Roles and Responsibilities.

e) Full Members shall have the following benefits:
- Reduced fees for their full members and students at the WCCBT congress;
- The ability to place information on the WCCBT website and in the newsletter, subject to adopted guidelines;
- The ability to hold national or regional conferences with the sponsorship and consultation from the WCCBT;
- The ability to vote on all matters related to WCCBT;
- The ability to have representatives on the Board of Directors.

5.2.2. Affiliate Membership.

a) There are three classes of Affiliate members that are available to organizations that meet one of the following criteria:

- Not-for- profit national member organizations that represent diverse forms of behavioral, cognitive, and/or cognitive-behavioral therapies within a geographical region of the globe, in terms of theoretical background, clientele, types of professionals accepted as members and activities but elect not to join WCCBT through a regional member organization or do

not yet have a regional organization within their region to which they can belong;

- Not-for- profit organizations that represent specific forms of behavioral, cognitive, and/or cognitive-behavioral therapy within a specific country or geographical region of the globe, in terms of theoretical background, clientele, types of professionals accepted as members and activities;

- For profit organizations that represent broad or specific forms of behavioral, cognitive, and/or cognitive-behavioral therapy within a specific country or geographical region of the globe, in terms of theoretical background, clientele, types of professionals accepted as members and activities.

b) All affiliate member organizations must: - Subscribe to WCCBT goals as stated in the Mission Statement; - Indicate their willingness to subscribe to the goals of the Mission statement by signing and sending appropriate documentation;

- Have a minimum of 25 members or employees;

- Pay the annual dues assessed to it by the WCCBT by March 31 of each calendar year;

- Have existed as an organization for at least one year.

c) Affiliate Members have the following benefits:

- Have reduced fees for their members at the WCCBT congress;
- Are able to place information on the website and in the newsletter, subject to adopted guidelines;
- Are able to hold national or regional conferences, with the sponsorship of the WCCBT;

6. Governance, Appointments, and Elections

6.1. The WCCBT Board of Directors shall consist of 12 members, including representatives from each of the full member associations detailed in article 5.2.1. b).

6.2. The Board of Directors shall appoint the following officers from among its membership: President, President-elect, Past- President, Secretary, Treasurer, and two Members at Large. If necessary, the Board of Directors may include more than 12 members, in order to fill the roles of Past-President, Secretary and Treasurer.

6.3. The responsibilities of the WCCBT Board of Directors and its officers are elaborated in the policies and procedures of the WCCBT.

6.4. Appointment of Board Members

6.4.1. Board members are comprised of representatives of the member organizations. In accordance with article 5.2.1. c), representatives are appointed by their member organization to represent it on the WCCBT Board.

6.4.2. Member organizations are encouraged to draw representatives from the wide swathe of their members or member associations.

6.4.3. The member organization agrees to appoint representatives to serve on the Board of Directors for a minimum of a 3-year term, with a suggested limit of three consecutive

terms.

6.4.4. Board members may be removed from the Board of Directors for cause, including the absence of the Director from 3 consecutive regular meetings of the Board, unless the said Director informs the sitting President in advance of the meeting that s/he is unable to participate or attend the scheduled meeting(s).

6.4.5. If a Board member needs to resign from their position, the member organization will nominate a successor for the remainder of the exiting Board member's term.

6.5. Election of Officers to the Executive Committee

6.5.1. To facilitate communication and address operational issues, there will be an Executive Committee comprised of the President, Immediate Past President, President-elect, Secretary, Treasurer, and two members at large from the Board (Communications and Oversight of training standards).

6.5.2. The Secretary will seek nominations for vacant officer posts of the WCCBT Executive Committee at least 3 months prior to the end of each year to enable the full complement of members.

6.5.3. A representative of the proposing member association should present the curriculum vitae of the nominee for discussion. The representative from at least one other member association is necessary to second the nomination.

6.5.4. If there are no nominations, the Executive Committee will nominate officers and send information to the Board Members for approval. Once approved, the EC will send information to the member associations one month before the end of the year. In nominating Officers to the Executive Committee, the Executive Committee should give due consideration to ensure that every effort is made to draw Officers across the member associations. Officers can be nominated from representatives of the member associations or from members of the Board.

6.5.5. All Officers are appointed for a 3-year term on the Executive Committee. To ensure continuity, Executive Committee terms will be staggered so that they do not occur in the same year, with no more than 4 elections or re-elections in any year. The Board will ensure continuity by seeking nominations for officers to serve a shorter or longer period, if necessary.

6.5.6. All members of the Board of Directors have one vote in any election process. The President will not normally vote but shall have the determining vote in the event of a tie.

6.5.7. Executive committee members who complete their Board term prior to the term of the Executive Committee will be permitted to complete their executive committee term.

6.5.8. When an Executive Committee member needs to resign from their position, the organization may nominate a successor to complete the remainder of the exiting Board member's term. A Director so chosen for a partial term of office of less than two years may serve a successive full term of office, if elected hereto.

6.5.9. Any Officer may be removed from the Board of Directors for cause, including the absence of the Director from 3 consecutive regular meetings of the Executive Committee and the Board, unless the said Director informs the sitting President in advance of the meeting that s/he is unable to participate or attend the scheduled meeting(s).

7. Meetings of the WCCBT

7.1. Meetings of the Board

7.1.1. The Board of Directors shall meet at least twice each year via tele or video conferencing, and ideally once a year in person in geographically broad places across member associations.
7.1.2. A quorum shall be 50% of the Board plus one.
7.1.3. Meeting schedules must be set at the beginning of each year. The agenda and supporting materials for each meeting must be circulated at least two weeks in advance.
7.1.4. Meetings may be called by the President, or by 50% plus one member of the Board of Directors.

7.2. Meetings of the Executive Committee

7.2.1. The Executive Committee shall meet once a month via tele or video conferencing, and ideally once a year in person in geographically broad places across member associations to handles and oversee the day-to-day operations and resource needs.
7.2.2. A quorum shall be 50% of the EC plus one.
7.2.3. The Executive Committee shall be updated on the WCCBT finances at each meeting.
7.2.4 Meeting schedules must be set at the beginning of each year. The agenda and supporting materials for each meeting must be circulated at least two weeks in advance.
7.2.5. Meetings may be called by the President, or by 50% plus one member of the EC.
7.2.6. The Executive Committee shall update the Board of Directors on their meetings by including minutes and a brief report.

7.3. General Meeting of Members

To ensure accountability of the Board of Directors, and to facilitate communication, a General Meeting of all Members and the constituents that they represent, will be held every three years at the World Congress.

7.3.1. The agenda for the General Meeting will include at minimum:

1. Opening/Introductions
2. President's Report
3. Treasurer's Report
4. Reports from Officers
5. Calls for nominations for future World Congresses
6. Any other business
7. Closing

7.3.2. The General Meeting of members shall be organized by the WCCBT and facilitated by the member association that organizes the World Congress that year.
7.3.3. The General Meeting of members shall be held in the host country of the World Congress,
7.3.4. The hosting member association will fulfill the terms of the signed agreement and the expectations outlined in the Congress manual, including organizing hospitality and networking opportunities.

7.4. Other Scientific Meetings

7.4.1. WCCBT member associations may arrange training events or mini conferences between World Congresses. Such activities may be endorsed by the WCCBT Board of Directors and use the affiliation of the WCCBT, subject to compliance with By-laws.

7. 4.2. To help to ensure the success of World Congresses, the WCCBT Board of Directors will not endorse any local or regional conferences held within two months and the same geographical region as the WCCBT congress.

8. Revenue and Budget

8.1. The WCCBT will receive regular revenue from annual membership dues from each member organization, proceeds from all annual Global Ambassador events from each member organization, and royalties from the member organization hosting the triennial Congress. The WCCBT will also be financially supported in-kind by each member associations contributing to the activities of the Confederation (administration, training, website, communications, etc.). The organization may also receive donations from any individual within or external to the organization.

8.2. An outline plan to generate revenue and develop a budget to fund the activities and cover the costs (e.g., office space and duties, incorporation, legal fees etc.) of the World Confederation will be submitted to the WCCBT Board for approval annually.

8.3. The host association of the World Congress will be responsible for facilitating the General Meeting of Members and funding the meeting rooms and the facilities (e.g. audio- visual equipment) necessary for the WCCBT general meeting.

8.4. All costs incurred by the Board of Directors and Representative of the member association(s), such as travel and accommodation, will be paid by the member association they represent.

8.5. The Board will receive a complimentary registration for any WCCBT congress they attend in order to fulfil their responsibilities.

8.6 No Board member or officer shall receive compensation from WCCBT for services rendered in that capacity.

9. Limitations of Liability and Indemnification

9.1 Nothing herein shall constitute members of WCCBT as partners or joint venturers for any purpose. No member, officer, director, employee or member of a committee of WCCBT shall be liable for his or her act or failure to act or for the act or failure to act by any other member, officer, director, employee, or member of a committee of WCCBT.

9.2 The Confederation shall indemnify and save harmless any officer, director, employee, or committee from any claims (and expenses, including attorney's fees, reasonably incurred in connection with opposing or defending against any claims) arising out of or pertaining to any act or omission of such person on behalf of the Confederation, except in the event of criminal, wanton or grossly negligent conduct; provided such office, director, employee, committee gives prompt written notice to the Confederation of the assertion of any such claim and cooperates with the Confederation and its insurer(s) in opposing and defending against such claim.

9.3 The Board of Directors may, by majority vote of the Directors not involved in the matter, indemnify and save harmless any officer, director, employee, committee from any and all claims (and any expenses reasonably incurred in connection with the defense of any claims) arising out of or pertaining to any act or omission of such person while acting on behalf of the Confederation if such person acted in good faith, was not opposed to the best interest of the Confederation and its members, and reasonably believed that he/she was not violating any criminal laws; provided such officer, director, employee, committee gives prompt written notice of any such claim to the Confederation and cooperates with the Confederation in opposing and defending such claim.

9.4 The Confederation irrevocably waives any claims it may have against any officers or directors for damages to the Confederation on arising out of or pertaining to any act or omission of such persons except those claims arising out of or pertaining to the intentional doing of an unlawful act by such persons.

10. Conflict of Interest Policy

All officers, coordinators, committee chairs, and senior staff are required to acknowledge and comply with WCCBT's conflict of interest policy.

11. Employee and Volunteer Protection Open Door and Whistleblower Protection Policy

Pursuant to the New York State 2013 Nonprofit Revitalization Act, WCCBT has developed an Employee and Volunteer Protection Open Door and Whistleblower Protection Policy.

12. Distribution of Assets on Dissolution

In the event of the termination, dissolution, or the completion of the affairs of the WCCBT in any manner or for any reason whatsoever, its remaining assets, if any, shall be fairly distributed among its member organizations.

13. By-law Changes

The By-laws will be reviewed by the Executive Committee and presented at board meetings annually. Changes to these by-laws can be made by the Board of Directors, as necessary, and must be reported to the membership at the next General Meeting of members.

Adopted: June 25, 2026