



**World CBT Day**  
**Thursday, April 7, 2022**

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global organization, which brings together the regional associations of CBT from around the world. Incorporated in 2021, the WCCBT has a series of ambitious intentions (see [www.wccbt.org](http://www.wccbt.org)), including the promotion and dissemination of the broad range of CBTs and evidence-based therapies more generally.

As part of its work, the WCCBT is proud to launch **the inaugural World CBT day on April 7, 2022**, the same as the WHO World Health Day (see <https://www.who.int/campaigns/world-health-day>).

**World CBT Day** will include a series of lectures, workshops and a documentary from around the world:

**Dr. Mark Dadds**- Professor of Psychology, University of Sydney, Principal Research Fellow of the NHMRC, Director of Growing Minds Australia, and Co-Director of the Child Behaviour Research Clinic.

**Beyond the manual: How behavioural family interventions work in the real world (Workshop)**

**Dr. David Barlow**- Professor of Psychology and Psychiatry Emeritus, Founder of the Center for Anxiety and Related Disorders at Boston University, USA.

**Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment (Lecture)**

**Dr. Freedom Leung**- Professor and Head, Shaw College, Chinese University of Hong Kong, past president of the Hong Kong Psychological Society, senior consulting clinical psychologist for the Office of Student Affairs and the Human Resources Office of CUHK, Hong Kong.

**Doing CBTs with the Help of Neuroscience (Workshop)**

**Women in CBT**- The European Association for Behavioural and Cognitive Therapies will present a recording of key women in CBT: **“Inspiring female leader in CBT: A brief documentary”**. This is a series of interviews of women who have made a significant contribution to the development of CBT and are important role models. The interview with Diane Chambless, Edna Foa, Iris Fodor, Judy Beck, Christine Padesky, Susan Bögels, Kristerne Doyle, Janet Wolfe, Elena Heinz, Anne-Marie Albano, Anke Ehlers, Isabel Fernandez, Rosematy Nelson-Gray, Irene Oestrich, Melanie Fennell. Link onto the website at [EABCT.eu](http://EABCT.eu) to see the documentary on 7<sup>th</sup> April

These presentations are being coordinated by regional organizations, where further information can be found. The workshop offered by **Dr. Dadds** is being coordinated by the Australian Association for Cognitive and Behaviour Therapy (AACBT). The presentation will take place

beginning at 09:00 in Melbourne (UTC +10 hours). For further information go to [https://bit.ly/WorldCBT\\_2022\\_Dadds](https://bit.ly/WorldCBT_2022_Dadds)

The presentations by **Drs. Barlow and Leung** are being coordinated by the Association for Behavioral and Cognitive Therapies (U.S.A.). For further information and to register go to <https://services.abct.org/world-cbt-day-event>.

Dr. Keith Dobson  
President, WCCBT

**Dr. Mark Dadds****Beyond the manual: How behavioural family interventions work in the real world**

A range of family intervention techniques can promote positive change in children with conduct problems and their families, however, engaging such families can be difficult, drop rates are high, and change can be hard to achieve when the parent's own issues dominate. This workshop will focus on strategies that can be used to maximize parental engagement, reduce drop-out, and facilitate positive change, in difficult families. First principles theories and a process model of consultation will be presented that is utilizable across a range of child and family problems. The structure of the workshop will be: 1) Theoretical tools: Behavioural, attachment, structural, and cognitive tools. 2) Assessing the causes of child and family problems: didactic presentation of content advances and a process model for family therapy and empowerment. 3) Therapy Process: work through the process phases using a videotaped example of a family in therapy. Structured but playful behaviour rehearsals will be used for skill development. Participants should emerge with a refreshing perspective on successfully working with families seeking help with child behavioural and emotional problems.

**Dr. David Barlow****Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment.**

I will describe an approach to anxiety, depressive, trauma related, and other disorders, now conceptualized as "emotional disorders" because of shared underlying dimensions uncovered by the study of traits or temperaments. Central to this approach is a functional model of emotional disorders describing common factors that account for the development and maintenance of these conditions based largely, but not exclusively, on the temperament of neuroticism. The presentation will conclude with a description and supporting data on a unified transdiagnostic treatment approach for the full range of emotional disorders directly targeting the underlying temperament of neuroticism and associated temperamental characteristics.

**Dr. Freedom Leung****Doing CBTs with the Help of Neuroscience**

Advances in neuroscience research in the past few decades have enabled us to develop a much better understanding of how human mind works in different psychological disorders. In clinical psychiatry, Insel (2014), the ex-director of NIMH in the US, advocated a paradigm shift toward "precision medicine for psychiatry". He argued that clinical interventions for any psychiatric disorder should be based on the precise understanding of the pathophysiological mechanisms of the disorder and how different interventions may correct the condition. Following Insel's ideas, I'll integrate recent findings from neuroscience on how human mind works in different psychological disorders, and propose a neuroscience-based treatment model for CBT. Treatment of adjustment stress-related disorders will be used to illustrate how this neuroscience-based model of CBT works in clinical practice.