



eNEWSwccbt

Congratulations WCCBT2023

It was worth the wait. Although delayed by one year because of the pandemic and with the organisers having to face many of the other challenges that living in an uncertain world has seen over the last 4 years the 10th World Congress in South Korea was a massive success.

On the 2nd June the World Congress opened at the Coex Convention & Exhibition Center located in the heart of Gangnam, Seoul's business district and for the next three days delegates were able to benefit from the largest international gathering of CBT researchers and clinicians to meet in Asia. The scientific committee, chaired by Younghee Choi from the METTAA Institute in Korea assisted by his co-chair Simon Blackwell and an international scientific committee, succeeded in attracting well know people from across the world to deliver invited addresses, workshops and plenary sessions covering all areas where CBT is proving to be the treatment of choice for an increasing number of mental



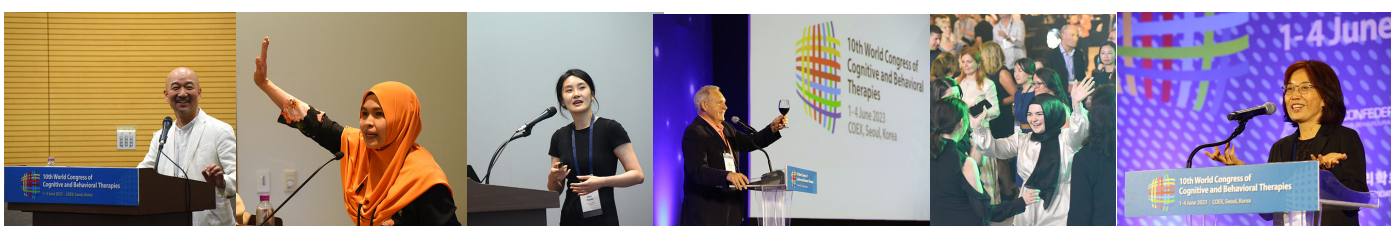
and physical health problems. The response to the call for papers to participate in the scientific programme from across the world was outstanding and resulted in delegates being able to choose to attend 64 symposia, 45 open paper sessions, a range of skills classes and in-congress workshops as well as more than 500 poster presentations. In addition, there were popular sessions organised by the Korean Association of Cognitive Behavioural Therapy and the Korean Clinical Psychology Association targeted at the many Korean students who were able to attend the congress.

WCCBT2023 succeeded in registering 2758 people to attend the Congress which was an amazing achievement. With the Congress attracting delegates from 55 countries it was a truly international a meeting. In particular it raised the profile of CBT in South Korea and the congress has introduced many students to the exciting work that is taking place in Korean, Asia and across the world.

In addition appreciating of the work of the scientific committee for making the programme such a success the WCCBT would also wish to express its thanks and gratitude to the Asian Cognitive Behaviour Association (ACBTA) for agreeing to bring the World congress to Asia, to Jung-Hye Kwon who began the work to bring the congress to South Korea as far back in 2016 and more recently to the hard work and hospitality of Kee-Hong Choi and Kyongmee Chung, co-chairpersons of the Congress who made the Congress such a success for so many delegates



The launch of the congress at the opening event



Younghee Choi
Co-chair
Scientific Committee

Firdaus Mukhtar
President
ACBTA

Speaker

Keith Dobson
Past President
WCCBT

Party time

Kyongmee Chung
Co-chair
Organizing Committee

Lata McGinn. President WCCBT

It is now three months since the successful 2023 World Confederation of CBT (WCCBT) Congress in Seoul organized by the Korean Association of CBT and the Korean Clinical Psychology Association and held on behalf of the Asian CBT Association (ACBTA). Congratulations to the Co-Chairs of the Organizing Committee, Dr. Kee-Hong Choi and Dr. Kyong-Mee Chung, and to the Co-Chairs of the Scientific Committee Dr. Younghee Choi and Dr. Simon Blackwell for their tremendous work and creativity and for making us all feel welcome. I also want to thank Dr. Firdaus Mukhtar and the rest of the ACBTA leadership for providing colleagues across the globe with the opportunity to exchange ideas, form collaborations, and learn about the important work in CBT being conducted in Asia.



I want to thank Dr. Keith Dobson for his stellar leadership and achievements over the last four years as president of the WCCBT. It has been my sincere privilege to serve with him. Despite the tumultuous years we faced with the COVID-19 pandemic, the WCCBT made major strides during his presidential term. The WCCBT received its formal incorporation, and thanks to ABCT's generosity in providing the WCCBT with administrative support, we set up headquarters in New York City, the home of the United Nations. The WCCBT launched its website and e-newsletter thanks to Rod Holland and the EABCT. The WCCBT set up its first budget thanks to AACBT's Ross Menzies, and formalized partnerships between ABCT and CACBT to form the North American Alliance and between AACBT and AnzaCBT to form the Australasia alliance. Thanks to AACBT's Dr. Sarah Egan, the WCCBT created COVID-19 resources, nominated colleagues to the two W.H.O working groups on dementia and Alzheimer's disease and mental health and addictions. We also provided materials to the South African Association of CBT to assist them in their launch, launched April 7th as World CBT Day, launched the Global Ambassador program, and hosted a successful WCCBT congress in Asia thanks to ACBTA. And finally, with gratitude for WCCBT's training committee, comprised of representatives from all our member associations and led by ALAMOC's Dr. Luis Flores, the WCCBT completed and formally approved the WCCBT's training guidelines this year.

As we look ahead, the future is bright for the World Confederation of CBT, and I am humbled to serve as WCCBT's president over the next three years. I look forward to sharing my vision in the next edition of the e-News for what we hope to achieve over the next three years and I am honored to work alongside the WCCBT board and the boards of the WCCBT member associations to achieve these aims.

Introducing our new WCCBT Board members



Marie do Céu Salvador (Portugal)

Marie do Céu Salvador, is the new EABCT representative. A clinical psychologist based at the Center for Research in Neuropsychology and Cognitive and Behavioral Intervention at the University of Coimbra, Portugal, Marie is also the current President of the Portuguese



David Dozois (Canada)

David J. A. Dozois is a Professor of Psychology and Psychiatry, and Director of the Clinical Psychology Graduate Program at the University of Western Ontario. David is the new representative of the Canadian Association of Cognitive and Behavioural Therapies (CACBT)



Laura Hernandez Guzmán (Mexico)

Laura Hernández-Guzmán is ALAMOC's WCCBT Board representative. She is currently tenure a Professor at National University of Mexico (UNAM). She has served as President of the Mexican Society for Behavior Analysis and chaired the 1998 WCCBT World Congress held in Acapulco, Mexico



Melissa Norberg (Australia)

Melissa Norberg is the National President of the Australian Association for Cognitive and Behaviour Therapy. She is an Associate Professor in Psychology and Deputy Director for the Centre for Emotional Health, Macquarie University and is AACBT's new WCCBT Representative

NEWS FROM THE WCCBT BOARD

The WCCBT Executive and Board meets regularly and was able to hold its meeting on 3rd June at the 10th World Congress in Seoul. The meeting was followed by the WCCBT 2nd General Assembly on 4th June. More recently the new Board met for the first time on 18th September chaired by our new President, Lata McGinn.

The **2nd World CBT Day** took place on Friday 7th April 2023 with many CBT association contributing and connecting with a wide audience. See a report in this edition of the eNews. Plans are now underway to make the World CBT Day in 2024 another success. This year's **Global Ambassadors Programme** is also organized with all our member associations contributing (see pages 6 & 7). Next years Global Ambassadors will be announced early in 2024.

The review of the WCCBT **Mission Statement** and **Goals** and a new **Strategy for 2023 - 2026** has now completed and approved by the Board. A motion to approve minor changes in the **By-laws** to bring them up to date was also approved at the General Assembly and are now available to view on the WCCBT website.

Firdaus Mukhtar presented the **report** prepared by the **WCCBT Training and Accreditation Committee** who have been working to develop a global approach to quality training in CBT. Luis Peres, chair of the committee made the motion to approve the Guidelines at the Congress in Seoul and it was carried unanimously. The World Health Organisation is interested in training and the work that the WCCBT has been doing. There was an opportunity to meet with a representative from the WHO at the Congress in Seoul (see page 7) and since then Lata and Keith have been working on an affiliation contract with the WHO to take forward a project with the WHO.

Although it was hoped to have a formal meeting with African representatives at the World Congress there only as few delegates from South Africa and Uganda so could not go ahead. However, there had been an opportunity to talk with Shane Pienaar, the President of the South African Association who attended and is planning a CBT congress in Cape Town next year. Informal meetings at the World Congress also took place with delegates with connections in Nigeria and Ghana which it is hoped will lead to the formation of CBT association in these countries. The WCCBT will continue connecting with **African CBT associations** and people with an interest in CBT across the continent with the long-term aim of a Regional African association becoming a full member of the WCCBT.

The Board was pleased that the **10th World Congress** was a success both in terms of the programme and the number of delegates who attended. Planning has now begun to make the **11th World Congress** that will take place in San Francisco, California, USA from 24th - 28th June 2026 a success. The Board also agreed the timetable for proposals to host the **2029 World Congress** and one expression of interest was received from ALAMOC to host the congress at Foz do Iguacu, Brazil.

Ross Menzies stood down as AABCT rep at the Board meeting which meant that the position of **Treasurer** became vacant. However, since the financial situation of the WCCBT is only just beginning to be developed it was proposed that Ross be invited to continue for a further 3 years to continue with the work that he had started. The motion to reinstate Ross was carried unanimously.

Luis Peres also stood down from his role as Rep-at-Large and **Edgard Pacheco** ended his term as a Board representative of ALAMOC. Both Luis and Edgard were thanked for the work they had contributed to the WCCBT. The Board meeting at the Congress was also the last meeting that **Keith Dobson** would chair. The Board thanked Keith for all the work that he had done as President over the last 4 years and was thankful that he will remain as a member of the WCCBT Board and Executive for a further year as Past-President.

Congratulations to **Laura Hernández-Guzmán** (ALAMOC) who is the new Member-at-Large for with responsibility for communications and **Mehmet Sungur** (IACBT) who is the new Member-at-Large for with responsibility for training



Members of the WCCBT Board with the organisers of WCCBT2023 in Seoul



The WCCBT expresses its thanks to (left to right) Kyongmee Chung and Kee-Hong Choi, co-chairpersons of the Congress and to Younghee Choi and Simon Blackwel, co-persons of the scientific committee

WORLD CBT DAY: APRIL 7th 2023

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) began the process of holding World CBT Days in 2022. The date of April 7th was selected for these events, as it coincides with the World Health Organization's World Health Day, and as the intentions of the WCCBT align well with the goals of the World Health Day. In 2022, in part because of the ongoing global COVID-19 pandemic a relatively small number of selected events were conducted virtually. In April of 2023, it was not clear what the status of the pandemic would be, and so regional and national organizations were encouraged to consider either in person or virtual events, as best suited their circumstances.

In advance of the World CBT day, discussions were held about the theme. It was determined that **"Living in an uncertain world"** would be appropriate, in part due to the anxieties associated with the continuing pandemic, the ongoing global distress caused by the Russian invasion of Ukraine, environmental problems, and other more local circumstances. Further, much is known about the nature of stress, anxiety and uncertainty, and CBT is highly recommended as an intervention for stress, anxiety and uncertainty. Given this decision, a set of PowerPoint slides were created and distributed within the WCCBT network, with the encouragement but not the requirement for their use. Thus, local groups and organizations were encouraged to celebrate World CBT Day 2023 with the general theme of living in an uncertain world, but considerable latitude in what was presented and how. The other aspect of the organization was that whereas the 2022 World CBT Day had been focused on CBT practitioners, it was decided that the 2023 World CBT Day would be focused on the population at large, with public events where possible. It was also suggested that social media could be used as a primary form of dissemination.

With the above having been determined, the following is a list of the major events that occurred on or near April 7th, as part of the world CBT day.

GACBP (Greece) celebrated World CBT Day through a series of talks and lectures related to psychotherapy with invited guest speakers including Katy Grazebrook the President of EABCT. This talk was entitled: Understanding and Managing Psychological Reactions following the Earthquake Disaster.

TACBP (Turkey) Following the tragic earthquakes that struck Turkey and Syria on 6th February 2023 Mehmet Sungur quickly produced a self help book for Understanding and Managing Psychological Reactions following the Earthquake Disaster. He was interviewed on 7th April evening by a public figure on Instagram. This activity was viewed by more than 62.000 people and was received by great appreciation from the public.

CSKBT (Czech Republic) presented short lectures on CBT, DBT, Schema Therapy and Compassionate Mind Therapy, which were streamed online and promoted by their younger colleagues on various social media platforms.



World CBT Day in New Delhi, India

ACBTS (Serbia) conducted an interactive Instagram and Facebook live sessions with influencers on Promoting Mental Health in an Age of Uncertainty See www.ukbt.org.rs The main themes are: Mental health stigmatization: Highlighted that mental health is just as important as physical health; Anxiety management: Explored strategies for managing dysfunctional worry, catastrophizing and intolerance of uncertainty; Access to qualified providers: Empowered individuals to seek help and providing list of qualified CBT professionals; Prevention: Promoted mindfulness practices and other techniques for self-care. Following the event, materials were summarised and compiled into a booklet for further reference.

CACBT (Croatia) offered free online presentations on CBT for the public held by therapists and supervisees. These were in the form of a lecture followed by questions from the audience.

CACBP (Cyprus) provided a pod cast and posted material on Facebook. <https://www.cacbp.com>

BHACBT (Bosnia and Herzegovina) ran free online presentations on CBT for the public held by therapists and supervisees. Following the main event, they made CBT promotion material for social channel in their local language. The main themes were: Evidence-based strategies to manage stress and anxiety based on CBT principles in a business environment (Title: " Rastresite stress), and Stress during pregnancy and after childbirth (Title: „Kako si se ti osjećala? Da li je ovo normalno?“). These activities were online and on the association's social networks: <http://kbt.ba> , <https://www.facebook.com/kbt.ba>,

BABCP (UK) organised a Twitter takeover the morning of the World CBT Day where the President of BABCP Saiqa Naz was on hand to share information about CBT @AskSaiqa on the theme of "Promoting Mental health in an Age of Uncertainty.

DGVT (Germany) participated on today's World CBT Day by offering a lecture on "Only save the world for a moment? The role of psychology in dealing with socio-ecological crises" by Prof. Dr. Gerhard Reese. This was streamed on vimeo.com

ALAMOC (Latin America) hosted a free virtual conference on 6th/7th April via Google Meets to celebrate World CBT Day. Speakers came from 8 countries, including Julio Obst Camerini (ARG), Bryan Oyarzum (CHI), Ricardo Rodríguez Biglieri (ARG), José Gaspar Britos (PAR), Wilson Vieira Melo (BRA), Edgar Pacheco Luza (PER), Guillermo Rivera Arroyo (BOL), Sergio Paz Watson (ECU), and Luis O. Pérez Flores (PER). This conference was attended by 650 professionals from 18 countries.

ABCT (USA) including their President, Jill Ehrenreich-May made a series of presentations. Information about the programme was posted on the ABCT forum, website www.abct.org, and social media platforms.

Beck Institute for Cognitive Behavior Therapy. In celebration of #WorldCBTDay by sharing a video of Beck Institute founder and Father of Cognitive Behavior Therapy, Dr. Aaron T. Beck. How will you celebrate CBT today? [youtube.com/watch?v=1OpFdU...](https://www.youtube.com/watch?v=1OpFdU...)

AACBT (Australian Association for Cognitive and Behaviour Therapy) organized 5-title social media posts on Twitter, LinkedIn, and Facebook. The tiles highlighted the importance of promoting mental health in an age of uncertainty, described the nature and role of the AACBT, and provided links to AACBT mailing lists and social media activities.

CACBT (The Canadian Association of CBT) organized social media posts so that people could link to their website and social media. Their Twitter handle is @cacbt and our Facebook page is <https://www.facebook.com/CACBT>

ACBTA (The Asian CBT Association) worked with the Universiti Putra Malaysia (UPM) to present a Zumba program with Celebrity Zumba Coach Adasandha Anuar. The theme Move for a healthier you was highlighted to encourage the community to improve mental health by doing physical activity, which is one of the activities encouraged in cognitive and behavioral therapy. Prior to the event, pamphlets were distributed, to provide information regarding CBT and how to seek treatment or help others who need assistance in term of psychological treatment.

IACBT (The Indian Association for CBT) organized a “World CBT week” in New Delhi from April 5- 10, 2023! Activities included a CBT Open house for students and practitioners to create awareness about mental health and CBT, a slogan writing competition for students on reducing stigma and creating awareness (with Amazon vouchers as prizes to three best entries), and a CBT workshop online for 300 undergraduate Psychology students of the University of Delhi.

As can be seen, there was widespread interest in World CBT Day in 2023. The range of activities, and the global scope of the events is truly remarkable and speaks to the enthusiasm and generosity of members of the CBT community. Watch for our plans for the World CBT Day 2024!

Keith Dobson
Past President, WCCBT

The WCCBT Member Associations cover

Asia, represented by the
[Asian Cognitive and Behavior Therapy Association](#)
(ACBTA)

North America, represented by the
[Association for Behavioral and Cognitive Therapies](#)
(ABCT)
and

[Canadian Association of Cognitive and Behavioural Therapies/ L'Association Canadienne des thérapies cognitives et comportementales](#) (CACBT/ ACTCC)

Australasia, represented by the
[Australian Association for Cognitive and Behavioural Therapies](#) (AACBT)
and

[Aotearoa 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 Psychotherapy; (IACP) is also a member



Save the Date Saturday 7th April Training

The proposal is to have the theme for the World CBT Day about training.

The theme of training can be oriented towards clinicians and practitioners or towards the public to talk about the importance of training and credentialing.

If CBT associations want to do something related to current issue in their part of the world they can

GLOBAL AMBASSADORS

The Global CBT Ambassador program is a WCCBT initiative designed to meet several of the objectives of the WCCBT including.

- Supporting the development and profile of cognitive and behavioural therapies and therapists world wide
- Promoting and advocating for mental health, CBT, and evidence-based treatments for psychological disorders and to improve wellbeing around the globe
- Developing and supporting effective implementation of CBT through training.

The activity of the Global CBT Ambassador program is to identify ambassadors in the field of CBT and to provide a forum in which they can share their knowledge and expertise to the world.

Each year the WCCBT invites each regional member organization to organize and host a Global CBT Ambassador event (lecture, panel discussion, clinical round table, workshop, master class, clinical grand rounds etc.). They are asked to name a mental health professional(s) whose work they believe is deserving of global attention and then invite them to conduct a Global CBT Ambassador event. The professional can be someone who has made sustained contributions, is mid-career and has made noteworthy contributions, or who has a particular innovation but is quite early in their career. Member associations are encouraged to consider the potential characteristics of a "Global CBT Ambassador" broadly while maintaining diversity among speakers with regard to but not limited to gender, race, country of origin, sexual orientation, and age. The WCCBT is committed to diversity, equity, and inclusion.

Global CBT Ambassadors and the membership organization sponsoring the event are listed on the WCCBT web page and in the eNews as part of the Global CBT Ambassador program so that the ambassadors and their work can be recognized, and possibly used as a stimulus for other similar work elsewhere in the world.

We are pleased to have included the following people and activities in the Global Ambassadors programme

2022 Global Ambassadors



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.

Workshop: Beyond the manual: How behavioural family interventions work in the real world
on behalf of the Australian Association for Cognitive and Behaviour Therapy



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.

Workshop: Doing CBTs with the Help of Neuroscience
on behalf of the Asian Cognitive and Behaviour Therapy Association



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

Webinar: Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment
on behalf of the Association for Behavioral and Cognitive Therapies

2023 Global Ambassadors

This year all 6 of our Regional Member Associations have nominated a Global Ambassador to represent the and we are honoured to include the following people to represent the WCCBT on the world stage



Dr Matt Sanders Professor of Clinical Psychology and Director of the Parenting and family Support Centre at the University of Queensland, Australia. Founder of the Internationally recognised Triple P-Positive Parenting program.

26th July: One day Workshop: The Power of Parenting
Sydney, Australia

on behalf of the Australian Association for Cognitive and Behaviour Therapy



Prof. Dr. Firdaus Mukhtar

President of the Asian Cognitive and Behaviour Therapy Association

7th September Workshop: The Role of Culture, Religion & Spirituality in CBT Process
Delivered at the 2nd International Conference on Cultural and Spiritual; Psychiatry, Bali, Indonesia

on behalf of the Asian Cognitive and Behaviour Therapy Association (ACBTA)

See full report on page 9



Dr Robert L. Leahy

Past-President of the Association for Behavioral and Cognitive Therapies, Past-President of the International Association of Cognitive Psychotherapy, Past-President of the Academy of Cognitive Therapy, Director of the American Institute for Cognitive Therapy (NYC)

15th September: Webinar: Emotional Schema Therapy: Helping Clients Cope with Difficult Emotions

On behalf of the Association for Behavioral and Cognitive Therapies



Prof Laura Hernandez Guzmán

Currently tenure a Professor at National University of Mexico (UNAM).

One day Virtual Conference on ALAMOC's contributions to the global impact of Evidence-Based Therapies." with 6 speakers

on behalf of the Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductua



Prof Paul Gilbert

Centre for Compassion Research and Training, College of Health, Psychology and Social Care, University of Derby, UK

4th December: Virtual Workshop: An Introduction to Compassion Focused Therapy

on behalf of the European Association for Behavioural and Cognitive Therapies



Dr. Scott Waltman

Board member for the International Association of Cognitive Behavior Therapy and the Academy of Cognitive & Behavioral Therapies. He is the lead author of Socratic Questioning for Therapists and Counsellors: Learn How to Think and Intervene like a Cognitive Behavior Therapist.

Workshop: Socratic Questioning 2.0: Using the Head and the Heart for Lasting Change

on behalf of International Association of Cognitive Behaviour Therapy.

Working with global organizations

The WHO EQUIP Guidelines

The mission statement for the WCCBT includes the desire to work with compatible global organizations on shared goals and objectives. These organizations include the World Health Organization, the United Nations (in particular, groups such as UNESCO, UNICEF and the UNHCR), but could include other established groups and associations, with a focus on evidence-based practice in general and the promotion of CBT, in particular.

In the past year, the WCCBT has had discussions with the World Health Organization related to their work in the area of mental health and specifically about their EQUIP guidelines, which are intended to “Ensure Quality in Psychological Support.” For readers who are not familiar with this initiative, the EQUIP program is a “joint WHO/UNICEF project to improve the competence of helpers and the consistency and quality of training and service delivery.” (see <https://www.who.int/teams/mental-health-and-substance-use/treatment-care/equip-ensuring-quality-in-psychological-support>).

EQUIP focuses on the training of evidence-based care in different areas but includes mental health and addictions. Like the WCCBT Training Guidelines, the EQUIP guidelines are transtheoretical and emphasize a competency-based approach. EQUIP uses role plays and assessments of skills to train such competencies as verbal and nonverbal communication skills, problem management, behavioral activation techniques, cognitive techniques, problem solving techniques, motivational enhancement and a number of other interventions that are well known in the CBT community (for a full list of competencies, see <https://equipcompetency.org/>).

Board members of the WCCBT have had meetings with Dr. Mark van Ommeren of the WHO to discuss how the two organizations might be able to support their compatible goals. A memorandum of understanding is being set between WHO and the WCCBT, with the idea that experts in training and evaluation from the WCCBT could evaluate aspects of EQUIP, perhaps even adding to the competencies that are included there.

If you are interested in this area, and in particular if you have training and evaluation expertise, you are invited to contact Dr. Firdaus Mukhtar, a member of the WCCBT training committee, at drfirdaus@upm.edu.my.



Dr. Mark van Ommeren
Head of the mental health
unit
WHO Department of
Mental Health and
Substance Use



EQUIP:
Ensuring Quality in
Psychological Support



WCCBT: Training Guidelines for Cognitive and Behavioural Therapies (CBTs)

The WCCBT training guidelines aims to provide an optimal overview of the essential aspects of training in cognitive and behavioural therapy (CBT). CBT is practised around the world, and the World Health Organization has also recognised CBT as a critical option for the treatment of mental disorders. Additionally, as a result of the COVID pandemic, there has been an increase in mental health problems. However, there is a limited number of a trained practitioners to address the increasing mental health need (WHO, 2022). As a result, WCCBT has created an expert committee on accreditation and training as part of its global objectives.

Members of the WCCBT Training and Accreditation (TAC) has reported their results of three years of work at 10th World CBT Congress in Seoul on 4th June 2023. The presentation was moderated by Keith Dobson and started with an introduction and history of the TAC by Luis Perez and brief presentation on the perspectives in training from different countries by Andrea Ashbaugh (Canada) and Firdaus Mukhtar (Malaysia) to highlight the global diversity in CBT training models. Mehmet Sungur then presented the culmination of the TAC's works, the WCCBT training guidelines, that can be considered by associations that make up the WCCBT, as regulators in their own continents and countries.

Included in the guidelines was an updated and inclusive definition of CBT, a description of a foundational knowledge and competencies related to assessment, case conceptualization and treatment that practitioners should demonstrate at the end of their training. Suggested method of training and evaluation were also presented. Finally, the social, professional, scientific and ethical implications of a global definition of CBT, and core and advance knowledge and competencies were discussed. This training guideline has been endorsed by the Board Members of WCCBT and it is hope that this work will yield a more consistently and better trained set of cognitive behavioural therapists to promote global mental health.



The Role of Culture, Spirituality, and Religion in the Cognitive Behavioral Therapy Process

Firdaus Mukhtar
Universiti Putra Malaysia
President, Asian CBT Association (ACBTA)

As part of the Global Ambassador's role, I have presented the above title at 2nd International Conference on Cultural and Spiritual Psychiatry at Bali Indonesia that has been attended by around 300 psychiatrists from Indonesia. Cognitive Behavioral Therapy (CBT) is a widely recognized and empirically supported psychological intervention that focuses on the interplay between thoughts, emotions, and behaviors. While CBT traditionally emphasizes cognitive and behavioral factors in treatment,

the influence of culture, spirituality, and religion has gained increasing recognition in recent years. Culture serves as a lens through which individuals interpret their experiences and construct their worldview. It influences one's values, norms, and social expectations, all of which profoundly impact cognitive and behavioral patterns. Cultural considerations in CBT involve recognizing and understanding how cultural background affects clients' beliefs, communication styles, coping mechanisms, and help-seeking behaviors. Spirituality, broadly defined as the search for meaning and connection to something beyond oneself, can significantly impact cognitive and emotional well-being. Many individuals draw upon their spiritual beliefs and practices to cope with life stressors and psychological challenges. Incorporating spirituality into CBT allows clinicians to explore the client's spiritual resources, provide support for existential concerns, and utilize spiritual practices as coping strategies. Religion, often intertwined with culture and spirituality, encompasses organized belief systems, rituals, and community practices. For individuals who identify with a particular religious tradition, religious beliefs and practices can offer a framework for understanding their experiences and provide a source of strength and support. In CBT, acknowledging and respecting the role of religion involves understanding religious teachings, rituals, and moral frameworks that shape clients' lives. The integration of culture, spirituality, and religion in the CBT process requires therapists to be knowledgeable, respectful, and open-minded. Clinicians should be attuned to clients' diverse backgrounds and actively engage in dialogue about culture, spirituality, and religion, creating a safe and non-judgmental therapeutic environment. Corroboratively exploring the impact of these factors can lead to a deeper understanding of clients' experiences, enhance treatment engagement, and promote meaningful change. In conclusion, the role of culture, spirituality, and religion in the cognitive behavioral therapy process is multifaceted and significant. Integrating these factors into therapy can increase treatment efficacy, foster client empowerment, and honor the diversity of human experiences. Further research and clinical guidelines are needed to inform best practices for incorporating culture, spirituality, and religion in CBT, ensuring that mental health professionals are well-equipped to address the complex needs of their clients in a culturally sensitive and spiritually inclusive manner.



The World Confederation of Cognitive and Behavioural Therapies

International Connections

The Board of the World Confederation of Cognitive and Behavioural Therapies invites you to join our efforts to increasing dissemination of the broad range of cognitive and behavioral therapies by building collaborations with global organizations such as the World Health Organization (WHO), the United Nations (UN), and the United Nations Educational, Scientific, and Cultural Organization (UNESCO).

The WCCBT also plans to communicate and advocate for the adoption of successful mental health policies and promotional activities across the globe. The ultimate aim is to improve the provision and dissemination of CBT for improving mental health and wellbeing on a large scale throughout the world.

Do you have any connections to the United Nations or its sections such as the WHO or UNESCO?

Do you know colleagues, friends or family with connection to the UN or its sections, such as the WHO or UNESCO?

If the answer is yes to either of these questions then let us know who you are connected to or who you know and email us at admin@wccbt.org

NEWS FROM WCCBT ASSOCIATIONS

North America



**Congratulations
to MJ
WCCBT's
Administrator**

Europe



Congress Keynotes

- Fredrike Bannink, Amsterdam, The Netherlands**
Positive CBT: From Reducing Distress to Building Success
- Simon E. Blackwell, Ruhr University, Bochum, Germany**
Accelerating the development and optimization of psychological interventions
- David M. Clark, University of Oxford, UK**
Realising the mass public benefit of evidence-based psychological therapies: Science, politics and economics
- Cathy Creswell, University of Oxford, UK**
Increasing access to CBT for child anxiety problems
- Pim Cuijpers, Vrije Universiteit Amsterdam, the Netherlands**
Five decades of research on CBT for depression: Lessons learned and challenges for the future
- Daniel David, Babes-Bolyai University, Romania**
What is evidence-based psychotherapy today? An analysis of rational-emotive & cognitive-behavior therapy (CBT)
- Keith Dobson, University of Calgary, Canada**
The Stigma of Mental Disorders: Causes, consequences and corrective strategies
- Stefan G. Hofmann, Philipps-Universität, Germany**
Process-based Therapy
- Philipp Klein, University of Lübeck, Germany**
CBASP for the treatment of persistent depressive disorder- an evidence-based introduction
- Ruth Malkinson, MITRA, Israeli Center of REBT, Israel**
Mind, Body and Brain: Implications for Interventions following Traumatic Bereavement
- Steffen Moritz, University of Hamburg, Germany**
Accelerating the development and optimization of psychological interventions
- Costas Papageorgiou, The Sefton Suite Diagnostic Centre, Liverpool, UK**
Metacognitive Theory and Therapy of Depression: Evidence and Future Directions
- Valentyna Parobii, Ukrainian Association of Cognitive and Behavioral Therapy, Ukraine**
From Surviving to Healing: The Power of Resilience and CBT in Overcoming the Trauma of War and Rebuilding Lives
- Kim Penberthy, University of Virginia School of Medicine, USA**
Persistent Depressive Disorder: An Illustration of the Evolution of Diagnosis and Treatment
- Adam Radomsky, Concordia University, Canada**
The Fear of Losing Control
- Gregoris Simos, University of Macedonia, Greece**
From Values to Aspirations and Vice Versa
- Paul Stallard, University of Bath, UK**
The use of smartphone apps to improve child mental health
- Niklas Törneke, Sweden**
Metaphor Use in Psychological Treatment
- Omer Van den Bergh, University of Leuven, Belgium**
Brain-body interaction in persistent somatic symptoms
- Anke Ehlers, UK**
Understanding and treating post-traumatic stress disorder: A cognitive approach

Canada



CACBT's hybrid annual conference in May, whose theme was "Towards Culturally Responsive CBT" was the most successful since the organization's inception, with record attendance of 400 people, and featured a wide range of expert talks on adapting CBT for Indigenous people and for youth with neurodevelopmental disorders, practising anti-racist CBT, healing minority stress, working with youth who are refugees, reducing mental health stigma amongst mental health professionals, and using the Socratic dialogue in treatment of PTSD. The conference was delighted to feature Dr. Judith Beck speaking about recovery-oriented CBT and Dr. Christine Padesky who spoke about engaging clients in collaborative case conceptualization.

Four Student Professional Development Awards were introduced to support student attendance at the conference, based on resource need, two of which were reserved for students who self-identified as a member of a racialized group, such as such as Indigenous, Black, or a Person of Colour. We were very pleased to award these to four well-deserving students who attended the conference. Free conference registration was offered to those who self-identified as Indigenous.

There were 46 excellent peer-reviewed student poster presentations and the Keith Dobson award for Outstanding Student Clinical Poster and the Jack Rachman Award for Outstanding Student Research were awarded to deserving recipients.

The conference was also a fiscal success, increasing the health of CACBT's finances and capacity for new initiatives.

Two online workshops for members have been held this year, Meeting the Needs of Trans and Non-Binary People, by Dr. Lore Dickey, and La thérapie cognitive-comportementale pour le TOC: La Sagesse des données probantes by Dr. Catherine Ouellet-Courtois. Two more online workshops for members are planned in the upcoming year.

This year, CACBT's Operations Manual and Board Handbook, website, and operational systems are being reviewed and updated.

Membership remains healthy and there is a more active online presence. A steady stream of applications for Certification continues and members are now offered access to expert consultants. Indigenous members continue to receive free membership and the goal this year is to expand the range of services and benefits that can be offered to CACBT members

The annual conference will be held in Toronto in 2024.

David Dozois, CACBT WCCBT Representative

**Portuguese Association of Behaviour Therapy
(Associação Portuguesa de Terapia do Comportamento)**

**V Scientific Meeting,
10th and 11th of November
Oporto, Portugal**

Workshops by David Veale (UK), Tobyn Bell (UK), Agnieszka Popiel (Poland) João Faria (Portugal) and Aurora Gavino (Spain)

Members of all WCCBT Associations are invited to participate at the APTC member rate and enjoy a short vacation in Oporto at the same time



Australia



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY

www.aacbt.org.au/events/
#AACBT23 #CBTworks

AACBT has always celebrated advances in cognitive and behavioural therapies and evidence-based practice. However, recent global challenges, have highlighted the need to re-think the way we approach the design and delivery of treatments in ways that allow us to adapt to changes in our world. Extending the very best traditions of previous conferences, we plan to bring research to the forefront that has tackled the changing landscape of our time by emphasising best practices in cognitive and behavioural practice and science in ways that can be adapted to meet the changing needs of the community. We invite you to consider presenting your work at this high-profile national forum.

Congratulations Ross and Rachel Menzies

on the news that their book "Mortals" is the joint winner of the 2023 William James Book Award from the American Psychological Association. The award seeks to honour and publicise "an outstanding work that brings together diverse subfields of psychology and related disciplines. The winning book must provide a creative synthesis of theory, fact and themes that serve to unify or integrate the field".

This is the first time, across four decades of the prize, that winning authors are based outside of North America. Previous winners include such luminaries as Philip Zimbardo, Steven Pinker, Jerome Kagan, Richard Nisbett, Michael Tomasello and many others who have defined their fields in psychology.

Ross and Rachel will be presented with the prize at the 2024 Annual Convention of the APA in Seattle, where they will also deliver an Invited Address on the book.

New Zealand



AOTEAROA NEW ZEALAND ASSOCIATION
FOR COGNITIVE BEHAVIOURAL THERAPIES



ANZACBT is running a two day workshop
Cognitive Therapy for Post-Traumatic Stress Disorder

Professor Jennifer Wild
University of Melbourne

Thursday 30th Nov - Friday 1st Dec 2023

Location: Wellington, NZ

South America



ALAMOC

Asociacion Latinoamericana de Analisis,
Modificacion del Comportamiento y
Terapia Cognitiva Conductual



XX CLAMOC Santa Cruz de la Sierra 2024
20th Latin American Congress of Behavioural & Cognitive Therapies
Santa Cruz, Bolivia / April 18 - 20 / clamoc2024santacruz@yahoo.com

XX CLAMOC 24 Santa Cruz de la Sierra, Bolivia.
April 18-20

Confirmed Invited Speakers: Stephen C. Hayes, Ph. D., Lata McGinn, Ph. D. and 29 colleagues from Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Panama, Paraguay, Peru, Dominican Republic, Uruguay and Venezuela.

Héctor Fernández Alvarez (Argentina), Ricardo Rodríguez Biglieri (Argentina), Guillermo Rivera Arroyo (Bolivia), Denis Roberto Zamignani (Brazil), Giovana Munhoz Da Rocha (Brazil), Oswaldo Rodrigues (Brazil), Roberto Banaco (Brazil), Bryan Oyazun Quintanilla (Chile), Patricio Vergara Nelson (Chile), Galo Guerra Vargas (Costa Rica), Sergio Paz Wactson (Ecuador), María José Chavarría Bolaños (El Salvador), Wilber Castellón (El Salvador), Marckus Rivera Pineda (Guatemala), Fátima Duarte (Honduras), Georgina Cárdenas (Mexico), Ricardo Turner (Panama), Roberto Mainieri Caropreso (Panama), José Britos Rivas (Paraguay), Licia Matínez Vázquez (Paraguay), Alicia Belletti La Rosa (Peru), Elsa Farfán Gonzáles (Peru), Luis O. Perez Flores (Peru), Mayra Dietsch (Dominican Republic), Adriana Martinez (Uruguay), María Esther Lagos (Uruguay), Mariela Golberg (Uruguay), Juan José Moles Álvarez (Venezuela), Navidia Garcia (Venezuela)

ANZACBT has just initiated a CBT certification process.

This has been developed by ANZACBT to contribute to creating a career structure and acknowledgement of qualification for people with CBT training as there is no such structure in New Zealand currently. This will be recognised in a similar way to certification as a CBT therapist in the UK.

There is no intention to prevent other clinicians who do not have CBT certification from using CBT. Instead, it is a positive acknowledgement of people who have worked hard to complete significant post-graduate training in CBT. Certification does not have the same legal standing as professional registration.

Background: This proposal was developed and refined in line with feedback from a wide range of stakeholders and ANZACBT members and bearing in mind the rapidly changing mental health context in NZ. The initial proposal was to achieve 'registration' of CBT therapist, which is a legal term, however this has been changed to 'certification', which is not a legal term, but can still be used to acknowledge CBT expertise. Feedback from stakeholders on ensuring cultural competence and ensuring that the cost of becoming certified is not prohibitive has been taken into account.

Certification will be assessed by a sub-committee from the ANZACBT executive board. Cultural competence will be assessed by having Māori and/or Pasifika representation in the ANZACBT certification panel.

Ron Chambers, ANZACBT WCCBT Representative



8TH ASIAN CBT CONGRESS & 1ST ASIAN TRAUMA CONCLAVE

AIIMS, New Delhi
 28th February - 2nd March 2024
www.acbta2024.com

OUR GALAXY OF EMINENT KEYNOTE SPEAKERS












* Lata McGee * Steven Harkin * Vikram Patel * Firdaus Mukhtar * Pim Cuijpers * Paul Sulkowski * Kish Nath * Cecilia Eissa * Keith Dobson * Shampa Rathod

PROGRAM OVERVIEW

28 th February	1st Asian Trauma Conclave Pre-Congress Workshops
29 th February	Congress Inauguration Plenary Program Opening Ceremony Gala Dinner
1 st March	Congress Day 2 Scientific Sessions Talks & Symposia VIP Dinner Party
2 nd March	Congress Day 3 Scientific Sessions Talks & Symposia Awards Distribution Closing Ceremony

ARRAY OF HANDS-ON WORKSHOPS & MASTER CLASSES

Prof. Lata Mc Gee, USA	CBT for Trauma
Associate Prof. James Courtney, Australia	Managing Complex Trauma
Prof. Keith Dobson, Canada	Therapeutic relationship in CBT
Prof. Peter Norton, Australia	Trans-diagnostic CBT
Prof. Shirley Reynolds, UK	Adolescent depression
Ms. Kam Gillar, UK	Compassion Focused Therapy
Dr. Meera Bhat, UK	Mindfulness Skills
Prof. Zabaidah Jamil, Malaysia	CBT for chronic pain
Dr. Pawel D. Mienkiewicz, Singapore	CBT for Psychosis
Dr. Shaharur Hossain, Bangladesh	CBT for TBI patients
Prof. Firdaus Mukhtar, Malaysia	CBT for weight management
Prof. Najib Awi, Malaysia	Cognitive remediation therapy
Dr. Siddiqui Hassam, India	CBT for digital well-being
Prof. Paul Sulkowski	CBT for OCD
Prof. Alex Miller, USA	CBT Training
Prof. Melissa Norberg, Australia	CBT for Hearing disorder
Dr. Frank Ryan, UK	Addiction management

and much more...

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INVITED STAR SPEAKERS

Prof. Rachel Tribe, UK	Imvan Firdaus, Indonesia
Prof. Alvin Ng, Malaysia	Dr. Daisuke Fujisawa, Japan
Prof. Shin-ichi Ishikawa, Japan	Dr. Anand Nandkarni, India
Prof. Kyong-Mee Chung, S. Korea	Dr. Hironori Kuga, Japan
Prof. Mohammad. Irfan, Pakistan	Prof. JongSun Lee, South Korea
Prof. Jennie Hudson, Australia	Prof. Kee-Hong Choi, S. Korea
Prof. Farooq Naeem, Pakistan	Dr. Mita Rama, Nepal
Dr. Joe Nuttorn, Thailand	Dr. Deepak Dhana, UK

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 ABSTRACT SUBMISSION:
<https://bit.ly/acbta2024-abst>
 WEBSITE:
www.acbta2024.com
 ENQUIRY:
acbta2024@gmail.com

Last Date - Abstract Submission - 15th October 2023
Last Date - early bird registration - 31st October 2023

CONGRESS HIGHLIGHTS

- * Best Open Papers & Posters awards
- * Best Young researcher award
- * Best Senior Researcher award
- * Lifetime Achievement in CBT awards
- * PUBLICATION- All accepted full papers will be published by reputed publishers in the form of an edited book with ISBN and special issues of DGC CARE & SCOPUS indexed Journals.
- * Discounts on courses by Beck Institute & Bespoke MH
- * *BCI CRE credits are under process...*

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other congresses



2024 CONGRESS CAPE TOWN SOUTH AFRICA

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 CBT—Application and Accessibility in Africa

UCT GSB Academic Conference Centre
 Protea Marriott Hotel Breakwater Lodge
 Cape Town, South Africa
 30 August - 1 September 2024





26th Congress of the WORLD ASSOCIATION FOR SEXUAL HEALTH

2-5 November 2023 - Mirage Park Resort, Antalya - TÜRKİYE

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BRIDGING THE GAPS



to include information in the WCCBT eNews send it to
 Rod Holland,
 WCCBT Secretary at newsletter@wccbt.org