As I write this communication, it is mid-October in 2021. The world is now nearly two years into the COVID-19 pandemic, and as of today there are over 238 million documented cases and 4.86 million documented deaths according to the World Health Organization (see https://covid19.who.int/). The actual numbers are likely much higher, and will unfortunately have continued to grow by the time you read this e-news bulletin. In light of the extreme effects of public health restrictions, economic downturns, global anxiety and the multitude dimensions of loss associated with the pandemic, it is no wonder that global rates of mental health problems have dramatically increased.

As with so many aspects of the pandemic, there have been ironies for the World Confederation of CBTs. On the one hand, organizational slowdowns have made it much more challenging to obtain our formal registration as an organization, but this has been achieved. Travel restrictions and public health measures made it impossible to conduct the intended 2022 World Congress, but we will now achieve this success in June, 2023 in Seoul. The pandemic has made it difficult to begin some of our desired efforts to work with other organizations, although virtual meetings have allowed us to attend some meetings of the World Health Organization mental health and addictions groups, and to even make a submission about the potential role of the CBTs related to epilepsy and related disorders.

With the official registration of the WCCBT we can now begin to more formally interact with other global organizations. Further, as the world gradually wends it way out of social and economic restrictions, lockdowns and health crises we will begin again to have more interaction focused on addressing some of the issues that the pandemic has highlighted. These issues include social inequity, health disparity, the unattended needs of the elderly, the mental and physical health consequences of COVID-19, and more. The importance of global organizations, and the essential nature of evidence-based care could not have been laid more bare in recent months. These are the challenges to which we must respond.

Keith Dobson, President, CACBT
Calgary, Canada

October 2021
It is with profound sadness that we learned of the passing of Jack Rachman. Jack died at home in Vancouver, British Columbia on September 2, 2021 with his wife of 50+ years and family at his side. As a field we owe a tremendous debt to Jack. For decades his ideas stimulated research worldwide and launched many careers. The journal he started along with Hans Eysenck, Behaviour Research and Therapy, allowed many of us to publish our work. Incredibly Jack had editorial responsibilities at BRAT for 39 years. He was a true innovator and was one of the original architects of the field we all know and love. We will forever miss him.

An online memory board for people to share their memories with friends, family and colleagues. The link is below. https://www.kudoboard.com/boards/ZqRMx4Vg

Read the tribute to Jack by David Clark, Paul Salkovskis and Roz Shafran in the Psychologist

The WCCBT is a world organisation representing CBT and board members consist of representatives from:

- Asian Cognitive and Behaviour Therapy Association (ACBTA): acbta.org
- Association for Behavioral and Cognitive Therapies (ABCT): abct.org
- Australian Association for Cognitive and Behaviour Therapy (AACBT): aacbt.org
- European Association for Behavioural and Cognitive Therapies (EABCT): eabct.eu
- International Association for Cognitive Behaviour Therapy (IACP): iacp.com
- Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductua (ALAMOC): alamoc-web.org

Changes to the WCCBT Board

A warm welcome to Dr Nimisha Kumar as the new representative from the Asian Association. Nimisha is the President-Elect (2021 – 2024) for the Asian CBT Association and the Founder-President of the Indian Association for CBT (www.iacbtt.org). She is a Senior Consultant Psychologist and trained CBT practitioner based in New Delhi, India.

Dr Andreas Veith was elected at the EABCT General Meeting in September to be the new representative of the European Association. Andreas is the director of the Center for Psychotherapy in Dortmund and a member of DGVT (German association).

At the same time we have to say farewell and thank Ning from China and Christine from Switzerland who have now left the Board in 2021.
**Cognitive Behaviour Therapy (CBT) Strategies to Improve Mental Health during the COVID-19 Pandemic**

Dr Sarah Egan has updated the WCCBT resource guide for the World Confederation in collaboration with a number of colleagues from the WCCBT and it is available to download from the WCCBT website. It is an important source of information for professionals and service users since Covid19 continues to disrupt our lives.

You can also follow this Dropbox link to watch a Dropbox link: https://www.dropbox.com/s/v8nvqbcj69x8x/0005-7967/© 2021 Elsevier Ltd. All rights reserved.

**ARTICLE INFO**

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- **Authors:** Sarah J. Egan, Peter Motley, Tracey R. Wade, Sarah Ure Andrew B. Johnson, Christopher Gill, Suzanne Kremer, Lindsay Willer, Athelina Addison, Trevor S. Mansell, Samantha Beesley, Ron Statham
- **Affiliation:** Discipline of Psychology, School of Population Health, Curtin University, Perth, Australia
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**ABSTRACT**

The COVID-19 pandemic has had a severe impact on mental health worldwide, with increased rates of anxiety and depression. The pandemic have been documented worldwide. Recent studies with over 300,000 people in the United States (US) (Twenge et al., 2020) conducted a survey of 1296 adults, and found elevated anxiety and depression during the pandemic.

**AIM**

The aim of this study was to examine unguided low intensity cognitive behaviour therapy for anxiety and depression during the COVID-19 pandemic. There is an urgent need to disseminate low intensity psychological therapies to improve mental health in this challenging time.

**METHOD**

A sample of 225 individuals in Australia and the United Kingdom was recruited to participate in this randomised trial. Participants were randomised into an intervention or control group. The intervention group received the Australian/UK guide for WCCBT and was used in Australia, which summarises the impact of the self help guide that was first developed by Sarah for WCCBT and is now used in other countries.

**RESULTS**

The majority of participants (96%) rated the intervention as useful, and most (83%) reported they spent 30 min or less reading the guide, with 83% agreeing that it will take you to a short video on the Australian/UK guide summarising the impact of the self help guide. There was a significant difference in anxiety and depression between the intervention and control groups. For more information about the guide, please visit https://covidcbt.org/
International Association of Cognitive Behavioral Therapy.

This year we have changed our name to become International Association of Cognitive Behavioral Therapy. We have also introduced a new logo and a new website visit us on www.i-acbt.com.

In May we held our postponed 10th International Congress but the continuing impact of Covid19 mean that we had to run it as a virtual congress rather than welcome delegates to Rome. Our thanks go to Antonella Montano and Gabriele Melli, Congress Presidents who made the event happen and to the speakers and delegates who joined them to make it a successful event.

Plans are now well underway for 11th International Congress which will be held in St Petersburg, Russia in 2024. Save the date https://iacbtc2024.com

Asian Cognitive and Behaviour Therapy Association

Our biggest event for the year was the 7th Asian Cognitive Behavior Therapy Conference on 5th to 7th July 2021. We had 7,472 registered participants from 80 countries!

We thank all speakers and participants for being part of our conference and making it a successful one. Our gratitude also goes out to our sponsors for the conference awards – Naluri and the Malaysian Society of Clinical Psychology, as well as to Sunway University for providing the virtual platform for free. We also congratulate the award winners – see Conference Awards. For more details please see: https://acbta.org/archives/.

Save the date and get ready to submit your research

Information will be available early in 2022 on wcct2023
McGill researcher-led International Task Force unveils first-of-its kind standards for treatment of obsessive-compulsive disorder

Listed by the World Health Organization among the ten leading causes of medical disability worldwide, the severity of obsessive-compulsive disorder (OCD) is at a level on par with cancer. With specialized CBT a person can learn specific strategies to reduce symptoms and related difficulties, which, when combined with pharmacotherapy for some cases, can result in recovery from illness for many patients. Tragically, accessing evidence-based specialized treatment for OCD can be difficult or impossible for many patients and there is a dire shortage of clinicians with the required knowledge, competencies, and experience to effectively treat OCD. Currently available treatment guidelines, though essential, are considered by experts to be insufficient because of highly variable clinician knowledge and competencies related to this disorder. Specialty standards for treatment of OCD, that are more specific compared with guidelines, are advocated by experts as foundational to transformative improvement globally in quality and accessibility of evidence-based treatments for this crippling disorder. Until now, these standards did not exist.

Global experts collaborate on transformative advance

The International OCD Accreditation Task Force (ATF) of top experts representing 14 nations has recently published evidence-based specialty knowledge and competency standards recommended for specialized treatments for OCD through the lifespan. The standards mark the completion of the ATF’s second of four phases. “The ATF standards are operationalized as measurable clinician abilities that are teachable and trainable,” notes Dr. Sookman, “That is, the knowledge and skills the clinician should demonstrate in order to effectively deliver specialized cognitive behavior therapy (clinical psychologists), or pharmacotherapy (psychiatrists), for pediatric and adult OCD.”

The ATF standards are now available to inform and advance international clinical practice and training for OCD. Upcoming ATF phases three and four will involve development and implementation of training criteria and processes for certification (individual clinicians) and accreditation (clinical sites) based on the ATF specialized gold standards, with the aim of substantially improving the quality and accessibility of specialty treatments for OCD sufferers worldwide.

This transformative international initiative was originated and is led by Debbie Sookman, PhD, who serves as ATF Chair and President of the Canadian Institute for OCD (CIÖCD, www.ciöcd.ca). The prominent ATF leadership and authors also include David Veale, MD (Institute of Psychiatry, King’s College, London, UK) who served as ATF phase one Co-Chair; Katharine Phillips, MD (Cornell University, USA); Christopher Pittenger, MD, PhD (Yale University, USA); John Piacentini, PhD (UCLA, USA); and David Mataix-Cols, PhD (Karolinska Institutet, Sweden).

The five paper Special Issue on the ATF specialty standards for OCD is published in Psychiatry Research, 2021. Please see www.ciöcd.ca for further information. Dr. Sookman can be reached at: debbie.sookman@mcgill.ca

June 3, 2021
EABCT2021 50th Anniversary Hybrid Congress
Belfast, Northern Ireland

EABCT celebrated the end of its 50th Anniversary Year in September by holding a 3 day hybrid Annual Congress in Belfast, Northern Ireland hosted by the Irish Association of Behavioural and Cognitive Psychotherapies. With 1571 delegates joining the Pre-Congress workshops and the Congress this was a fantastic response and the quality of the programme was 1st Class. 22 keynote speakers, 57 symposia, 18 open paper sessions, 5 panel debates, 3 Roundtables plus 12 skills classes involved 40 speakers from across the globe. Having a mixture of in-person, live remote and recorded presentation delivered to a mix of in-person and online delegates was a technical challenge but delegates were rewarded with the opportunity to watch over 120 hours of recordings of 95% of the programme for nearly 2 month after the congress.

Over 400 delegates were able to travel to Belfast in person and once again experience the benefit of meeting with colleagues and rediscover what makes a live congress so professionally rewarding.

An added bonus was the decision by the Northern Ireland Government to lift a no dancing restriction just hours before the gala dinner...and how we danced that night!

On the 21st July 2021 the European Association of Behavioural and Cognitive Therapies reached its first half-century. For 50 years the association has been a driving force in the development and promotion of cognitive behaviour therapy which is now recognised across Europe and the world as an established and effective evidence based psychological therapy and the choice of treatment for many people.

We can be proud that CBT practitioners and researchers from every corner of Europe have contributed to the increasing importance of psychological therapies in improving the lives of people suffering from both mental and physical health problems. Increasing the effectiveness and increasing the access to CBT has been a major aim of EABCT for 50 years and by joining together as a family of CBT associations we have seen the benefits that collaboration and the sharing of knowledge across Europe can bring. The psychological well-being of our populations is now recognised as a priority in all countries. The impact of the global pandemic that we have all had to cope with and manage during our anniversary year has brought this into sharp focus. Many other major events have taken place in Europe and across the world over the past 50 years and each time CBT therapists have responded to meet the these new challenges and will continue to do so.

Our brief history of EABCT charts the development of the Association from the beginning in 1971 to the end of our 50th year. It also celebrated the 54 member associations who have contributed to the success of EABCT, and we acknowledge the contribution that they have all made both within their own countries and to the wider development of EABCT.

See you at EABCT in 2022
Barcelona
Spain
7 - 10 September 2022
eabct2022.org