

# The World Confederation of Cognitive and Behavioural Therapies goes live!

On the 19th July 2019 the WCCBT established itself with the 1st General Meeting being held at the CityCube, Berlin. Many years of hard work by the previous members of the World Congress Committee (ACBTA Asia, ABCT North America, AACBT Australia, EABCT Europe, IACP Cognitive Therapy and ALAMOC Latin America) have resulted in the development of this new global confederation



## Agenda for the first WCCBT General Assembly

- History of the World Congress Committee
- History of the formation of the WCCBT
- The aims of the WCCBT and Strategic Plan
- Open roundtable discussion
- Introduction of WCCBT officers from July 2019



◀ Keith Dobson, newly elect President of WCCBT at the closing ceremony of the World Congress in Berlin

# The Purpose of the WCCBT

The aim of the WCCBT is to foster the promotion of health and well-being through the scientific development and implementation of evidence-based cognitive behavioural strategies designed to evaluate, prevent and treat mental conditions and illness and dissemination of CBT worldwide

## The Strategic Plan for the WCCBT

### 1 To support the development of CBT worldwide

- Promote worldwide initiatives and innovation in CBT
- Work to overcome regional barriers in dissemination
- Foster effective working alliances among countries
- Disseminate information on mental health and CBT

### 2 Develop a worldwide network to share news, information, and issues in CBT

- Link knowledge and resources worldwide
- Develop a network to share news in emerging areas

### 3 Promote and advocate for CBT, mental health

- Build collaborations with the WHO, UN and UNESCO
- Advocate and disseminate CBT worldwide

### 4 Develop and Support CBT through training

- Foster the dissemination of training in CBT worldwide

### 5 Facilitate and Support Research in CBT

- Facilitate research in CBT across the globe

## Achievements of the WCCBT in first 6 months

### 1 Support the development of CBT worldwide

- A map of where CBT associations exist developed
- Collaboration has started e.g., AACBT and ANZACBT
- Discussions have been started with CBT groups in various regions (e.g., Morocco, Egypt)

### 2 Share news, information and issues in CBT

- Facebook page - released numerous updates
- Two newsletters
- An information library is being created for the website

### 3 Promotion, advocacy and dissemination

- A call was released for dissemination materials
- Keynotes are being approached to submit materials

### 4 Training in CBT

- CBT conferences worldwide listed on the website
- Good practice guidelines are being reviewed

### 5 Research in CBT

- A list of research experts/consultants being developed
- Strategies being developed to encourage collaboration

**Nominations and voting for officer positions in WCCBT took place in May/June 2019. Congratulations go to the officers who will serve for the next three years**



## 10th World Congress of Cognitive and Behavioural Therapies 2022

Jeju Island, South Korea

Visit [WCCBT2022.org](http://WCCBT2022.org) and keep up  
to date with the development of the  
World Congress



### WCCBT Board Officers

*Left to right:*

**President:** Keith Dobson, Canada

**Past President:** Sarah Egan, Australia

**Secretary:** Lata McGinn, USA

**Treasurer:** Ross Menzies, Australia

**Officers at large:**

Rod Holland, UK

Luis Perez, Peru

### WCCBT Board Members

**Firdaus Mukhtar** (ACBTA)

**Ning Zhang** (ACBTA)

**Edgard Pacheco** (ALAMOC)

**Thomas Kalpakoglou** (EABCT)

**Lynn McFarr** (IACP),

**Mehmet Sungur** (IACP)

The Officers and the Board  
will be meeting regularly and  
reporting back to the member  
associations with the **2nd  
General Assembly in Jeju  
Island** in July 2022



# From the President's Desk

Dr. Keith S. Dobson, [ksdobson@ucalgary.ca](mailto:ksdobson@ucalgary.ca)

It is my distinct pleasure to serve as the inaugural President of the World Confederation of Cognitive and Behavioural Therapies (WCCBT), at the request of the Board of Directors. I want to sincerely thank Dr. Sarah Egan from Perth, Australia who served as the Interim President, while we launched the organization earlier in 2019. She and many others have been working hard in the background over the years to develop this confederation, as we have a joint belief in its value.

The WCCBT is intended as a global organization, and indeed as an “organization of organizations” to provide a mechanism for the many regional, national, disciplinary and model-based organizations related to CBT training, service delivery, research and development to come together and have a forum in which to relate. The aims of the WCCBT, as stated in its draft bylaws are to:

- (a) Support the development and profile of Cognitive and Behavioural Therapies (CBT) worldwide.
- (b) Develop a worldwide network to share news, information, and issues in CBT.
- (c) Promote and advocate for mental and physical health, CBT, and evidence based treatments for psychological disorders and to improve wellbeing around the globe.
- (d) Develop and support effective implementation of CBT through training.
- (e) Facilitate and support research in CBT.

These are huge obligations, and they require the active involvement of all CBT people, wherever you are and in whatever capacity you work. To begin, we are engaged in some basic building block activities. These include formalizing our organizational by-laws, registering the

organization, forming the inaugural budget, and basically getting going! We will continue to support the tri-annual World Congress of CBT, to be held next in South Korea from June 2- 5, 2022 (see [www.wccbt2022.org](http://www.wccbt2022.org)), but we want to do so much more. Through this newsletter we will begin to disseminate materials related to CBT, and once we are registered we will begin to interact with other groups such as the World Health Organization to promote our aims. We have already engaged in some advocacy, trying to ensure that CBT is recognized as an evidence-based treatment model and that it is able to be delivered by a range of qualified health professionals.

As President, my responsibility is first and foremost to help the WCCBT function as well as possible, but I am interested in your concerns, too. If there is any way in which you believe the WCCBT can advocate for the development of CBT in your part of the world, promote training, or in other ways advance causes of mutual interest, please do let me know. Although based in Canada, I would be pleased to do what I can, or to put you in touch with the best possible person or people. The WCCBT was created for you, so please do make use of it!

*October 17, 2019*



# Books Available as Free PDF Downloads

One of the goals of The Strategic Plan of the WCCBT is **to promote and advocate for mental health, CBT and Evidence Based Treatments for Psychological Disorders in order to Improve Wellbeing across the Globe**. One way to doing this was by disseminating information and resources on mental health and CBT to member organizations. We are fortunate that **Professor Martin M. Anthony** has generously agreed to make 4 of his books available as Free PDF Downloads: *Overcoming Fear of Heights*, *Overcoming Medical Phobias*, *Overcoming Animal and Insect Phobias* and *10 Simple Solutions to Shyness* available from the WCCBT website by clicking on the link **<http://wccbt.org/downloads>**

Martin M. Antony is Professor and graduate program director in the Department of Psychology at Ryerson University in Toronto. He is a fellow of the Royal Society of Canada, the American and Canadian Psychological Associations, the Association for Psychological Science, the Association for Behavioral and Cognitive Therapies (ABCT), and the Canadian Association for Cognitive and Behavioral Therapies. He has also served on the Boards of Directors for the ABCT, and as Program Chair for past conventions of the ABCT and the Anxiety Disorders Association of America. Martin is currently president-elect of the Association for Behavioral and Cognitive Therapies.

He is internationally known for his books and research in the areas of anxiety disorders, perfectionism, cognitive-behavioral therapy, and assessment of psychological disorders. He has published 30 books, including a variety of evidence-based self-help manuals and we are grateful that he has made 4 of them available to WCCBT.

## Achieving our Strategic Aims

Another goal in our Strategic Plan is **to develop a worldwide network to share news, information and issues in CBT** and one of the ways we will do this is to set up a communications sub-committee that will look after this eNews and also the website and other social media services so that we can connect practitioners throughout the world. Rod Holland, WCCBT Member- at-large will take responsibility for this area and is looking for volunteers from each of the member associations to assist in this task.

Luis Oswaldo Perez is our other WCCBT Member- at-large and is taking the responsibility of developing and promoting training standards and providing advice and assistance to members and organizations that are in the process of developing an education program. Luis is also looking for volunteers from each of the member associations to assist in this task.

Rod and Luis can be contacted via **[info@wccbt.org](mailto:info@wccbt.org)**

## 9th World Congress in Berlin



Thank you to all those eNews readers who attended the 9th World Congress in Berlin in July as delegates, to the 1000 people who presented during the 3 full days of the Congress, to the scientific committee, co-chaired Thomas Heidenreich and Philip Tata, who worked for many months to create the programme and to the international support groups who assisted us in promoting the congress.

5 years of planning resulted in over 4000 delegates travelling to Berlin for the three-day Congress and more than 1000 delegates also attended one of the Pre-congress workshops. With 83 different countries represented this was the largest World Congress and serves to demonstrate the growth of CBT as a global therapy. The breadth of the programme also demonstrated the increasing range of problems and issues that CBT is now proving to be a powerful and effective therapeutic intervention.

The popularity of some sessions and the capacity of some of the rooms in the Congress Centre to cope with all the delegates who wanted to attend was a disappointment for some delegates. Fortunately, the programme was so large that most could find an alternative and the final feedback on the scientific programme showed that over 80% of delegates highly rated the overall scientific programme with 90%+ giving a high rating to the pre-congress workshops, skills classes and individual symposia/panel debates.

The final abstract books from the Congress are now available on the WCBCT2019 website to view or download. You can also click on the link <https://wcbct2019.org/poster-awards> and see the result of three poster awards that were given by the WCBCT Scientific Committee elected from nearly 1000 posters that were on display over the course of the congress. Our congratulations go to **Panajiota Rasanen** from Finland who was the overall winner and to Teresa Bolzenkötter and Johanna Berwanger from Germany who were the runners up.



Berlin was an excellent host city and Deutsche Gesellschaft für Verhaltenstherapie (DGVT) and the other German speaking associations in Germany, Austria and Switzerland (DVT, ÖGVT, SGVT, AVM Germany, Switzerland and Austria) as well as the clinical branches of the German association for Psychology who supported the Congress were pleased to welcome so many delegates to Germany. EABCT the host regional association for 2019 wish the Korean Association of Cognitive Behavioral Therapy and the Asian Cognitive and Behaviour Therapy Association (ACBTA) every success as they hand over the organisation for the next World Congress in 2022 in JeJu Island, South Korea