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EABCT Congres 2018 - 5-8 September 2018 - Sofia - Bulgaria



The scientific programme of the 48th EABCT congress is almost ready.

The streams will be on General Mental Health, Children and Young People, Psychosis, General Psychological Processes and Neuroscience, Behavioural Medicine and Health.

The programme includes 13 pre-congress full-day workshops, 23 keynote lectures, 38 symposia, 4 clinical roundtables, 23 in-congress workshops (some of them will be free of charge), 7 masterclasses, 70 open papers and 136 posters.

Read the full programme on <http://www.eabct2018.org/preliminary-programme>.

Congress website: www.eabct2018.org

Information

Congress brochure



Expanding the reach of CBT: the EABCT Mobile Academy

The aims of EABCT are to promote cognitive and behavioral approaches across Europe and beyond. At this point, CBT approaches are widely distributed across a large number of countries and continents with established CBT associations

that provide training in CBT on a number of levels (e.g. basic training, advanced training, supervisor training) for a large variety of professions (e.g. clinical psychologists, MDs, clinical social workers, psychiatric nurses). Training Curricula follow the local laws (in some countries with special psychotherapy laws) and usually lead to either accreditation or approbation according to the local laws. However, a number of countries and regions both in Europe and beyond have limited access to CBT training.

Aim of the Mobile Academy

The EABCT Mobile Academy provides training, or training “Modules”, in countries and regions with limited access to formal CBT training. „Limited access“ is usually defined as an absence of formal training curricula that qualify trainees to acquire the necessary skills to conduct CBT therapies. Local Associations interested in establishing CBT training are encouraged to contact the EABCT Training Coordinator and inquire about possible implementation of an EABCT Mobile Academy program. The understanding of the EABCT Mobile Academy is similar to developmental aid: help to an association to build a CBT training autonomy, rather than just provide assistance from far away.

Structure and Organisation of the Mobile Academy

The EABCT Mobile Academy will be structured in a modular way. **Modules** include central training elements such as basic CBT knowledge, skills training and evidence-based CBT methods that are part of the accreditation requirements for EABCT accreditation of associations (<http://www.eabct.eu/training-and-accreditation/training-supervision-and-accreditation-standards/>). Modules will be offered in a time-limited way (e.g. 200 hours of theory, skills training and evidence-based treatment of special disorders during 2 years) and will be tailored to the national and local needs, e.g. with regard to legislation and experience/homogeneity of trainees). Some modules could be provided via e-learning (e.g. theoretical elements supplemented with evaluation questions).

EABCT will describe a detailed Procedure for setting up a local training program with the EABCT Mobile Academy including Entry requirements for both trainees and trainers.

The content of the Mobile Academy will focus on CBT basics, Skills training and delivering manualised CBT across the lifespan.

EABCT hopes to launch the Mobile academy following 2019s major event: the 9th World Congress of Behavioral and Cognitive Therapies that will take place July 17th to July 20th in Berlin, Germany.

Reform of the German psychotherapist`s law: Creating a new way of becoming a psychotherapist.



In 1999 the German Government passed a law creating two new health professions: Psychological Psychotherapist and Child & Adolescent Psychotherapist. Thus allowing people to work independently as Psychotherapists without needing to work under the direction and supervision of medical psychotherapists.

The law restricted the access to a psychotherapy career to psychologists (for adult psychotherapy) and for child and adolescent psychotherapy to psychologists, social workers and educationalists. It set high standards for the 3 years of full-time post-graduate training, and it allowed for the direct recognition of psychotherapists in the public health insurance system. Psychotherapists in Germany had fought for approximately 25 years for this law and it surely has a lot of advantages in comparison to the situation before and to the situation for psychotherapists in a lot of other countries in Europe.

So why would one want to change this? There are two main reasons:

1. After 5-years of university study in psychology, education or social work students have to participate in a 1½-year full-time clinical internship/placement in psychiatric or psycho-somatic hospitals. This major aspect of the training is not regulated by employment laws and is often poorly paid or not paid at all. Students rely on financial support from their families or via loans. This leads to the social selection of the trainees, to those that can afford the training.
2. The 1999 Bologna declaration which sought to harmonise higher education practices across Europe was not incorporated into the new law. It still referred to the old diploma-degrees as prerequisites for the access to the postgraduate training. This led to a chaotic situation in general and especially to an unequal situation for psychologists in comparison to social workers and educationalists in the access to child- and adolescent psychotherapy training.

The result has been a proposal from the Ministry of Health (in 2017) of a completely new educational path for psychotherapists. A *Direktausbildung* (direct-training)

route specialising in Psychotherapy from the start. After a 5 year Bachelor and Masters degree programme incorporating limited practical experience and a final official exam, the graduates of this qualification will hold the title “Psychotherapist” and be basically allowed to treat patients.

The qualification as a ‘Psychotherapist’ would be the foundation for specialisation training whilst employed thus replicating the medical training model. In this second phase one could specialise in the fields of adult or child- and adolescent psychotherapy and in psychotherapeutic approaches (CBT, psychodynamic, psychoanalytic and eventually systemic and client-centred).

The proposed new Psychotherapy training law is controversial for the following reasons:

1. The focus on academic study vs practical psychotherapy skills would mean that the graduate might not have enough competencies required to carry out psychotherapy and could be a hazard to patients. A lot of psychotherapy associations and stakeholders are concerned about the lack of practical experience. Some critics reject the whole project for this reason. Many others favour an internship of at least 6 months after the masters and before the final official exams.
 2. Graduates would still need to obtain the specialisation training necessary for the professional occupation of psychotherapist in order to be recognised in the public health insurance system. So access to patients is still limited for the less qualified graduates.
 3. The content of the programmes is controversial. The principal science taught will be psychology, but will probably include more medical and biological content than in the current psychology bachelor/master-programs, while there seems to be relatively little room for aspects of philosophy, pedagogics or sociology. However the curriculum leaves 40% of the time undefined in order to allow universities to create an individual profile and focus.
 4. The option to develop modules providing the graduates with the competencies and the permission to prescribe psycho-pharmacological drugs to patients. Concern (from medical and psychotherapy associations) is that this would threaten the professional identity of psychotherapists and that they may be seen as “little physicians” or substitutes for psychiatrists. But also many psychotherapists claim that future psychotherapists need competencies in the field of psychopharmacology and that these competencies should be recognised.
 5. Concern that the specialist training would focus on inpatient settings at the cost of out-patient experience.
 6. The Government and/or Health Insurances would have to find the funding for the salaries for the psychotherapists in training and there is concern about whether this is possible. Although the Ministry of Health promised to provide a solution for this problem,
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until now it isn't clear what it will look like and if it is suitable to maintain the structures that ensure the current high quality psychotherapy training.

A new draft of the law is due in the autumn of 2018. In the past the German CBT-Associations have had different positions towards these reformation ideas. While DVT has been mostly in favour of the reform, DGVT and AVM were more critical about it. It is now quite clear that reform will come, so all three associations are working together (alongside other non-CBT-associations) to influence the direction of the reform. Our shared goal is to get good conditions and high quality CBT/psychotherapy-training. So we hope that the reform will not only solve the problems identified with the 1999 psychotherapist's law, but also consolidate the position of psychotherapy and psychotherapists in the German health system.

Jürgen Tripp, Representative for DVT, Deutscher Fachverband für Verhaltenstherapie e.V.

German Professional Association for Behaviour Therapy



**9th World Congress of
Behavioural and Cognitive Therapies**
COGNITIVE AND BEHAVIOURAL
THERAPIES AT THE **CROSSROADS**

17-20th July 2019
The CityCube
Germany
www.wcbct.org

The last few months have been a very busy time for the EABCT WCBCT2019 congress organising team with just a little respite in August. In June we successfully launched the Call for Papers, the Preliminary Programme and opened registration. In July we visited Berlin for a meeting with MCI, who are looking after the registration, and members of the German Language Support Group who are assisting us. Our visit was timed to be exactly one year before the Congress in July 2019 so we could also experience what Berlin has to offer us in the sunshine and we were not disappointed.

Although it may seem a long-time away delegates are already to registering for the Congress and the Pre-Congress Workshops. This includes EABCT members from Germany, Czech Republic, Sweden, Denmark, UK, Israel and Poland as well as people

from other CBT groups in Australia, Brazil, Peru and Mexico so it is definitely going to be a Global World Congress.

Promoting WCBCT2019 over the next 6 months to the end of February 2019 (the end of the early bird registration rate) is going to be crucial to the success of the Congress and we will be working hard with the members of our Organisational Support Group, EABCT representatives and our network of international advisors to make sure that everyone is aware of WCBCT2019 and that we reach our target of 4000 delegates.

The scientific programme is taking shape and you can already see the excellent range of Invited Addresses and Pre-Congress workshops that Thomas Heidenreich and Philip Tata have chosen with the help of the Congress Scientific Advisory Group. The majority of these are new presenters at a World Congress, and are drawn from many different countries, and from five continents, demonstrating the truly global reach of CBT. This is only the start of the programme and submissions have been flowing in following the publication of the Call for Papers and will grow in number as we approach the final submission date on the 6th January 2019 (17th February for posters). Do make sure you submit in good time

In a few weeks the fourth edition of the Congress eNews will be available on the website. If you are not already signed up to receive this then go onto the website (www.wcbct2019.org) and send us your email and you will then receive the eNews and other updates on a regular basis. You can also find us on Facebook and at the EABCT Congress in Sofia in September our Instagram will also go live. Please do pass on information about WCBCT2019 to your colleagues who may not receive this information directly and we look forward to seeing you in Berlin in July 2019.

Andreas Veith and Rod Holland
WCBCT2019 Congress Organisers

Information



AGENDA

September 5-8 2018 - Sofia - Bulgaria

48th EABCT congress

[Information](#)

September 20-23, 2018 - Verona - Italy

XIX National Conference of the Italian Society of Behavioural and Cognitive Therapy

[Information](#)

October 2-5 2018

7th International Compassion Focused Therapy Conference London - UK

[Information](#)

October 18-21 2018 - Ankara - Turkey

1st Congress of the Association for Cognitive Behavioral Psychotherapies (ACBP)", Turkey

[Information](#)

April 6-9, 2019 - Warsaw - Poland

27th European Congress of Psychiatry ([EPA 2019](#))

Extended Proposal Submission Deadline: 6 June 2018

May 11-15, 2019 - Frankfurt - Germany

Seminars in Psychotherapy

Information: www.frapt.eu / info@frapt.eu
