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## EABCT Newsletter November 2018

Come and join us in Berlin!

The 2019 World Congress is organised by EABCT.



**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](http://www.wcbct.org)

### 9TH WORLD CONGRESS OF BEHAVIOURAL AND COGNITIVE THERAPIES

17th-20th July 2019 | Berlin

#### Only 9 months to go to WCBCT2019

Registration is now open for you to register for the World Congress that will be hosted by EABCT in Berlin next July. Many CBT clinicians and researchers from across the world have already registered to attend so don't delay. You will find details of how to register on [wcbct2019.org](http://wcbct2019.org) where you can also download the Preliminary Programme. You can

also sign up to receive the Congress e-news, which is electronically published in the run up to the Congress and will bring you regular updates on the development of the scientific and social programme, hotel opportunities in Berlin as well as travel options.

### **Call for Papers**

It now less than 3 months to go to submit symposia, panel discussions, round tables, half day in-congress workshops, open papers and posters. The final submission date is the 6th January 2019 (17th February for posters) but with Christmas just before this date don't leave it to the last minute. Guidelines on submitting can also be found on the Congress website

### **Early Bird Registration Deadline Change**



We have moved the deadline for delegates to register at the early bird rate from 28<sup>th</sup> February to **28<sup>th</sup> March 2019**. This is to allow people submitting more time to register at the early bird rate after their submission has been accepted. However, don't wait and delay registering and booking your hotel and your travel if you want to get the best deal.

### **Crèche/childcare facilities for WCBCT 2019**

Parents attending this year's congress in Berlin will be able to leave children in a dedicated facility in the CityCube but space is limited so an early booking is advised. For more information on the crèche and the cost, or to reserve your child's place visit the Congress website.

### **Getting to Berlin**

Now is the time to plan your trip by checking out the best deals for travel. If you live in almost any of EABCT's member countries then you can get a direct flight to Berlin arriving at one of their two main airports, Berlin Tegel (TXL) in the north west of the city and Berlin Schönefeld (SXF) in the south east. Berlin is also served by most of the economy airlines (EasyJet, Wizz Airlines, Ryanair, Euro Wings, Germania etc.) which offer flights at a price often less than it would cost to make a local journey within your own country. If you were to book a flight now then you can get a flight for between € 120 and € 200 from most EABCT countries to Berlin.

If you prefer the train you can reach Berlin from every direction on the fast InterCityExpress, InterCity, EuroCity and InterRegion Trains. The central station Berlin Hauptbahnhof is in the heart of Berlin and is well connected to the public transport system.

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## **Pre-Congress workshops**

Come to the Congress a day early and take in a Pre-Congress workshop presented by some of the world's leading experts in their field. The workshops will take place on Wednesday 17<sup>th</sup> July in the CityCube and cover the following topics:

*ACT, Anxiety Disorders in both Children and Adults, Bipolar Disorder, BDD, Case Formulation, Compassion Focused therapy, Couples Therapy, Depression, Drug and Alcohol Problems, Eating Disorders, Exposure Therapy, Health Anxiety, IBS, OCD, Parenting Support, Personality Disorder, PTSD, Process-based CBT, Resilience, Refugees, Schema Therapy, Sexual Problems, Social Anxiety, Somatic Problems, Training*

Full details of each workshop are available via the website [wcbct2019.org](http://wcbct2019.org).

Andreas Veith and Rod Holland  
WCBCT2019 Congress Organisers

## Information

### **Important dates:**

January 6, 2019 - Closing date Call for Papers

February 17, 2019 - Closing dates Poster Submissions

March 28, 2019 - End of Early Bird Registration



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## **EABCT NEWS**

### **Towards more inclusive congresses**

*Pierre Philippot Scientific Co-ordinator, EABCT Board*

During the EABCT General Meeting in September 2018, important decisions were taken to make future EABCT congresses more inclusive. This inclusiveness concerns both the scientific programme of congresses and accessibility to delegates from all EABCT

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Member Associations across Europe.

Regarding the program, EABCT representatives clearly chose to promote diversity in terms of gender, geographical and cultural origin, and seniority among the keynote speakers and symposia chairpersons. Specifically, new rules state that “in no cases, can there be more than two thirds of the keynote speakers of the same gender” and that gender balance should be sought. Also, in order to ensure fresh and vibrant congresses future scientific committees will have to ensure that at least a third of the keynote speakers have not presented in the two previous EABCT congresses. Scientific committees need to ensure that the programs they are organising leave ample room for young and upcoming speakers. Finally, in order to promote support from experts to the next generation of researchers and clinicians, keynote speakers will be encouraged to actively participate in the congress as a whole by attending symposia and poster sessions. This will give the experts the opportunity to comment on and encourage the presenters and to foster high quality exchanges among delegates.

For all future congress bids **accessibility** will be a key criterion for selection. Congress organisers will be requested to propose a concrete and detailed plan to promote accessibility to all delegates from all countries in Europe (and beyond), with affordable fees and costs, and (if possible) a free social program to enable meeting and exchanges among the delegates of the different Member Associations. The principle of inclusiveness should always be preferred to luxury when deciding the venue of the congress, the facilities and the social program. This is to ensure that the registration fees are affordable for as many delegates from as many European countries as possible.

Much more than the new rules, it is the spirit that led to them that is our best asset to make EABCT congresses even more special, exceptionally collegial, and inclusive. In addition to this also look out for initiatives your member association may make such as organising bus pooling, to aid the accessibility and the ‘getting to know other delegates’.

If you have further ideas about how we could make congresses more accessible and inclusive, please talk to your EABCT representative. To find out who your representative is, and their contact details, have a look at the EABCT website:

<https://www.eabct.eu/about-eabct/member-associations/>

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**FOCUS ON THE LATEST ASSOCIATIONS TO JOIN EABCT**

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In September 2018 EABCT welcomed two new Associations as full members of EABCT. The two Associations are:

**CACBP** The Cyprus Association for Cognitive and Behavioural Psychotherapies and

**APTCC** The Portuguese Association of Behavioural and Cognitive Therapies.

In this edition of the newsletter we hear from the new Portuguese Association.

### **Fostering Psychotherapy in Portugal**

The Portuguese Association of Behavioral and Cognitive Therapies (APTCC) was created on April 5, 1984. Over the last 30 years several generations of psychotherapists have been trained by the Association, who today make contribution throughout the country. It is currently the largest association of psychotherapy in Portugal and its training is conducted according to the highest international standards. With more than 30 years of history, the Association has sought to adapt the training contents to the requirements of psychotherapy. It has a body of trainers of recognised merit and experience and has trained hundreds of associates recognised for the quality of their training. Over the years, and in recognition of the importance of the integrative movement in psychotherapy, the APTCC has adopted a training curriculum that expresses an integrative vision, not forgetting its Cognitive-Behavioural foundations. In 2018, the name of the association was changed to “Associação Portuguesa de Terapias Comportamental, Cognitiva e Integrativa” (APTCCI) to recognize this evolution.

The role of APTCC is prominent considering that in Portugal there is no legal framework for the practice of psychotherapy. Currently most psychotherapists are psychologists and psychiatrists and the regulation is done within state-mandated professional organizations (these associations are called “Orders”). Any infraction or malpractice in the activity of psychotherapists is scrutinised by the ethical boards of these associations.

To become a psychotherapist in Portugal typically involves getting a master degree in a health profession (mostly psychology or medicine), complete the professional requirements to become a health professional, and complete your training in a psychotherapy association. Most associations in Portugal have established a protocol with the Order of Psychologists and now follow the minimum training standards proposed by the European Federation of Psychologists Associations. These standards propose a minimum of hours in theoretical training, supervision and personal development.

Psychotherapy has been gaining ground in Portugal as a valid treatment and

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intervention for mental health issues and psychological suffering. Unfortunately, it is still predominantly conducted in private settings without health insurances coverage. Furthermore, most healthcare in Portugal is public and psychotherapy is not readily available for most citizens. Within the types of psychotherapy provided in Portugal, cognitive-behavioural and psychoanalytical-psychodynamic are the predominant model. APTCCI aims to contribute to the dissemination, training and interventions based on behavioural and cognitive therapies with an integrative perspective. In order to achieve this aim the Association organises extensive activity that involves the promotion of seminars, collaboration in the edition of self-help books and participation as a partner in issues related to the practice of psychotherapy.

David Neto

APTCCI Representative

[www.cognitivas.org](http://www.cognitivas.org)

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## **NEWS FROM MEMBER ASSOCIATIONS**

### **Access to online resources**

From the UK - The British Association for Behavioural and Cognitive Psychotherapies (BABCP) publish two journals including an online journal called 'The Cognitive Behaviour Therapist'. BABCP have now established a twitter feed @theCBTJournal which tweets links (including links to the freely available text via CORE) to all tCBT articles and a selection of Behavioural and Cognitive Psychotherapy Journal articles.



So have a look (you will need a Twitter account) @theCBTJournal.

BABCP have also developed a series of podcasts called 'Lets Talk about CBT'. Dr Lucy Maddox interviews experts in the field including people who have experienced CBT for themselves.

The podcasts so far include: Mindfulness based therapies, Schema Therapy, Acceptance and Commitment Therapy (ACT), Compassion Focussed Therapy, Dialectical Behaviour Therapy, Cognitive Behaviour Therapy.

The podcasts can be accessed via the BABCP website <https://www.babcp.com/>

### **Association facts**

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In April 2018 the British Association for Behavioural and Cognitive Psychotherapies reached 11,776 members

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## **AGENDA**

### **November 16-17, 2018**

Workshops AEMTC, Belgium

### **Soins psychologiques de 1ère ligne**

Information:

### **May 11-15, 2019 - Frankfurt - Germany**

### **Seminars in Psychotherapy**

Information: [www.frapt.eu](http://www.frapt.eu) / [info@frapt.eu](mailto:info@frapt.eu)

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### *Advertisement*

### **University of Strasburg - France - Faculty of Psychology**

Due to the retirement of the current head of the Department of CBT, the Faculty of Psychology of the University of Strasburg, will publish for the year 2019 (beginning September/October 2019), a position of

### **Professor of clinical psychology, cognitive and behavioral therapy (CBT)**

#### *Teaching profile*

The recruited Professor will have in charge the departement of CBT at the Faculty of Psychologie of the University of Strasburg. His (her) teaching concerns classes of clinical psychology oriented in CBT at all levels of the Bachelor (L1, L2, L3) and the Master of CBT (M1 and M2). He (she) will do it in coordination with the educational team and the colleagues of this academic discipline. He (she) will be invested in professional supervision of the students enrolled in the Master of CBT.

His (her) teaching will essentially be focused on clinical psychology oriented CBT. As a result, a clinical experience will be highly appreciated in order to focus teaching on clinical practice as well as theoretical aspects. The recruited Professor will have in

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charge the Master of CBT and therefore, he (she) must contribute to the development of the educational excellence of this discipline. Therefore, he (she) will strengthen existing of new partnerships between the Faculty and local, national and international institutions, broaden the spectrum of these collaborations, initiate educational projects that focus on employability of the CBT master students.

#### *Research profile*

The candidate will integrate the Laboratoire de Psychologie des Cognitions (EA 4440). As such, the recruited PR will develop a research project compatible with one of the topics of the laboratory (axis 1: basic research around human cognition; Axis 2: applied research in social cognition issues). Regardless of the major axis of research of the candidate, the overall direction should link CBT with the already existing topics of the laboratory as well as inter-axe projects designed to optimize the internal research coherence of the laboratory.

The candidate will necessarily reside in the geographical region in order to develop collaborations with the local health institutions (hospitals, clinics...). He (she) must also be able to carry out original national and international projects in CBT.

Finally, the candidate should demonstrate solid theoretical and methodological knowledge in CBT, evidenced by publications of international level in this area.

#### *WARNING !*

The candidate will necessarily speak fluently french. He (she) must ensure that his (her) academic background and level is compatible with the requirements of the french Ministry of Higher Education, Training and Scientific Research.

#### *Contact :*

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Your views, comments and suggestions - please send your views, comments and suggestions about the content of the newsletter to [secretary@eabct.eu](mailto:secretary@eabct.eu)