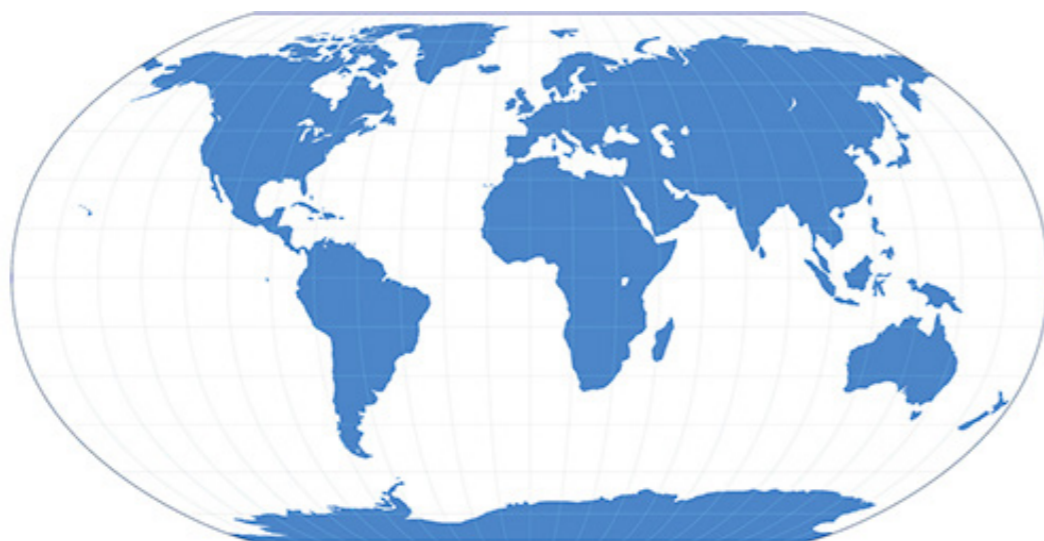


## Welcome to the first newsletter of the World Confederation of Cognitive and Behavioral Therapies - WCCBT

The WCCBT has been launched on the 7 January 2019 and we are excited to start work on the areas we have proposed in our strategic plan (see our new website [www.wccbt.org](http://www.wccbt.org) for details)

We also look forward to the official launch of the WCCBT at the World Congress of Behavioral and Cognitive Therapies in Berlin on 17-20 July 2019. We hope to see you there for this historic occasion in the development of a global CBT organization joining together CBT organisations across the world.

The board of the WCCBT will work to accomplish the important aims of fostering the promotion of health and well-being through the scientific development and implementation of evidence-based cognitive behavioral strategies designed to evaluate, prevent, and treat mental conditions and illnesses, and dissemination of CBT worldwide.



### WCCBT Founding Member Associations



Association for Behavioral and Cognitive Therapies (**ABCT**)

Asian Cognitive Behaviour Therapy Association (**ACBTA**)

Australian Association for Cognitive and Behavioural Therapies (**AACBT**)

European Association for Behavioural and Cognitive Therapies (**EABCT**)

International Association of Cognitive Psychotherapy (**IACP**)

Latin-American Association of Analysis, Behavioral Modification and Cognitive and Behavioral Therapies (**ALAMOC**)

## History of the Formation of the WCCBT

The WCCBT was founded on January 7th 2019 by the six founding member associations (AACBT, ABCT, ABCTA, ALAMOC, EABCT, and IACP), who were previously members of the World Congress Committee (WCC). The idea of forming a global organisation of CBT was first raised at a meeting of the **World Congress Committee (WCC)** in Nashville in November 2013 where committee members discussed the potential value of extending the activities of the WCC and developing a non-regional CBT organization to address global issues and communication in relation to the development and practice of CBT at a worldwide level.

Lata K. McGinn (representing IACP then), Keith Dobson (ABCT), Philip Tata (UK), and Rod Holland (EABCT) formed an informal working group which met during 2014 by Skype and at the ICCP Congress in Hong Kong in June 2014 and discussed ideas that led to a document titled "A Proposal for the Formation of a World Confederation of Behavioral and Cognitive Therapies (WCBCT)". Lata K. McGinn presented the proposal at the 2014 WCC meeting in Philadelphia where the members were unanimously in favour

and they created a WCC sub-committee and tasked them with creating a formal and detailed proposal, including in it the proposed composition and structure of the world confederation. Lata K. McGinn, then president of IACP was appointed as the chair of the sub-committee, with Keith Dobson and Thomas Ollendick representing ABCT, Rod Holland representing EABCT, Ross Menzies and Sarah Egan representing AABCT, Jung Hye-Kwon, representing ACBTA, and Luis Oswaldo Perez, representing ALAMOC and Philip Tata

Between November, 2014 and December, 2018, the WCC Subcommittee developed a formal proposal for the World Congress Committee to transition into the World Confederation of CBT (WCCBT). In ongoing consultation with the representatives of the WCC and the boards of the WCC member associations (AACBT, ABCT, ABCTA, ALAMOC, EABCT, and IACP), the WCC Sub-committee worked over this four-year period to create a formal and detailed proposal, which included the creation of a mission statement, goals, a strategic plan, By-Laws, policies and procedures, a website, and the newsletter for the WCCBT.



Lata K. McGinn



Sarah Egan

The last meeting of the World Congress Committee was held on November 17th, 2018 at the ABCT convention in Washington DC. Chair of the WCC, Sarah Egan, thanked the WCC for their work over the years to organize the World Congresses. The WCC officially closed on January 6th, 2019 and the WCCBT launched on January 7th, 2019. Former chair of the WCC and Interim President of the WCCBT, Sarah Egan sent out a letter to the Presidents of CBT organizations around the world announcing the formation of the WCCBT. She thanked the WCC Sub-committee for their years of hard work dedicated to the fruition of the WCCBT and also thanked the WCC Committee representatives and the WCC member associations for their support and consultation in the formation of the WCCBT.

The World Confederation of the Cognitive and Behavioral Therapies will be formally launched at the **9th World Congress of Behavioral and Cognitive Therapies in Berlin, Germany between July 17th-20th, 2019.**



## WCCBT By-Laws



A copy of the By-Laws  
can be downloaded from  
[www.wccbt.org](http://www.wccbt.org)

### Aims

The aims of the WCCBT are:

- Support the development and profile of Cognitive and Behavioral Therapies (CBT) Worldwide.
- Develop a Worldwide Network to Share News, Information, and Issues in CBT.
- Promote and advocate for mental health, CBT and Evidence based Treatments for Psychological Disorders in order to Improve Wellbeing across the Globe.
- Develop and Support Effective Implementation of CBT through Training.
- Facilitate and Support Research in CBT.

### Mission

The World Confederation of Cognitive and Behavioral Therapies (WCCBT) is a global multidisciplinary organization dedicated to the promotion of health and well-being through the scientific development and implementation of evidence-based cognitive behavioral strategies designed to evaluate, prevent, and treat mental conditions and illnesses.

### Membership and Benefits

Membership of the WCCBT will initially consist of the regional associations that previously comprised the membership of the World Congress Committee (WCC).

Asia (ACBTA), North America (ABCT), Australia (AACBT), Europe (EABCT), Cognitive Psychotherapy (IACP), Latin-America (ALAMOC)

Over the coming years other regional associations will join WCCBT but all Member associations will have:

- Subscribed to the goals of WCCBT as stated in the Mission Statement.
- Represent all forms of behavioral, cognitive, and cognitive-behavioural therapists, students and trainees that educate, advocate on behalf of, promote, and disseminate behavioural and cognitive therapies, broadly conceived.
- Be a not-for-profit organization.
- Existed as a legal organization for at least one year.

Continued on page 4

Continued from page 3

WCCBT Members Associations will have the following benefits:

- Reduced fees for their full members at the WCCBT congress
- The ability to place information on the WCCBT website and in the newsletter, subject to adopted guidelines.
- The ability to hold national or regional conferences with the sponsorship and consultation from the WCCBT.
- The ability to vote on all matters related to WCCBT.
- The ability to have representatives on the Board of Directors.

### Members of the WCCBT Board

The WCCBT is conducted by a Board. The Board consist of two representatives from each of the six member associations of the WCCBT making a total of 12 members. The Board appoints the following officers from its membership: President, President-elect, Past-President, Honorary Secretary, Honorary Treasurer, Two Members at Large. The President serves for a maximum of three years as

President from the General Meeting held at the tri-annual World Congress.

#### Association for Behavioral and Cognitive Therapies (ABCT)

Keith Dobson (Canada) and  
Lata K. McGinn (USA)

#### Asian Cognitive Behaviour Therapy Association (ACBTA)

Firdaus Mukhtar (Malaysia) and  
Ning Zhang (China)

#### Australian Association for Cognitive and Behavioural Therapies (AACBT)

Sarah Egan and Ross Menzies (Australia)

#### European Association for Behavioural and Cognitive Therapies (EABCT)

Rod Holland (UK) and  
Thomas Kalpakoglou (Greece)

#### International Association of Cognitive Psychotherapy (IACP)

Lynn McFarr (USA) and Mehmet Sungur (Turkey)

#### Latin-American Association of Analysis, Behavioral Modification and Cognitive and Behavioral Therapies (ALAMOC)

Luis Oswaldo Perez and  
Edgard Pacheco (Peru)



**Sarah Egan** will be the President until the appointment of a new President and other officers at the General Assembly to be held in Berlin in July.

Support with the development of the By-Laws and Strategic Plan was also gratefully provided by **Tom Ollendick** (USA), **Jung-Hye Kwon** (South Korea) and **Philip Tata** (UK) as members of the WCCBT Sub-committee.

## Achievements of the World Congress Committee (1995-2018)



### Last World Congress Committee in Washington, November 2018

*From left to right:* Keith Dobson (Canada), Lata K. McGinn (USA), Mehmet Sungur (Turkey), Andreas Veith (Germany), Jung Hye-Kwon (South Korea), Rod Holland (UK), Luis Perez Flores (Peru), Thomas Kalpakoglou (Greece), Not shown Lynne McFarr (USA), Sarah Egan and Ross Menzies (Australia).

The tradition of holding World Congresses in Cognitive and/or Behavior Therapy goes back to 1980 when a World Congress of Behavior Therapy was organized in Jerusalem, Israel and was followed by Congresses in Washington, USA (1983), Edinburgh,

Scotland (1988) and the Gold Coast, Australia 1992. During this time the International Association of Cognitive Psychotherapies (IACP) also organized World Cognitive Therapy Congresses in Umea, Sweden (1986), Oxford (1989) and Toronto (1992).

### Previous World Congresses

1st	<b>Copenhagen</b> , Denmark	1995
2nd	<b>Acapulco</b> , Mexico	1998
3rd	<b>Vancouver</b> , Canada	2001
4th	<b>Kobe</b> , Japan	2004
5th	<b>Barcelona</b> , Spain	2007
6th	<b>Boston</b> , USA	2010
7th	<b>Lima</b> , Peru	2013
8th	<b>Melbourne</b> , Australia	2016

It was the experience of running two separate world congresses in 1992 which had considerable overlap that led to the decision to combine the two meetings. The 1995 World Congress in Copenhagen and was titled the 1st World Congress of Behavioral and Cognitive Therapies with David Clark (UK) chairing the scientific committee for the cognitive arm and Lars Göran Öst (Sweden) chairing the behavior therapy arm. During this meeting the World Congress Committee (WCC) was formed on 15th July 1995 and continued to meet annually. The first chair was Lars Göran Öst (EABCT) followed by Juan Preciado (ABCT) to 1998, Art Nezu (ABCT) to 2005, Kim Halford (AABCT) to 2009, Steven Hayes (ABCT) to 2010 and since then by Sarah Egan. Our thanks go to all those WCC members who have worked over the past 24 years to ensure the effective planning of world congresses and their role in promoting the dissemination of evidence-based principles and practice of cognitive and behavioral therapies.

## Future World Congresses

The responsibility for supporting the World Congresses that have already been decided in Berlin 2019 and South Korea in 2022 has now been passed to the Board of the WCCBT. In the spring the Board will also be seeking expressions of interest and proposals from member Association's who wish to host the 2025 World Congress and we hope that a decision will be made as early as July.



### WCBCT2019 An Update

By the time you read this Newsletter the closing date for the main Call for Papers to present at WCBCT2019 will have closed (except for Posters which can still be submitted until 17th February). We can also report that the number of submissions has been record breaking in all areas and the scientific committee are going to have a challenging task over the next couple of months crafting a first-class final programme for presenters and delegates.

We can also report that registrations have already reached treble figures (6 months before the event) and we are on target to make WCBCT2019 the largest gathering of CBT Therapists to have ever assembled. We already have 42 nations represented so we are going to achieve one of the goals of the new WCCBT early on.

**WCBCT2019 is privileged to be able to also host the First General Assembly of the World Confederation of Cognitive and Behaviour Therapies during the Congress in Berlin where we will be able to report of what has already been achieved in WCCBT's work towards its aims**

Make sure you register via the website [WCBCT2019.org](http://WCBCT2019.org)

*See you in Berlin in July*



## WCBCT2022



### Jeju Island, South Korea 23rd-26th June 2022

**Jeju is one of the new 7 wonders of nature and the only place recognized by UNESCO as a Biosphere Reserve, World Natural Heritage Site and Geopark making Jeju a convention destination that people will want to come to.**

The International Convention Center Jeju is located at the Jungmun Resort Complex which is a comprehensive tourist resort providing top-quality accommodations and tourist facilities with many grand hotels, interesting sites to visit, leisure sport facilities, recreational and dining venues.

For further details of the 2022 World Congress see:  
[www.wcbct2022.org](http://www.wcbct2022.org)

A second edition of the newsletter of the World Confederation of Cognitive and Behavioral Therapies will be published in Spring 2019 with the third edition available at WCBCT2019 in July.

**If you have any news and comments from the global CBT community please forward them to: [info@wccbt.org](mailto:info@wccbt.org)**

**You'll find regular updates from the WCCBT on our Facebook and Twitter pages.**

You can find us on Facebook at: <https://www.facebook.com/World-Confederation-of-Cognitive-and-Behavioural-Therapies-2035118153446176/>

*Best wishes for 2019  
from the WCCBT Board*

