

The inaugural World CBT Day: 7 April 2022

The [World Confederation of Cognitive and Behavioural Therapies \(WCCBT\)](#) is a global organisation, which brings together the regional associations of CBT from around the world. Incorporated in 2021, the WCCBT has a series of ambitious intentions, including the promotion and dissemination of the broad range of CBTs and evidence-based therapies more generally. As part of its work, the WCCBT is proud to launch **the inaugural World CBT day on April 7 2022**, the same day as the [WHO World Health Day](#).

World CBT Day will include a series of lectures, workshops and a documentary from around the world! The presentations by **Drs Barlow and Leung** are being coordinated by ABCT. For further information and to register, click [here](#).

[Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment \(Lecture\)](#) presented by **Dr David Barlow** – Professor of Psychology and Psychiatry Emeritus, Founder of the Center for Anxiety and Related Disorders at Boston University, USA.

[Doing CBTs with the Help of Neuroscience \(Workshop\)](#) presented by **Dr Freedom Leung** – Professor and Head, Shaw College, Chinese University of Hong Kong, past president of the Hong Kong Psychological Society, senior consulting clinical psychologist for the Office of Student Affairs and the Human Resources Office of CUHK, Hong Kong.

[Beyond the manual: How behavioural family interventions work in the real world \(Workshop\)](#) presented by **Dr Mark Dadds** – Professor of Psychology, University of Sydney, Principal Research Fellow of the NHMRC, Director of Growing Minds Australia, and Co-Director of the Child Behaviour Research Clinic. This workshop is being coordinated by the Australian Association for Cognitive and Behaviour Therapy (AACBT). The presentation will take place beginning at 09:00 in Melbourne (11pm, 6 April UK time).

[Inspiring women in CBT](#) is a series of video interviews organised and produced by the European Association for Behavioural and Cognitive Therapies (EABCT) to highlight and celebrate the contribution of influential women in the development, training and dissemination of Cognitive Behaviour Therapy over the last 50 years. Katy Grazebrook, the president of EABCT, introduces the series of interviews starting with a documentary style video of insights from Anne-Marie Albano (USA), Judith Beck (USA), Susan Bögels (The Netherlands), Diane Chambless (USA), Kristene Doyle (USA), Anke Ehlers (Germany/UK), Melanie Fennell (UK), Isabel Fernandez (USA), Edna Foa (Israel/USA), Iris Fodor (USA), Elena Heinz (Greece), Irina Lazarova (Bulgaria), Rosemary Nelson- Gray (USA), Irene Oestrich (Denmark), Christine Padesky (USA), Monnica Williams (Canada) and Janet Wolfe (USA). **The documentary video will be available on World CBT Day, to be followed by the full-length interviews with each person shortly after.** Link onto the website at EABCT.eu

Dr Mehmet Sungur, Past President of the International Association of Cognitive Behavioral Therapy will be running an instagram and youtube programme with Ceyda Duvenci who is a very well known and highly respected actor, writer and influencer with 3 million followers on 7th April at 20.00 Turkish time to increase public awareness about CBT day. The topic of their discussion will be **“The impact and significance of CBT in understanding and reducing human suffering and improving quality of life”**. Public awareness about evidence based psychological interventions will facilitate the promotion of good and ethical practice

Latin-American Association of Analysis, Behavioural Modification and Cognitive and Behavioural Therapies (ALAMOC) will be running a Panel discussion on 3rd April in Spanish in support of the World CBT Day. The panel will include Keith Dobson, Héctor Fernandez Alvarez, Luis Perez Flores, Wilson Vieira Melo, Maria Esther Lagos, Julio Obst Camerini, José Britos Rivas, Juan José Moles Alvarez, Sergio Paz Wactson, Roberto Mainieri, Wilber Castellon and Martín Gomar Information on this event will be available soon on the ALAMOC website www.alamoc-web.org

Dr Keith Dobson
President, WCCBT