



World CBT Day Report

May 2, 2022

The inaugural World CBT day was held on April 7th, 2022, as authorized by the Board of Directors of the WCCBT. Six events took place to mark this initial celebration of cognitive and behavioral therapies, and included events in Europe, Asia, North America, South America, and Australia. These various events were sponsored or managed by a variety of organizations, which deserve great credit and recognition for their efforts in making the day successful.

The program for the World CBT day workshops, professional talks, and public presentations. Doctor Mark Dadds from the University of Sydney provided a workshop entitled “Beyond the manual: How behavioral family interventions work in the real world”, sponsored by the Australian Association for Cognitive and Behavioural Therapy. This was a live event.

The other World CBT Day activities were all virtual, in light of the continuing effects of the global COVID pandemic. A second workshop was provided by Dr. Freedom Leung from the University of Hong Kong. This workshop, entitled “Doing CBT's with the help of neuroscience” was pre-recorded and hosted by the Association for Behavioral and Cognitive Therapies (ABCT) in the United States.

A second activity also pre-recorded and hosted by ABCT was a lecture by Dr. David Barlow from Boston University entitled “Neuroticism and disorders of emotion: A new synthesis and approach to treatment”.

Three additional activities formed part of the first World CBT day. A series of interviews that highlighted and celebrated the contribution of influential women in the development, training and dissemination of CBT's was presented by the European Association of Behavioral and Cognitive Therapies, and hosted by its President, Katy Grazebrook. This set of interviews included presentations by Drs. Anne- Marie Albano, Judith Beck, Susan Bogles, Diane Chambless, Kristene Doyle, Anke Ehlers, Melanie Fennell, Isabel Fernandez, Edna Foa, Iris Fodor, Elena Heinz, Irina Lazarova, Rosemary Nelson-Gray, Irene Oestrich, Christine Padesky, Monicca Williams, and Janet Wolfe.

A second panel discussion was sponsored by the Latin American Association of Analysis, Behavioral Modification and Cognitive and Behavioral Therapies (ALAMOC). This panel discussion, conducted in Spanish, included Hector Fernandez Alvarez, Luis Perez Flores, Wilson Viera Melo, Maria Esther Lagos, Julio Obst Camerini, Jose Britos Rivas, Juan Jose Moles

Alvarez, Sergio Paz Wactson, Roberto Mainieri, Wilber Castellon, Martin Gomar and Keith Dobson.

Finally, Dr. Mehmet Sungur, the Past President of the International Association of Cognitive and Behavioral Therapies conducted an Instagram and YouTube program with a very well-known actor, writer and influencer in Turkey, Ceyda Duvenci. The topic of the discussion was “The impact and significance of CBT in understanding and reducing human suffering and improving quality of life”.

As the above demonstrates, the World CBT Day included presentations to clinical professionals, the academic community, and the public at large. Some of the presentations included a modest registration fee, the proceeds of which will be eventually returned to the World Confederation of Cognitive and Behavioral Therapies, but the primary goal of the event was to highlight the contributions of cognitive and behavioral therapies to the world, and to instill further interest and activity at the international level. World CBT day was a marked success, despite the modest resources that were dedicated to it, and it is hoped that a more vigorous and larger World CBT day will take place on April 7th, 2023.

Signed

A handwritten signature in blue ink that reads "Keith Dobson". The signature is written in a cursive style with a large initial "K".

Keith S. Dobson, PhD
President, WCCBT