February 2023

Note by the President

Greetings & Happy New Year 2023,
First and foremost, 2023 would be one of our busiest years. Despite the limitation of time and energy, we initiated this newsletter to ease our communication, disseminate valuable information and make it more visible internationally for the benefit of our members at large. The contents of this newsletter would summarise information regarding our ACBTA Meet-the-Expert (AMET) activities, plans for research projects, membership updates, achievements and announcements to be shared with all members. These serve as an acknowledgement of the effort spent, enlightenment and encouragement for ourselves and others about what was missed and what lessons were learned to extend and expand within.

The big event for this year will be the 10th World Congress CBT that will be held in COEX, Seoul, on June 1-4, 2023. The ACBTA is honoured to support our members, the Korean CBT Association and the Korean Clinical Psychology Association, in hosting this world event for the first time in the Asia region. I believe this is a great opportunity for us to travel again and meet a line of great experts in the CBT field physically to exchange knowledge and broaden our experience. The days that you spend travelling and participating in clinical experiences and research outputs will enhance your valuable knowledge, awareness and overall well-being. Soon after the congress, I would like to rally all members to support our 8th Asian CBT Congress, which will be conducted in New Delhi and will be led by our very own President-Elect, Dr. Nimisha Kumar. Last but not least, I would also like to encourage all associations to plan any awesome activities to be held on April 7th every year for World CBT Day.

In short, you may have missed some information from emails; hence, this newsletter would be ready with a collection of news and information for every four months. Please keep us updated of any missing information and be more visible internationally for the benefit of our members at large. The contents of this newsletter would summarise information regarding our ACBTA Meet-the-Expert (AMET) activities, plans for research projects, membership updates, achievements and announcements to be shared with all members. These serve as an acknowledgement of the effort spent, enlightenment and encouragement for ourselves and others about what was missed and what lessons were learned to extend and expand within.

Firdaus Mukhtar, PhD
President
Asian CBT Association

Meet Our EXCO Members (2021-2024)

World CBT Day

We celebrated the inaugural World CBT Day that was launched by the World Confederation of Cognitive and Behavioural Therapies (WCCBT) on April 7, 2022. On this memorable day, a series of lectures, workshops and a documentary were held by the WCCBT.

Dr. Mark Dadds (WORKSHOP)
Beyond the Manual—New Behavioural Family Interventions Work in the Real World

Dr. David Barlow (LECTURE)
Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment

Dr. Freedom Leung (WORKSHOP)
Doing CBTs with the Help of Neuroscience

The European Association for Behavioural and Cognitive Therapies (DOCUMENTARY)
Inspiring Female Leader in CBT: A Brief Documentary

Prof. Dr. Firdaus Mukhtar
ACBTA President

President
Professor Firdaus Mukhtar, PhD

President-Elect
Associate Professor Dr Nimisha Kumar, PhD

Past President
Professor Ning Zhang, MD, PhD

Secretary
Professor Alvin Lat Oon Ng, DPsych

Treasurer
Professor Younghee Choi, MD, PhD

Treasurer (until July 2022)
Associate Professor Dr JongSian Lee, PhD

Research and Innovation
Professor Muhammad Irfan, MD, PhD

Training and Development
Professor Shin-Ichi Ishikawa, PhD

We are pleased to invite professionals, students and any interested parties, to share new knowledge about the development of CBT and other cognitive and behavioral approaches to improving quality of life with the world!

The Congress will run for 3 full days, from Friday to Sunday (June 2-4, 2023), with 25 Pre-Congress workshops offered on Thursday (June 1, 2023).

The Congress theme, “Global CBT Dissemination, Accessibility and New Technology” addresses the reality that CBT is currently evolving at a rapid pace and yet there is a vast unmet global need that requires an innovative and comprehensive dissemination strategy.

Join us at the 10th World Congress of Cognitive and Behavioral Therapies 2023 in Seoul, Korea!


CALL FOR PAPERS

September 1, 2022 | Call for papers opens

Symposia, full day and half day in-conference workshops, panel debates, clinical roundtables, open papers and poster presentations.

February 28, 2023 | Call for papers closes

For symposia, full day and half day in-conference workshops, panel debates, clinical roundtables and open papers.
In honor of the late Dr. Beck, we celebrated Aaron T. Beck day on July 18, 2022 to pay homage to the Father of Cognitive Behavior Therapy. Dr. Beck would have been 101 years old!

**8TH ASIAN COGNITIVE BEHAVIOR THERAPY CONFERENCE 2024**

The Dissemination of Behavioral Activation for Depression to Korean Mental Health Professionals: Evidence, Opportunities and Challenges

**MEMBER ASSOCIATIONS**

Current Asian associations that are representative of ACBTA in their countries are:

- Korean Association of Cognitive Behavioral Therapy (KACBT, www.kacbtt.org)
- Bangladesh Clinical Psychology Society (BCPS, www.bcps.org.bd)
- Taiwan Association of Clinical Psychology (TACP, http://tacp.org.tw)
- Indian Association for Cognitive Behaviour Therapy (IACBT, http://www.iacbct.org)
- CBT Indonesia (CBT, https://www.cbt-indonesia.com/)

**COVID-19 RELATED RESOURCES**

The topics of COVID-19 related resources available on our website:

- CBT Strategies to Improve Mental Health During COVID-19 Pandemic
- Supporting Children and Young People with Worries about COVID-19
- My Hero is You: How Kids Can Hope with COVID-19

Visit our website for more information: www.acbta.org

**ACBTA DIRECTORY**

Are you practising CBT at any Asian countries? Please do not hesitate to contact us at alvin@sunway.edu.my for our record purposes. Thanks!