



9TH WORLD CONGRESS OF BEHAVIOURAL AND COGNITIVE THERAPIES

17th-20th July 2019 | Berlin

Welcome to the first edition of the WCBCT19 e-news

A WCBCT19 e-news will be published electronically on a regular basis in the run up to the Congress to bring you up-to-date information on how this important Congress is developing and to keep you informed of the scientific and social programme, the opportunities that will await you in July 2019 and how to make the best of your visit to Berlin. To receive the WCBCT19 e-news just log onto **www.wcbct2019.org** and let us have your contact details

The European Association for Behavioural and Cognitive Therapies (EABCT) will be hosting the World Congress working in collaboration with the German Association for Behaviour Therapy (DGVT). The World Congress is held every three years and provides an opportunity for cognitive and behaviour therapists and researchers from all corners of the globe to meet, exchange ideas and further develop this evidence based therapy.





EABCT has chosen Berlin, the capital city of Germany, to host the 2019 Congress providing delegates with an opportunity to visit one of the most dynamic cities in the world. The Congress venue will be at the recently opened Berlin CityCube, one of Europe's most modern and largest Congress Centers. Located within easy travelling distance from Berlin's Western city centre the CityCube will provide a wonderful setting for what will be a first-class scientific programme.

The WCBCT2019 will be the first time in 12 years that the World Congress has returned to Europe. It will build on the success EABCT had when it ran the World Congress in Barcelona in 2007 and the achievements that the World Congresses in Boston, Lima and Melbourne held since then. In 2007 we attracted over 3500 delegates and in 2019 you can expect to join a Congress of 5000 CBT practitioners making it the largest CBT Congress to date.

The opportunity to welcome delegates from the other umbrella associations that make up the world cognitive and behaviour therapy community (ABCT in North America,

ALAMOC in South America, AACBT in Australia, the Asian CBT Association (ACBTA) and the International Association for Cognitive Therapy (IACP) will guarantee the success of the Congress as a world event. The scientific programme will combine skill training workshops, scientific symposia and invited addresses from many of the leading researchers and practitioners in the world. Add to this the opportunity for the new generations of CBT practitioners to present their work and ideas and we will create a forum that will help set the agenda for CBT practice well into the 21st Century.

The social programme will carry on the tradition set at other European and World Congresses and ensure that your visit to Berlin will be a congress to remember.

WCBCT 2019 will be truly international and organised on behalf of all of EABCT's 57 member and affiliate member associations who will be working together to make this Congress a success. We look forward to welcoming you in Berlin in 2019.

Andreas Veith and Rod Holland,
Congress Organisers



The Organising Committees

Andreas Veith | Congress Organiser
andreas.veith@wcbct2019.org

Rod Holland | Congress Organiser
rod.holland@wcbct2019.org

Thomas Kalpakoglou | President EABCT

Kristoffer N T Månsson | Honorary Treasurer EABCT

Dinie Naezer-Heerschop | Association Manager EABCT

Scientific Committee

Thomas Heidenreich | Chair Scientific Committee
thomas.heidenreich@wcbct2019.org

Philip Tata | Chair Scientific Committee
philip.tata@wcbct2019.org

Congress and Scientific Support Groups

EABCT is working closely with all its member associations and the other international CBT associations to ensure that they are fully involved in the production of WCBCT2019. The names and links to the people nominated by their associations to provide support on the Congress Support Group and the Scientific Support Group can be viewed on:

www.wcbct2019.org/congress-scientific-support-groups

We are grateful for the support that they will be giving us in preparation for the congress.

National Support Group

WCBCT2019 will be working closely with all the German CBT Associations who are members of EABCT together with the German speaking association's in Austria and Switzerland to ensure that the Congress reflects the needs and talents of this area of Europe. This National Support Group met with the WCBCT2019 Organisers and Co-Chairs of the scientific committee at the City Cube recently and will play an increasingly important role in the development of all aspects of the congress.



National Support Group (left to right)

Karin Pöhlmann (AVM-Deutschland), Jan Richter (DGPs), Ania Conradi (DGPs), Jürgen Tripp (DPTV), Thomas Heidenreich, Waltraud Deubert (DGV), Ingeborg Pucher-Matzner (ÖGVT), Rudi Merod (DGV), background Andreas Veith, Kurt Hahlweg, Monika Basqué (DGV), Peggy Schiemenz (DGV) and Stefanie Schmidt (AVM-Schweiz).

The Scientific Programme



The Congress Theme “**Cognitive and Behavioural Therapies at the Crossroads**” addresses the reality that CBT is currently evolving at a rapid pace and in many directions, such that we may well be at the crossroads in terms of maintaining a unified field of theory and practice.

The World Congress Scientific Committee will make a multi-format ‘Call for Papers’ in mid-2018, which will cover a wide range of topics in CBT. Nevertheless, we will especially encourage submissions that target the World Congress theme.

In particular, contributions regarding
a) conceptualisations of the theory and practice of contemporary CBT,
b) inter-disciplinary models of disorders and their treatment c) the role of CBT in different health systems and d) the international context and collaboration in CBT interventions, will be welcomed.

Berlin, with its long history of scientific and psychological research and its position at ‘the crossroads of Europe’, offers an excellent venue at which to address these important priorities. Information will be available on the website (www.wcbct2019.org) including

the electronic submission procedures, congress streams and examples of different presentation formats; so be sure you, and your colleagues, sign up for regular updates.

The congress programme will include:

- 20+ invited pre-congress workshops
- Over 35 invited international addresses
- 20 parallel scientific sessions each day
- Symposia, debates, clinical roundtables, etc.
- Multiple streamed open paper sessions
- 40+ In-congress workshops
- High profile continuous poster sessions
- Technical, software and equipment demonstrations
- A large scale exhibition

The official language of the congress will be English. However, a proportion of the scientific sessions, etc. will be in the German language.

Putting together such a large programme is a complex process and the work has now begun. Our outline timetable of key dates is set out below but you should regularly refer to the congress website for up-to-date detailed information.



Call for Papers

June 2018 | CALL FOR PAPERS OPENS

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

January 2019 | CALL FOR PAPERS CLOSES

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

February 2019 | CALL FOR PAPERS CLOSES

Posters

An outline programme of the invited pre-congress workshops and invited international addresses, together with a Congress registration form will be available from August 2018 and will be launched at the EABCT Congress in Sofia in 2018.

All contributors of successful submissions will be notified in time for them to register at the 'early-bird' rate. The final programme will be available prior to the Congress on the website. The programme of in-congress workshops will also be available in advance of the congress so that delegates are able to pre-book these when registering for the Congress on-line.





Berlin | City of Unlimited Possibilities

Tourists, talents, technology, and tolerance shape the rhythm of the city which is dynamic and welcoming, trendy, diverse and creative. 28 years after the fall of the Berlin Wall and the Reunification, the capital has its own attraction at the heart of Europe. A US magazine called Berlin “the place to be” and encapsulated the thing that fascinates both Berliners and visitors. No other city has such a moving history, no other city has changed this fast – and reinvents itself constantly.

But exactly what is it that actually makes Berlin so attractive? It is the diversity, the contrasts and the sheer inexhaustible potential of this capital city to consistently fire the enthusiasm of its visitors from all over the world. People are excited by the mixture of history and Zeitgeist, the broad spectrum of art, culture, music, entertainment and shopping facilities. The modern hotel landscape with its outstanding cost-effectiveness also makes up the special charm of the metropolis on the Spree.



Berlin | Traces of History and Contemporary Architecture, Center of Arts and Culture



Ever since its foundation in the Middle Ages, Berlin has never ceased to make history – whether as the capital of Prussia or as a booming metropolis of the nineteen-twenties. The day the Wall came down was, as far as the divided city was concerned, the start of a new era. Since the Reunification of Germany in 1990 and the relocation of the seat of government to Berlin in 1999 Berlin has undergone some radical changes. It has reconciled the differences between East and West and the two sides, in which 3.5 million people from more than 186 countries live, have grown together.

Today Berlin stands for dynamism and modernity, but there is evidence of its turbulent past everywhere in the face the city presents to the world. In the wake of Reunification, historic buildings have been restored and where the Iron Curtain formally hung new districts and spectacular sights such as the Government Quarter or the Holocaust Memorial have sprung up. The mix of historic sites and modern architecture of the 20th and 21st centuries fascinates visitors from all over the world.

The latest news in the cityscape: After the boom of the East Berlin trendy districts in the post-unification period, there is now a return to the former centre of West Berlin around Zoo station, cinema Zoo Palast and the Memorial Church (Gedächtniskirche). This area is close to the congress venue, the City Cube.

Whether it is the art of the Old Masters, present-day paintings or avant-garde design of tomorrow, classical opera, musical or hip pop concert, sophisticated theatre or the variety shows with their chequered repertoire – with around 1,500 events every day, Berlin's cultural calendar features an assortment that leaves nothing to be desired.

At the heart of Berlin's arts landscape is the Museum Island, encompassing five buildings in the historic city centre and presenting famous masterpieces like the Pergamon Altar and the famous bust of Nefertiti. Since the Neues Museum was reopened in October 2009 it is the first time for 70 years that all the museums in the ensemble, unique in the world and a UNESCO World Heritage Site since 1999, are accessible to the public.



All Roads Lead toBerlin!

Thanks to Berlin's geographical position at the heart of Europe and its outstanding infrastructure it's an easy city to access from anywhere in the world. Whether you're taking a plane, train, vehicle, bus or boat, there's always a way to get to this city beyond words.



www.wcbct2019.org

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