



शरीरमाद्यं खलु धर्मसाधनम्



# 8TH ASIAN CBT CONGRESS

THEME: Cognitive Behavioural Therapies Across Illness & Health:  
Advances, Challenges & Way forward.

**28<sup>th</sup> FEBRUARY**

**to**

**2<sup>nd</sup> MARCH 2024**

**AIIMS, NEW DELHI**



INDIAN SOCIETY OF  
LIFESTYLE MEDICINE

[www.acbta2024.com](http://www.acbta2024.com)  
[acbta2024@gmail.com](mailto:acbta2024@gmail.com)

**Introductory Brochure**



# About THE CONGRESS

The Asian Cognitive Behaviour Therapies Association (ACBTA) is a permanent member of the World Confederation for Cognitive Behavioural Therapies (WCCBT) and it holds its regional conference every two to three years. The 7th conference was held online in 2021 at Kuala Lumpur, Malaysia. Prior to that ACBTA conferences have been held in Bangladesh (2018), China (2015), Japan (2013), South Korea (2011), Thailand (2008) and Hong Kong (2006). The 8th conference has been re-named as 'Congress' and will be hosted by the Indian Association for Cognitive Behavior Therapy (IACBT). It will be held offline in New Delhi, India from 28th February to 2nd March 2024.



**The Theme for the 8th ACBTA Congress is 'Cognitive Behavioural Therapies Across Illness & Health: Advances, Challenges & Way forward.'**

A dedicated theme for each day of the Congress has been decided around which that day's program will be focused:

- Pre-Congress Day: 28th February 2024 - CBT for Psychological Traumatic Life Events.
- Day 1: 29th February 2024 - CBT for Mental Disorders & Specific Illnesses.
- Day 2: 1st March 2024 - Current Trends in Cultural Adaptations to CBT
- Day 3: 2nd March 2024 - Standards in CBT Practice, Training & Supervision in Asia

## CONCEPT NOTE

Cognitive Behavioural Therapies (CBTs) are an increasingly multi-disciplinary field as recognized all over the globe. These therapies have proven efficacy across a range of physical and mental health conditions, and key preventive and promotive health issues. CBT is now recognized as an evidence-based Intervention by the World Health Organization in their 2022 World Mental Health Report. As the world grapples with the post-pandemic effects of Covid-19, there has been a surge of mental disorders and physical illnesses. As populations grapple with the growing burden of illness and threats to well-being in various facets of life, there is an urgent need to take stock of what works and for whom and deliberate on the best models of health so that we can move swiftly towards amelioration, early intervention and prevention. The high income and low and middle income countries need to come together and mobilize scientific knowledge towards better utilization of services so as to promote wellness and resilience in communities. As the world becomes increasingly diverse the emphasis on collaborative efforts and acknowledging culture specific illness, symptom manifestation, and treatment has also multifolded. Therefore, this 8th Asian CBT Congress attempts to provide a platform towards a cross-fertilization of knowledge, ideas and innovative solutions for the best ways to move forward. Health and illness exist more on a continuum now than ever before and the most cost-effective, robust, quick and long-lasting solutions are the need of the hour.

## ABOUT THE HOSTS

The 8th ACBTA congress is being hosted by the Indian Association for Cognitive Behaviour Therapy (IACBT), which is the official CBT Organization in India and is a permanent member of the Asian CBT Association and World Confederation of CBT. The IACBT is a professional body which is focused on developing the practice, training, supervision and research of Cognitive Behavioral Interventions in India. It was founded in 2016 and is now recognized locally and globally as a significant contributor to the development of CBT.

The IACBT is hosting the ACBTA Congress in collaboration with the All India Institute of Medical Sciences (AIIMS) New Delhi, Pandit Deendayal Energy University (PDEU) Ahmedabad, and the Indian Society for Lifestyle Medicine (ISLM).





## ABOUT THE CO-HOST & VENUE

The Congress will be held at the All India Institute of Medical Sciences (AIIMS), New Delhi, a multi-specialty largest public hospital and medical college in India. Established in 1956, it is the premier medical institute of India and is an Institutes of National Importance. AIIMS New Delhi was ranked 123rd in the world in 2023 and first in South Asia in the category of Life Sciences and Medicine by QS WUR in 2022. The institute was also featured in the World's Best Hospitals 2020 – Top 100 by Newsweek and ranked 22nd in the world by Ceoworld Magazine in 2022. AIIMS, New Delhi is a sprawling campus that is situated in the heart of South Delhi.



## PROGRAM OVERVIEW

- 28th February Pre Conference Invited Workshops & 1st Asian Trauma Conclave
- 29th February Day 1 – Inaugural session, Plenary, Scientific & Invited sessions
- 1st March Day 2 - Plenary, Scientific & Invited sessions
- 2nd March Day 3 - Scientific & Invited sessions, Valedictory ceremony

### SOCIAL PROGRAM

- 29th February Day 1 – Cultural Program & Opening Ceremony dinner
- 1st March Day 2 - Gala Dinner/Congress Party
- 2nd March Day 3 – Awards function & Closing Ceremony

## CONFIRMED KEYNOTE SPEAKERS

**Dr. Lata K. McGinn**  
Yeshiva University  
New York

**Prof. Vikram Patel**  
Harvard Medical School  
Boston

**Prof. Steven D. Hollon**  
Vanderbilt University  
Nashville

**Prof. Pim Cuijpers**  
Vrije University  
Amsterdam



## SUB-THEMES under THEME TRACKS

Each theme track of the Congress has few sub-topics/sub-themes under which abstracts can be submitted. The followings are the main sub-topics/sub-themes for the Congress.

### **Track-1: CBT for Psychological Traumatic Life Events**

- CBT for disaster trauma
- CBT for grief management
- CBT for recurrent pregnancy loss
- Abuse-focused CBT for child abuse and maltreatment
- Transdiagnostic CBT for trauma and grief
- Transdiagnostic CBT for PTSD in adolescents and adults
- Cognitive behavioral couple therapy focusing on domestic violence
- Hospital, school, community, and home-based trauma interventions
- Trauma-informed interventions
- Traumatic life events, women, and mental illnesses
- CBT interventions for elderly abuse and maltreatment
- New tools in the field of trauma psychology
- New courses in trauma psychology
- Others

### **Track-3: Cultural Adaptation of CBT and Current trends**

- Current trends & challenges in high-tech, digital & AI based CBT interventions.
- Role of CBT in Community Health and capacity building.
- CBT Interventions in Work Settings.
- Advances in Culturally Adapted models of CBT.
- Efficacy of third wave CBT approaches & way forward.
- CBT & Neuroscience.
- Role of CBT in stress management, lifestyle medicine & promoting wellness.
- CBT interventions for special and marginalized populations.
- CBT in sports and fitness.
- Improving access to Mental Health services for Asian population.
- Role of CBT in holistic medicine and trans-diagnostic models.
- Others

### **Track-2: CBT for Mental Disorders and Specific Illnesses**

- CBT for Child & Adolescent issues
- New trends in CBT for Anxiety disorders.
- Advances in treatment of mood disorders and suicidal behavior.
- CBT treatment for substance abuse and addictive behaviors.
- Trends in Early Intervention of Psychosis & Personality Disorders.
- CBT for chronic and specific medical conditions.
- CBT for eating disorders
- CBT for Cancer, pain management, and Palliative care
- Transdiagnostic CBT for co-morbid illnesses
- CBT for obesity, psycho-somatic and body image issues.
- CBT based family and marital therapy for mental illnesses
- CBT for caregivers of patients of chronic and terminal health conditions
- CBT for suicide and Postvention services
- Others

### **Standards in CBT Practice, Training, and Supervision**

- Challenges & prospects in CBT Training & Supervision standards
- Legal & Policy aspects of Mental Health & Implications for CBT.
- Role of CBT in management of eco-anxiety and promoting sustainable behaviors
- Current status and training models of CBT in Asia
- Specific health condition related clinical guidelines on CBT
- Others



## ORGANISING COMMITTEE

### CHIEF ADVISORS

**Prof. Lata K. McGinn**  
President-Elect WCCBT  
Hon. President IACBT

**Rod Holland**  
Board member, BABCP  
Past President, EACBT

**Dr. Krish Nath**  
Senior CBT Practitioner  
Board Member, BABCP

### EXECUTIVE ADVISORS

**Prof. Alvin Ng Lai Oon**  
Secretary, ACBTA  
Malaysia

**Prof. Shin-ichi Ishikawa**  
Training & Dev, ACBTA  
Japan

**Prof. Mohd. Irfan**  
Research & Innovation  
ACBTA, Pakistan

**Dr. Jong Sun Lee**  
Treasurer, ACBTA  
South Korea

### CHAIRS

**Prof. Firdaus Mukhtar**  
Prof. & Deputy Dean, School of Graduate Studies  
Universiti Putra Malaysia & President, ACBTA

**Prof. R.K. Chadda**  
HOD, Dept. of Psychiatry &  
Chief of NDDTC, AIIMS, New Delhi

### CO-CHAIR

**Dr. Nimisha Kumar**  
President IACBT  
President-elect, ACBTA

### ORGANIZING SECRETARY

**Prof. Sujata Satapathy**  
Gen. Secretary IACBT  
Professor, Dept. of Psychiatry, AIIMS

### CO-ORGANIZING SECRETARY

**Dr. Ritu Sharma**  
Dean, Dept. of Psychology  
SLS, PDEU, Gandhinagar

**Dr. Susmita Halder**  
Dept. of Psychology  
St Xavier's University, Kolkata

### TREASURERS

**Dr. Vijay P Barre**  
AIIMS, New Delhi

**Dr. Lokesh Gupta**  
Amity University, Haryana

### EXECUTIVE MEMBERS OF ORGANISING COMMITTEE

**Dr. Siddiqa Hussain**  
Mindworks Bait, Udaipur

**Dr. Renu Sharma**  
AIIMS, New Delhi

**Dr. Swati Kedia**  
AIIMS, New Delhi

**Dr. Dipti Joshi**  
Ahemdabad

**Dr. Shishir Palsapure**  
Morphic Minds, Nagpur

**Dr. Anupama Gadkari**  
Mumbai

**Dr. Nudrat Jahan**  
SGT University, Haryana

**Dr. Rati Khurana**  
IILM, Gurugram

## CONGRESS HIGHLIGHTS

- Be part of the biggest offline Asian CBT event in the post-Covid world.
- Opportunity for CBT practitioners and mental health experts in the Asian region as well as the West to present their latest research, ideas and experiences.
- Opportunity to meet old friends and colleagues and get to know new people in the field.
- Opportunity for discussing the current situation and deliberating on future issues in mental health and evidence-based psychotherapy.
- A chance to learn from some of the biggest CBT experts from around the world.
- Publication of abstracts and selected full papers in indexed Journals and edited books by reputed International publishers.
- Exciting awards and recognition for outstanding work in the domains of CBT practice, research and training.

**Call for Workshops, Symposia, Skills Classes, Papers & Posters Opens 15th June 2023**



## SPECIAL PROGRAM

The 1st Asian Trauma Conclave: is also being held on the 28th of February 2024 as a satellite event of the 8th Asian CBT Congress. It aims to provide a common platform to all stakeholders to participate in a comprehensive synthesis of research, service provision, and clinical practice in the field of Trauma Psychology in Asian countries. Its theme is - Traumatic Life Events, Physical/Mental Health, and Well-being - Directions in Training, Research & Clinical Practice in Asia.

### REGISTRATION INFORMATION:

Registration will open on 15th June 2023. The fee slabs are as below:

	EARLY BIRD RATE (15th JUNE TO 31ST DECEMBER 2023)	ADVANCED RATE (UPTO 27TH FEBRUARY 2024)	SPOT REGISTRATION RATE
ACBTA Members	USD 150	USD 200	USD 250
Asian delegates	USD 200	USD 250	USD 300
IACBT Members	USD 100	USD 150	USD 200
Indian delegates	USD 150	USD 200	USD 250
Foreign delegates	USD 250	USD 300	USD 350
Students	USD 50	USD 80	USD 100
Accompanying Person	USD 80	USD 100	USD 120

- All prices are in USD
- \* Inclusive of entry to the 1st Asian Trauma Conclave
- \* Inclusive of all meals, except Gala dinner and Conference Kit.

**Please note: All details of Sponsorship, Exhibition, Tours & Travel, Accommodation & Visa arrangements, Call for papers and all news and updates related to the event will be available on the Congress Website**

#### Contact Us

Email: [acbta2024@gmail.com](mailto:acbta2024@gmail.com)

Web: [www.acbta2024.com](http://www.acbta2024.com)



**ALPCORD NETWORK**  
Event & Conferences Management Company Pvt. Ltd.

**Mr. Rohit Gyanani**

**Mobile: +91- 9971100622**