



November 15, 2017

INVITATION TO BECOME A MEMBER/STUDENT AFFILIATE OF CACBT-ACTCC

Dear Mental Health Professional,

We would like to invite you to become a Regular or Student Affiliate member of the Canadian Association of Cognitive and Behavioural Therapies (CACBT-ACTCC). Founded in 2010, CACBT-ACTCC is a dynamic organization and is the only one in Canada that is specifically geared toward mental health providers with a cognitive-behavioural therapy (CBT) orientation. Our members include representation from a range of mental health disciplines (e.g., psychology, social work, occupational therapy, nursing, counselling, general medicine, psychiatry and more). If you are a Canadian mental health professional who practices CBT, or are a mental health professional who would like to learn more about CBT, we think you will find a professional home in CACBT-ACTCC.

For those of you who are already CBT therapists, you know how helpful CBT can be to your clients. If you are new to CBT, you may be interested to know that it is one of the most widely studied psychotherapies of our time. Based on principles of learning and cognitive theory, CBT features problem-focused interventions that modify cognitions as well as behaviour. Numerous research studies have found CBT to be effective in treating a wide range of disorders in children, adolescents and adults.

As a CACBT-ACTCC member you will:

- have access to our lively list serve where you can network and confer with CBT colleagues throughout Canada and the world
- keep up-to-date on new research findings and clinical interventions
- learn about training and research opportunities
- access a nationwide members directory and take advantage of our Find a Certified Therapist feature
- enjoy our annual CACBT-ACTCC newsletter
- be eligible for possible certification in CBT through CACBT-ACTCC
- enjoy deeply discounted registration rates for the annual CACBT-ACTCC conference
- enjoy discounts on leading CBT journals (e.g., Behaviour Research and Therapy, Cognitive and Behavioral Practice)

This year's Annual Conference will be held in Vancouver BC, May 11-12, 2018. We are actively working to plan another exciting opportunity to highlight the science and practice of CBT, with featured addresses and workshops on topics including pediatric anxiety and OCD, dissemination of CBT, cognition and depression, incorporating mindfulness into CBT, issues in treatment termination, CBT and chronic pain, and more. Please be sure to visit our [website](http://www.cacbt.ca) often for updates on conference events, speakers and, of course, our upcoming call for submissions.

The CACBT-ACTCC Certification Committee is working on certifying qualified members. Certification may be of interest to CBT practitioners who want their skills and training officially recognized. Visit our website for the latest information on application for certification.

Join now! Don't miss this opportunity to become part of a great organization. Go to our website at [http://www.cacbt.ca/](http://www.cacbt.ca) today and apply to become a CACBT-ACTCC member for 2018 (the membership year is from January 1 to December 31, 2018). The annual fee for Regular Members is \$100 plus tax and \$50 plus tax for Student Affiliates. You can always get the latest news by following us on Twitter (twitter.com/CACBT) or "Liking" us on Facebook (facebook.com/CACBT).

With best wishes,

Martin Scherrer, Ph.D., R.Psych
Membership Chair and Founding Member, CACBT-ACTCC
CACBT-ACTCC-Certified in Cognitive Behaviour Therapy

Board of Directors

President

Melisa Robichaud
Ph.D., R.Psych

Past-President

Eilenna Denisoff
Ph.D., C.Psych

President-Elect

Keith Dobson
Ph.D., R. Psych.

Secretary-Treasurer

Guillaume Folders-
Busque, Psy.D., Ph.D.

Membership Chair

Martin Scherrer
Ph.D., R.Psych

Certification Chair

Jacqueline Cohen
Ph.D., R.Psych

Member at Large

Noah Lazar
Ph.D., C.Psych

Member-at-Large

Diana Kljenak
MD, FRCPC

Communications and Advocacy

Brenda Key
Ph.D., C.Psych

Student Representative

Joelle Soucy

Officers

Conference Chair (2017-2018)

Maureen Whittal
Ph.D., R.Psych