

CACBT - 2021 Virtual Conference – Program with Gathertown Rooms

Day 1 – Thursday, May 6, 2021

Start Time	Session	Gathertown Room
May 6, 2021: 10:30 am (EDT)	Annual General Meeting 2021 (CACBT/ACTCC)	North Conference Room
May 6, 2021: 12:00 pm (EDT)	Dr. David Tolin (Featured Workshop): "Face Your Fears: Conducting Good Exposure Therapy Across Diagnosis"	North Conference Room

Day 2 – Friday, May 7, 2021

Start Time	Session	Gathertown Room
May 7, 2021: 10:00 am (EDT)	Dr. David A. Clark (Keynote Address): "Unwanted Intrusive Thoughts and the Mental Control Paradox: Treatment Implications for Worry, Rumination and Obsessions"	North Conference Room
May 7, 2021: 11:30 am (EDT)	Dr. Randy Paterson (Workshop #1) - Behavioural activation and goal-setting in psychotherapy: 12 essential strategies to enhance effectiveness	West Conference Room
May 7, 2021: 11:30 am (EDT)	Drs. Kyrsten M. Grimes and Konstantine K. Zakzanis (Workshop #2) - Why is CBTp effective? Using theory to guide clinical practice	North Conference Room
May 7, 2021: 11:30 am (EDT)	Symposium 1 (Drs. Nogueira-Arjona / Watt) - "Internalizing disorders and substance abuse: Comorbidity, causal mechanisms and implications for CBT interventions"	East Conference Room
May 7, 2021: 1:30 pm (EDT)	Symposium 2 (Dr. Andre Lauzon) - "CBT-based e-health interventions: Tackling challenges and bridging the gap between research and practice"	East Conference Room
May 7, 2021: 3:30 pm (EDT)	Symposium 3 (Drs. Pavlova / Uher) - "Preventing mental illness: The role of cognitive behavioural therapy"	East Conference Room
May 7, 2021: 3:30 pm (EDT)	Drs. Dobson, Ashbaugh & Cohen (Workshop #3): "Training in cognitive- behavioural therapy: Development and implementation of national guidelines"	North Conference Room
May 7, 2021: 3:30 pm (EDT)	Drs. Hood & Ouimet (Workshop #4) - Effectively integrating validation skills in CBT across clinical presentations	West Conference Room
May 7, 2021: 5:30 pm (EDT)	Symposium 4 (Drs. Pencer & Wozney) - "Implementing CBT in the "real world": Challenges, opportunities, and future directions"	East Conference Room
May 7, 2021: 7:00 pm (EDT)	Student Event	Students Lounge

Day 3 – Friday, May 8, 2021

Start Time	Session	Gathertown Room
May 8, 2021: 10:00 am (EDT)	Dr. Christine Chambers (Keynote Address): "From Evidence to Influence: Moving Psychological Research into Practice"	North Conference Room
May 8, 2021 11:30 am (EDT)	Poster Session Visit Exhibitors	Posters 1 & Posters 2
May 8, 2021: 1:30 pm (EDT)	Dr. David A. Clark (Workshop #5): "New developments in CBT for obsessions and compulsions"	North Conference Room
May 8, 2021: 1:30 pm (EDT)	Dr. Stéphane Bouchard (Workshop #6 FRENCH) - Intégrer la réalité virtuelle dans la TCC des troubles d'anxiété - De la science de l'exposition à l'art de la pratique Clinique	West Conference Room
May 8, 2021: 1:30 pm (EDT)	Symposium 5 (Ferguson and Dr. Ouimet) - "It's not just me: Exploring interpersonal processes in anxiety disorders and how cognitive behaviour therapy can adapt"	East Conference Room
May 8, 2021: 6:00 pm (EDT)	Timothy Caulfield (Keynote) - "Health Resilience in the Age of Fear and Misinformation"	North Conference Room

Earns 4.5 CE Credits

Earns 3 CE Credits