



CANADIAN ASSOCIATION OF COGNITIVE AND BEHAVIOURAL THERAPIES  
ASSOCIATION CANADIENNE DES THÉRAPIES COGNITIVES ET COMPORTEMENTALES

## CONFERENCE WELCOME MESSAGE

We hope you can join us for the CACBT 2022 (May 12-13, 2022) virtual conference! Although we all wish the state of the world was able to support in-person conferences, the incredible success (and accessibility) of our 2021 virtual conference reminds us that connecting with our CACBT friends and colleagues across the country can be accomplished in many ways.

In planning this conference, we polled membership to get the pulse of what you wanted to learn and hear about. We had an incredible response (thank you!) and some clear themes emerged which have been represented in our incredible line-up of speakers. Dr. Christopher Martell from the University of Massachusetts is giving our full-day workshop entitled, *Affirmative CBT: What to Know When Working with LGBTQ+ Clients*, supporting members' strong interest in learning and reflecting on how to ensure our CBT practices are sensitive to issues of diversity and inclusion. Our half-day workshops span a variety of exciting and timely clinical topics by leading Canadian researchers/clinicians, including CBT for health anxiety and fear of death by Dr. Trish Furer, advanced considerations in virtual care by Dr. Christine Korol, and mindfulness practices for eating-related problems (given in French) by Dr. Johana Monthuy-Blanc, Dr. Marie-Josée St-Pierre and Émie Therrien. The conference will end with a keynote by the founder of Acceptance and Commitment Therapy, Dr. Steven C. Hayes, entitled, *ACT, Psychological Flexibility, and the Future of CBT*. Membership was clear in communicating a keen desire to learn more about ACT and its intersection with traditional CBT. What better way to learn than from Dr. Hayes, himself!

Please also enjoy our research-to-practice symposia and incredible poster session. Symposium presenters are encouraged to craft their talks to appeal to membership at large, marrying cutting edge research with case studies and/or strong clinical applications.

In addition to presentations on Zoom, our conference delegates will also be able to interact with poster presenters, exhibitors, and other attendees like they would in person, using GatherTown. We will set up a virtual conference floor where delegates can move their avatar around the room. When they come up to a poster, the poster presentation will pop up on their screen for easy viewing. In addition, when their avatar is in close proximity to other delegates' avatars, those individuals' video screens will open up so that you can network and discuss the latest research and clinical findings.

Check out our conference [website](#) regularly for updates on our program. There is still time to be part of this exciting conference! The deadline to submit symposia is February 25 and the deadline to submit posters is March 4, 2022. More details about how to submit can be found on the [website](#).

We hope to see you at CACBT 2022!



Karen Rowa, Ph.D.  
President, CACBT- ACTCC 2021-2022



Irena Milosevic, Ph.D.  
CACBT Conference Co-Chair