



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

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November 16, 2022

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). The membership year is from January 1 to December 31, 2023. The annual fee has remained unchanged: for Regular Members is \$125* and \$60* for Student Affiliates (**plus applicable taxes*).

Membership is free of charge for mental health providers who identify as Indigenous. This is part of CACBT's commitment to help improve the availability of and access to cognitive-behavioural interventions that have been culturally adapted for Indigenous peoples. For more information on CACBT board initiatives, please visit our website.

Founded in 2010, CACBT-ACTCC is a dynamic organization and is the only one in Canada that is specifically geared toward mental health providers who practice cognitive-behavioural therapy (CBT). Our members represent a range of mental health disciplines (psychology, social work, occupational therapy, nursing, counselling, general medicine, psychiatry and more) who are invested in the science and practice of CBT. If you are a mental health professional who lives or works in Canada who practices CBT or would like to learn more about CBT research and practice, 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 and research is ongoing to adapt CBT to broader populations and issues.

As a CACBT-ACTCC member, some of the benefits afforded to you include:

- access to our list serve where you can post and learn about relevant practice, training, and research opportunities for CBT practitioners and confer with other members throughout Canada and the world
- receive priority registration for webinar series commissioned by CACBT on topics relevant to CBT practice in Canada
- enjoy priority access to our bi-annual CACBT-ACTCC newsletter
- be eligible to apply for certification in CBT through CACBT-ACTCC
- if certification status is achieved, be featured on our "Find A Certified Therapist" directory
- enjoy deeply discounted registration rates for the annual CACBT-ACTCC conference and conferences of partner organizations
- join a network of skilled and collegial mental health professionals interested in CBT and its practice
- members are entitled to a 15% discount on all trainings offered through Sick Kids Community Centre for Community Mental Health Learning Institute (CCMH Learning Institute).

CACBT is hosting our 13th Annual Conference in downtown Halifax, Nova Scotia from May 4-6, 2023. The conference will include three workshops, featured speakers, symposia, a poster session, social events, and networking opportunities. The conference will be in a hybrid format, including virtual and in-person options. Visit our website and follow us on social media for updates. Don't forget that as a CACBT member or student member, you receive a significant discount on your conference fee!

Please be sure to visit our website often for updates on conference events, upcoming webinars and other initiatives. You can also get the latest news by following us on Twitter (twitter.com/CACBT) or "Liking" us on Facebook (facebook.com/CACBT). **Join now!** Don't miss this opportunity to become part of a great organization.

Visit our website at <http://www.cacbt.ca/> today and apply to become a CACBT-ACTCC member for 2023!

We look forward to having you.

With best wishes,

Jelani Adams, MSW, RSW
Membership Chair, CACBT-ACTCC