



November 15, 2024

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). The membership year is from January 1 to December 31, 2024. The annual fee 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.

As a CACBT member, you can enjoy several benefits which 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
- Be eligible to apply for [certification](#) in CBT through CACBT
- If certification status is achieved, be featured on our "Find A Certified Therapist" directory
- Access to our [clinical consultants list](#) where you can connect with CACBT certified members who offer clinical consultation. Certified members with supervisory experience are eligible to become clinical consultants.
- Enjoy deeply discounted registration rates for the annual CACBT-ACTCC conference and conferences of partner organizations
- **SICK KIDS CCMH LEARNING INSTITUTE:** Members are entitled to a 15% discount on all trainings offered through the Sick Kids Centre for Community Mental Health Learning Institute.
- **GOODLIFE FITNESS:** Members are entitled to a 20% discount on their annual membership fee at GoodLife Fitness (plus \$0 enrollment fee).
- **PARK'N FLY:** Members are eligible for up to 40% off of Park'N Fly bookings for business or personal use (depending on location and lot used).

## 2024 CONFERENCE

CACBT is hosting our 14th Annual Conference in downtown Toronto, Ontario from **May 9 - 11, 2024**. The conference will include three keynote speakers, two workshops, three clinical skills training sessions, a poster session, social events, and networking opportunities. The theme of the conference is "Addressing the Challenges of Our Changing World" and planned topics include climate change anxiety, cultural adaptations of CBT, prevention and early intervention, applications of CBT in working

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with Indigenous people, treatment of insomnia and depression, working with families, and more! 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. And don't forget that as a CACBT member or student member, you receive a significant discount on your conference fee!

### **ABOUT CACBT**

Founded in 2010, CACBT 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. 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.

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](https://twitter.com/CACBT)), Instagram ([@cacbtactcc](https://www.instagram.com/cacbtactcc)) or "Liking" us on Facebook ([facebook.com/CACBT](https://www.facebook.com/CACBT)). **Join now!** Don't miss this opportunity to become part of a great organization.

Visit our website at <https://cacbt.ca/> today and apply to become a CACBT-ACTCC member for 2024!

We look forward to having you.

With best wishes,

*Jelani Adams*

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