

## NOTE BY THE PRESIDENT



**Prof. Dr. Firdaus Mukhtar**  
ACBTA President

**Greetings & Happy New Year 2023,**  
First and foremost, 2023 would be one of our busiest years. Despite the limitation of time and energy, we initiated this newsletter to ease our communication, disseminate valuable information and be more visible internationally for the benefit of our members at large. The contents of this newsletter would summarise information regarding our ACBTA Meet-the-Expert (AMET) activities, plans for research projects, membership updates, achievements and announcements to be shared with all

members. These serve as an acknowledgement of the effort spent, enlightenment and encouragement for ourselves and others about what was missed and what lessons were learned to extend and expand within.

The big event for this year will be the 10th World Congress CBT that will be held in COEX, Seoul, on June 1-4, 2023. The ACBTA is honoured to support our members, the Korean CBT Association and the Korean Clinical Psychology Association, in hosting this world event for the first time in the Asia region. I believe this is a great opportunity for us to travel again and meet a line of great *sifus* in the CBT field physically to exchange knowledge and broaden our experience. The days that you spend travelling and participating in clinical experiences and research outputs will enhance your valuable knowledge, awareness and overall well-being. Soon after the congress, I would like to rally all members to support our 8th Asian CBT Conference, which will be conducted in New Delhi and will be led by our very own President-Elect, Dr. Nimisha Kumar. Last but not least, I would also like to encourage all associations to plan any awesome activities to be held on April 7th every year for World CBT Day.

In short, you may have missed some information from emails; hence, this newsletter would be ready with a collection of news and information for every four months. Please keep us updated with all exciting sharing from your members. Until then, stay safe and healthy!

**Firdaus Mukhtar, PhD**  
President  
Asian CBT Association

## MEET OUR EXCO MEMBERS (2021-2024)



**PRESIDENT**  
Professor Firdaus Mukhtar, PhD



**PRESIDENT-ELECT**  
Associate Professor Dr Nimisha Kumar, PhD



**PAST PRESIDENT**  
Professor Ning Zhang, MD, PhD



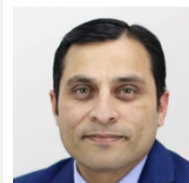
**SECRETARY**  
Professor Alvin Lai Oon Ng, DPsych



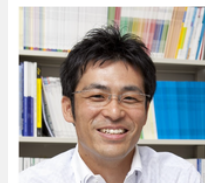
**TREASURER**  
(from July 2022)  
Associate Professor Dr JongSun Lee, PhD



**TREASURER**  
(until July 2022)  
Professor Younghye Choi, MD, PhD



**RESEARCH AND INNOVATION**  
Professor Muhammad Irfan, MD, PhD



**TRAINING AND DEVELOPMENT**  
Professor Shin-Ichi Ishikawa, PhD

## World CBT Day

We celebrated the inaugural World CBT Day that was launched by the World Confederation of Cognitive and Behavioural Therapies (WCCBT) on April 7, 2022. On this memorable day, a series of lectures, workshops and a documentary were held by the WCCBT.

- Dr. Mark Dadds (WORKSHOP)**  
*Beyond the Manual: How Behavioural Family Interventions Work in the Real World*
- Dr. David Barlow (LECTURE)**  
*Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment*
- Dr. Freedom Leung (WORKSHOP)**  
*Doing CBTs with the Help of Neuroscience*
- The European Association for Behavioural and Cognitive Therapies (DOCUMENTARY)**  
*Inspiring Female Leader in CBT: A Brief Documentary*

### WORLD CBT DAY – 7 April 2022



Being grateful during our happy state is easy but to retain that feeling when we are at the lowest point of life is difficult, let alone being grateful for something we do not ask for in life.

Cognitive Behavioral Therapy is an evidence based psychological first aid to assist our cognitive and behavior skills to keep our well-being balanced. The two important key words for CBT are believe and practice!


Happy World CBT Day!

Firdaus Mukhtar, PhD  
President, ACBTA



Visit us at: <https://acbta.org>

### WORLD CBT DAY – 7 April 2022



The founder of CBT, Dr Aaron T. Beck emphasized the central role of thoughts and interpretation in the vicious cycle of suffering from emotional pain, physiological discomfort and maladaptive behavior.

We developed methods of finding cognitive errors in automatic thoughts and modifying them using cognitive restructuring. Individuals can learn the skills to change their own thought patterns and solve their problems as self-therapists.


If you feel bad, you may have options of changing your thoughts, solving problems or accepting the things you cannot change with the aid of CBT. Happy World CBT Day!

Young Hee Choi, MD, PhD  
Treasurer, ACBTA



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### WORLD CBT DAY – 7 April 2022




Mental health is everyone's business! The world is finally accepting this reality. Cognitive Behavioral Therapy is a wonderful approach for sorting out issues that are rooted in our minds. Everyone can use it to become a better version of themselves.

Celebrating World CBT Day is truly a special achievement in this century. It is a genuine tribute to Dr Albert Ellis and Dr Aaron T. Beck. On this day let us all pledge to work towards improving our mental health and well-being, as well as to collectively work towards making this world a better place.

Happy World CBT Day!

Nimisha Kumar, PhD  
President-Elect, ACBTA



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### WORLD CBT DAY – 7 April 2022



Global health problems are largely cognitive and behavioral in nature. So, naturally cognitive and behavioral methods and logical approaches to addressing planetary health issues, beyond just mental health problems.

While Cognitive Behavioral Therapy is a mode of therapy, its core processes can be applied to a collective improvement of attitudes and behaviors towards a better and healthier ecology.

Happy World CBT Day!

Alvin Ng, PhD  
Secretary, ACBTA



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### WORLD CBT DAY – 7 April 2022



"Life is a journey, not a destination", and if we are created to take the journey, then we should deal with its inevitable ups and downs, highs and lows, crests and troughs, and happiness and sadness, and this turmoil of emotions continues as there is no finish line.

Cognitive Behavior Therapy amalgamated with mindfulness tells us about accepting this reality, keeping ourselves going in a positive and rational manner, and achieving our goals by appropriate training. Happy World CBT Day!

Muhammad Irfan, MD, PhD  
Director of Research and Innovation, ACBTA



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### WORLD CBT DAY – 7 April 2022



Promotion of well-being for everyone is one of the global goals to achieve in the next decade. The efficacy of Cognitive Behavioral Therapy is demonstrated in diverse populations. Cognitive and behavioral models are also adaptable to preventive approaches to well-being.

Therefore, CBT is expected to be a remedy for the mental health problems, but also for the development of a sustainable resilient society against hard times. Let's envision your future with CBT! Happy World CBT Day!

Shin-Ichi Ishikawa, PhD  
Director of Training and Development, ACBTA



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## Join us at the 10th World Congress of Cognitive and Behavioral Therapies 2023 in Seoul, Korea!



Professionals, students and any interested parties, come share new knowledge about the development of CBT and other cognitive and behavioural approaches to improving quality of life with the world!

The Congress will run for 3 full days, from Friday to Sunday (June 2-4, 2023), with 25 Pre-Congress workshops offered on Thursday (June 1, 2023).

The Congress theme, "Global CBT Dissemination, Accessibility and New Technology" addresses the reality that CBT is currently evolving at a rapid pace and yet there is a vast unmet global need that requires an innovative and comprehensive dissemination strategy.



## CALL FOR PAPERS

September 1, 2022 | Call for papers opens

Symposia, full day and half day in-conference workshops, panel debates, clinical roundtables, open papers and poster presentations.

February 28, 2023 | Call for papers closes

For symposia, full day and half day in-conference workshops, panel debates, clinical roundtables and open papers.

Interested? Visit [www.wccbt2023.org](http://www.wccbt2023.org) for updates on the event.

February 2023

www.acbta.org

## AMET ACHIEVEMENT 2022



**PROF. FREEDOM LEUNG**  
Chinese University of Hong Kong

Date: January 22, 2022  
Venue: Zoom

*Doing CBT with the Help of Neuroscience*



**DR. FAROOQ NAEEM**  
University of Toronto

Date: April 2, 2022  
Venue: Zoom

*Sufism-based Cognitive Therapy for Building Resilience*



**DR. M. KAMRUZZAMAN MOZUMDER**  
University of Dhaka

Date: June 25, 2022  
Venue: Zoom

*Linking Formulation and Treatment Plan in Working with PTSD*



**PROF. FIRDAUS MUKHTAR**  
Universiti Putra Malaysia

Date: August 27, 2022  
Venue: Zoom

*Management of Vaginismus Using the Cognitive Behavioral Approach*



**PROF. KEE-HONG CHOI**  
Korea University

Date: November 5, 2022  
Venue: Zoom

*The Dissemination of Behavioral Activation for Depression to Korean Mental Health Professionals: Evidence, Opportunities and Challenges*

## RECENT AMET 2023

We recently had a Meet-the-Expert Talk by our very own Director of Training and Development, Prof. Shin-ichi Ishikawa!

### ACBTA MEET-THE-EXPERT TALK

**Culturally-Adapted Cognitive Behavior Therapy for Children and Adolescents with Anxiety Disorders**

Professor Shin-ichi Ishikawa  
Doshisha University  
Kyoto, Japan

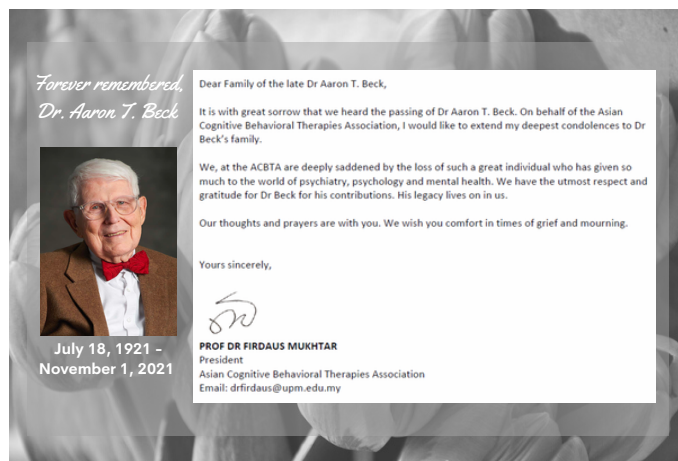
Date: 29 January 2023 (Sunday)  
Time: 2:00pm (HK/Mal) / 3:00pm (Kor/Jpn)  
Venue: Zoom (Link given upon registration)  
Register at: <https://bit.ly/3Fy1a0h> or scan QR:

 Visit us at <https://acbta.org>



## IN REMEMBRANCE OF DR. AARON T. BECK

In honor of the late Dr. Beck, we celebrated **Aaron T. Beck day** on July 18, 2022 to pay homage to the Father of Cognitive Behavior Therapy. Dr. Beck would have been 101 years old!



## 8TH ASIAN COGNITIVE BEHAVIOR THERAPY CONFERENCE 2024



## MEMBER ASSOCIATIONS

Current Asian associations that are representative of ACBTA in their own countries are:

- **Korean Association of Cognitive Behavioral Therapy (KACBT)**, [www.kacbt.org](http://www.kacbt.org)
- **Japanese Association for Behavioral and Cognitive Therapies (JABCT)**, <http://jabt.umin.ne.jp/index2.html>
- **CBT Committee of China Association for Mental Health (CBTC-CAMH)**, <http://www.cbtchina.com.cn/en>
- **Bangladesh Clinical Psychology Society (BCPS)**, [www.bcps.org.bd](http://www.bcps.org.bd)
- **Malaysian Society of Clinical Psychology (MSCP)**, [www.mscp.my](http://www.mscp.my)
- **Taiwan Association of Clinical Psychology (TACP)**, <http://taclip.org.tw>
- **Indian Association for Cognitive Behaviour Therapy (IACBT)**, <http://www.iacbt.org>
- **Pakistan Association of Cognitive Therapists (PACT)**, <http://www.pactorganization.com>
- **CBT Indonesia (CBTI)**, <https://www.cbt-indonesia.com/>

Associations interested to be a member of ACBTA may apply at this link: <https://acbta.org/membership-application/>

## COVID-19 RELATED RESOURCES

The topics of COVID-19 related resources available on our website:

- *CBT Strategies to Improve Mental Health During COVID-19 Pandemic*
- *Supporting Children and Young People with Worries about COVID-19*
- *My Hero is You: How Kids Can Hope with COVID-19*

Visit our website for more information: [www.acbta.org](http://www.acbta.org)

## ACBTA DIRECTORY

Are you practising CBT at any Asian countries? Please do not hesitate to contact us at [alvinn@sunway.edu.my](mailto:alvinn@sunway.edu.my) for our record purposes. Thanks!