



Titanic Belfast

Call for Papers

2021 Annual Congress

European Association for Behavioural and Cognitive Therapies

www.eabct2021.org

CBT Back to the Future

ICC (International Convention Centre)
Belfast, Northern Ireland
8th-11th September 2021

Hosted by the Irish Association of
Behavioural and Cognitive Psychotherapy



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CBT Back to the Future

The theme of the 2021 EABCT congress programme “CBT: Back to the Future” has been influenced by the fact that the DeLorean, Doc Brown’s world famous time-machine, was built in Belfast. While we are not promising time travel our aim is to explore CBT’s important role in dealing with past events, current dilemmas and future challenges.

One future challenge will be COVID-19, which has already had a major impact on us all in 2020. We know that this will have repercussions on the

psychological and physical health and well-being of many people across the world long after the pandemic has been brought under control. It has also had a major impact on how we deliver our therapy and train our practitioners.

As congresses return in 2021 the programme in Belfast will represent the “state of the art” and all that is excellent in contemporary theory, research and practice in CBT across the lifespan, and what we have learned from the past to make us more effective in the future.

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CBT Back to the Future

Congress Streams

Adult Mental Health:

Trauma, Anxiety, Depression, OCD, BDD and Habit Disorders
Psychosis, Eating Disorders and Addictions

Children and Adolescents

Behavioural Medicine

Marital and Family & Sexual Issues

Therapeutic Issues

Basic Processes and Experimental Psychopathology

Professional Issue, Training and Supervision

Diversity, Cross-cultural issues and Emerging Societies

Contemporary Issues

Impacts of Pandemics and large scale trauma/conflict

Promoting Resilience in Frontline Health Staff

Dealing with Complex Grief

New Ways of Delivering Therapy and Training

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Call for Papers

The key submission dates and deadlines are:

14th September 2020: Full Call for Papers Opens

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

1st March 2021: Main Call for Papers Closes

For symposia, full day and half day In-Congress workshops, panel debates, clinical roundtables

19th April 2021: Call for Open Papers and Posters Closes

Information will be available on the website (www.eabct2021.org) including the electronic submission procedures, Congress streams and examples of different presentation formats prior to the Call for Papers opening.

Information on Keynote speakers and the Pre-Congress Workshops will be available in September 2020.

The full final programme will be available before the Congress on the website. The programme of In-Congress workshops will also be available in advance of the Congress so that delegates can pre-book these when registering for the Congress on-line.





The Big Fish | Creator: Brian Morrison

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CBT The Future & Back

The Belfast Congress takes place at the end of EABCT's 50th Anniversary Year. We will look **Back** at the highlights of EABCT during the last 50 years and look forward to the **Future** and our expectations, priorities and hopes for the development of CBT in the next 50 years. We will welcome presentations that can contribute to

CBT: The Future and Back

including

Roundtables

Panel Discussions

Special Interest Groups

The first meeting of EABCT was held on the 21st July 1971 in Munich. At that meeting a committee involving Hans Brengelmann (Germany), Ron Ramsay (the Netherlands) and Jim Quinn (Belfast) was set up to develop the statutes of EABT. Jim Quinn, together with Harry McAllister, Joan Graham and Jim Harbison, from Queen's University, Belfast, was part of the Belfast Behavioural Engineering Group. Without their involvement setting up the European Association may have taken much longer. It is therefore fitting that the 2021 EABCT Congress will be held in Ireland and hosted by the Irish Association of Behavioural and Cognitive Psychotherapy

50 Years of EABCT

We will run an exhibition of the history of EABCT's first 50 years and the development of our 58 member associations in the Congress Centre throughout the Congress.



Duke of York | Traditional music session

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Organisation

Organising Committee

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Congress Secretariate

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Kee up-to-date with the organisation of EABCT2021 by visiting the website (www.eabct2021.org). Leave your contact details and we will provide you with information about the scientific and social programme, registration, accommodation, travel and tours as the organisation of the Congress develops.

Congresses organised by EABCT are well known for their social programme and Irish hospitality is legendary. We can guarantee that there will be every opportunity to relax and enjoy the company of other CBT therapists, and to forge new friendships and contacts that will last a lifetime.

Sláinte | Good Health

