



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

November 15, 2016

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INVITATION TO BECOME A MEMBER OR STUDENT AFFILIATE OF CACBT-ACTCC

Dear Mental Health Professional,

We would like to invite you to become a member (or student affiliate) of the Canadian Association of Cognitive and Behavioural Therapies (CACBT-ACTCC). Founded in 2010, CACBT is a dynamic organization and is the only one in Canada that is specifically oriented to CBT professional mental health providers. Our members include representation from all mental health disciplines. If you are a Canadian mental health professional who practices from a CBT perspective, or are a mental health professional who would like to learn more about CBT, 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 CBT 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.

As a CACBT member you will:

- have access to our lively list serve where you can network and confer with CBT colleagues throughout Canada and the world
- keep up to date on new research findings and clinical interventions
- learn about training and research opportunities
- access a nationwide members directory
- enjoy discounts on leading CBT journals (e.g., Behaviour Research and Therapy, Cognitive and Behavioral Practice) & CACBT-ACTCC Conference activities

This year's Annual Conference will be held in Ottawa ON, May 18-19, 2017. In honor of the 150th anniversary of Canada, this year's conference will feature multiple events related to CBT and diversity. Among other exciting events, this year's conference will feature workshops on culturally informed assessment and treatment, motivational interviewing, and psychopharmacology and CBT. Please visit our website often for updates on conference events, speakers and, of course, our upcoming call for submissions.

The CACBT-ACTCC Credentialing Committee is working on credentialing qualified members. Credentialing may be of interest to CBT practitioners who want their skills and training officially recognised. Check our website for the latest information on application for credentialing.

Join now! Don't miss this opportunity be part of a great organization. Go to our website at <http://www.cacbt.ca/> today and apply to become a CACBT-ACTCC member for 2017 (the membership year is from January 1 to December 31, 2017). The annual fee for Regular Members is \$100 plus tax and \$50 plus tax for Student Affiliates. You can always get the latest news by following us on Twitter (twitter.com/CACBT) or "Liking" us on Facebook (facebook.com/CACBT).

With best wishes,

Martin Scherrer, Ph.D., R.Psych
Membership Chair and Founding Member, CACBT-ACTCC
CACBT-ACTCC-Certified in Cognitive Behaviour Therapy