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November 16, 2020

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

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). 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 you can:

- have 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
- access a nationwide members directory and use our Find a Certified Therapist feature
- receive priority registration for [webinar series](#) commissioned by CACBT on topics relevant to CBT practice in Canada
- enjoy our bi-annual CACBT-ACTCC newsletter
- access clinical resources produced by CACBT-ACTCC
- be eligible to [apply for certification](#) in CBT through CACBT-ACTCC
- enjoy deeply discounted registration rates for the annual CACBT-ACTCC conference and conferences of partner organizations
- enjoy discounts on leading CBT journals (e.g., Behaviour Research and Therapy, Cognitive and Behavioral Practice)
- join a network of skilled and collegial mental health professionals interested in CBT and its practice

In May of 2021, CACBT will be hosting our Annual Conference virtually. We are actively working to plan another exciting opportunity to highlight the science and practice of CBT. Attendees can participate in an exciting array of workshops, including a full-day pre-conference workshop by Dr. David Tolin entitled "*Face Your Fears: Conducting Good Exposure Therapy Across Diagnosis*", at least 4 half-day workshops, symposia, panel discussions, presidential address, a poster session, and keynote addresses by Dr. David A. Clark and Dr. Christine Chambers. Please be sure to [visit our website](#) often for updates on conference events, [upcoming webinars](#), and other initiatives and 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. **The annual fee for Regular Members is \$125 plus tax and \$60 plus tax for Student Affiliates.** Go to our website at <http://www.cacbt.ca/> today and apply to become a CACBT-ACTCC member for 2021!

With best wishes,

Maddy Burley, Ph.D.
Membership Chair, CACBT-ACTCC