Welcome to the fourth edition of the WCBCT19 e-news

e-news is electronically published in the run up to the Congress to bring you regular updated information on the development of the scientific and social programme, hotel opportunities and travel options.

To subscribe to e-news sign up via www.wcbct2019.org

Only 9 months to go!

Registration is now open for you to register for the World Congress hosted by EABCT in Berlin next July. CBT clinicians and researchers from across the world are already registering to attend so don’t delay.

You can register online by going to www.wcbct2019.org where you can also download the Preliminary Programme.
Call for Papers

The Call for Papers opened on 1st June 2018 and we have had an excellent response with many submissions of symposia, panel discussions, round tables, half day in-congress workshops, open papers and posters.

There is now less than 3 months to submit your presentations. The final date is the 6th January 2019 (17th February for poster submissions). With Christmas just before this date don’t leave it to the last minute. For the Guidelines on Submitting visit: www.wcbct2019.org

Early Bird Registration Deadline Change

We have changed the date of the deadline for delegates to register at the early bird rate from 28th February to 28th March 2019. This is to allow delegates who have submitted presentations which are then accepted time to register at the early bird rate. However, don’t delay registering and don’t delay booking your hotel and travel if you want to get the best deals.

Got any questions about WCBT2019?

then contact MCI on: WCBCT@mci-group.com
or
Andreas Veith | Congress Organiser
e: andreas.veith@wcbct2019.org
Rod Holland | Congress Organiser
e: rod.holland@wcbct2019.org

Why not come as a group and save money on your registration fee?

We are offering a reduction of 10% on the registration fee for groups of 8 delegates or more. The conditions for a group registration is that there is only 1 invoice address and 1 payment will be required. If you are interested in this opportunity you should email Claudia on: registration.berlin@mci-group.com and she will send you a registration form.
New Submission Format: Technical Demonstrations

We are glad to announce that we have a new exciting submission format: Technical Demonstrations. These are 20-30 minute short demonstrations that present specific technology or equipment and its application to CBT. Technical demonstrations can include the presentation of both hardware and software, as well as research and clinical data, in a flexible yet focused manner. Presenters can have a commercial interest in the technology presented, although any commercial organization involvement and/or affiliation should be identified in the description of the presenters.

Please find the formal requirements as well as an example for this submission type here: wcbct2019.org/submission-guidelines

Technical demonstrations will run during the main Congress programme and can be submitted under any of the main congress streams.

Delegates can attend the technical demonstration at no extra cost therefore no fee is payable.

We are looking forward to many interesting submissions!
Congress Streams

The Congress will cover, among many others, the following areas:

**Addictions**

**Anxiety Disorders** – Social Anxiety

**Anxiety Disorders** – Specific Phobia / GAD / Panic

**Basic Processes / Experimental Psychopathology**

**Body Dysmorphic Disorder**

**Behavioral Medicine & Health Anxiety**

**Bipolar Disorder**

**CBT in Old Age and Neurobehavioral Disorders**

**Children** – Externalising Disorders

**Children** – Internalising Disorders

**Children** – Neurodevelopmental and Other Disorders

**Cross-cultural and international issues**

**Depression** – psychotherapeutic processes

**Depression** – Treatment & Applied Issues

**Eating Disorders**

**Habit Disorders** – Tic, Tourette, Autism spectrum

**Intellectual and Developmental Disabilities**

**Long term conditions**

**Marital and family**

**New Developments and Young Scientists**

**Obsessive Compulsive Disorder**

**Personality Disorders**

**Psychosexual functioning, disorders and identity issues**

**Psychosis**

**PTSD, Trauma**

**Therapeutic Processes in CBT**

**Training and Supervision**
Crèche/childcare facilities for WCBCT2019

Parents attending this year’s congress in Berlin will be able to leave their children in a dedicated facility in the CityCube. This means the working parents can attend the World’s biggest CBT Congress without having to make separate plans for childcare at home.

For more information on the crèche choose the option “Yes, I am interested” in the registration system or email: WCBCT@mci-group.com
We will also be putting information on the crèche and the cost on the website in the near future.
Getting to Berlin

Now is the time to plan your trip by checking out the best deals for travel. If you live in almost any of EABCT’s member countries then you can get a direct flight to Berlin arriving at one of their two main airports, Berlin Tegel (TXL) in the north west of the city and Berlin Schönefeld (SXF) in the south east. Berlin is also served by most of the economy airlines (EasyJet, Wizz Airlines, Ryanair, Euro Wings, Germania etc.) which offer flights at a price often less than it would cost to make a local journey within your own country. If you were to book a flight now then you can get a flight for between 120€ and 200€ from most EABCT countries to Berlin.

Check out the list below

**Austria:** Austrian Airlines or EasyJet from Vienna, Graz and Salzburg

**Belgium:** Brussels Airlines from Brussels

**Bosnia-Herzegovina:** Wizz Airlines from Tuzla

**Bulgaria:** Bulgaria Air & Ryanair from Sofia

**Croatia:** Croatia Airlines, EasyJet or Euro Wings from Dubrovnik, Split, Zagreb, etc.

**Czech Republic:** EasyJet from Prague

**Denmark:** EasyJet, Ryanair or Norwegian Air Int from Copenhagen, Aarhus or Billund

**Estonia:** Air Baltic from Tallinn

**Finland:** Finnair or EasyJet from Helsinki

**France:** Air France, EasyJet, Ryanair, Euro wings or Transavia from Paris, Nice, Toulouse, etc.

**Georgia:** Georgia Airlines or Wizz from Tbilisi or Kutaisi

**Germany:** Lufthansa, EasyJet, Ryanair or Euro wings from Frankfurt, Munich, etc.

**Greece:** Aegean Airlines, EasyJet, Ryanair and Euro wings from Athens, Thessaloniki, etc.

**Hungary:** EasyJet, Ryanair and Wizz from Budapest

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Ireland: Aer Lingus and Ryan Air from Dublin and Kerry
Iceland: Icelandair & Wizz from Reykjavik
Israel: El Al, EasyJet and Germania from TelAviv
Italy: Alitalia, EasyJet & Ryanair from Rome, Naples, Venice, Milan, Bologna, etc.
Kosovo: EasyJet from Pristina
Latvia: airBaltic and Ryan Air from Riga
Lithuania: airBaltic and Ryan Air from Vilnius
Macedonia: Wizz from Skopje
Montenegro: Ryan Air from Podgorica
Netherlands: KLM & EasyJet from Amsterdam
Norway: Norwegian and SAS from Oslo and Stavanger
Poland: LOT & Ryanair from Warsaw Krakow
Portugal: TAP & Ryanair from Lisbon and Porto
Romania: Ryanair & WizzAir from Bucharest and Cluj
Russia: Aeroflot, Podeda & Utair from Moscow
Serbia: Air Serbia & Ryanair from Belgrade & Nis
Slovenia: EasyJet from Ljubljana
Spain: Iberia Express, EasyJet and Ryanair from Madrid, Granada, etc.

Coming from outside of Europe

There are direct transcontinental flights to Berlin from Canada on Air Canada rouge, New York on Delta or United Airlines, Cairo on Egypt Air, Beirut on Germania, Beijing on Hainan Airlines, Dohar on Qatar Airlines, Singapore on Scoot. All major airlines fly into Frankfurt Airport which is Germany’s main airport with an onward flight time to Berlin of just 1hr and 10 minutes.

Let the train take the strain

If you prefer the train you can reach Berlin from every direction on the fast InterCityExpress, InterCity, EuroCity and InterRegion Trains. The central station Berlin Hauptbahnhof is in the heart of Berlin and is well connected to the public transport system.

Sweden: SAS, Norwegian and EasyJet from Stockholm and Gothenburg
Switzerland: Swiss and EasyJet from Zurich, Basel, Geneva
Turkey: Turkish Airlines and Pegasus from Istanbul and many more places
Ukraine: Ukraine International Airlines, Ryanair and Wizz from Kiev and Lvov
United Kingdom: British Airways, EasyJet, Ryanair & Flybe from London, Manchester
Pre-Congress workshops

Come to the Congress a day early and take in a Pre-Congress workshop presented by some of the world’s leading experts in their field. The workshops will take place on Wednesday 17th July in the CityCube and cover the following topics:

ACT, Anxiety Disorders in both Children and Adults, Bipolar Disorder, BDD, Case Formulation, Compassion Focused Therapy, Couples Therapy, Depression, Drug and Alcohol Problems, Eating Disorders, Exposure Therapy, Health Anxiety, IBS, OCD, Parenting Support, Personality Disorder, PTSD, Process-based CBT, Resilience, Refugees, Schema Therapy, Sexual Problems, Social Anxiety, Somatic Problems, Training

Full details of each workshop are available via the website” www.wcbct2019.org