



## 9TH WORLD CONGRESS OF BEHAVIOURAL AND COGNITIVE THERAPIES

17th-20th July 2019 | Berlin

### Welcome to the seventh (and final) edition of the WCBCT2019 e-news

Over **4000** delegates from over 80 countries will be attending the 9th World Congress of Cognitive and Behaviour Therapies in Berlin next week. Make sure you are there. Information on the full programme is available on the website [www.wcbct2019.org](http://www.wcbct2019.org)

#### Registering at the Congress

If you are attending a Pre-congress workshop on Wednesday 17th July do try and register on Tuesday afternoon (14.00 - 20.00) so that you are able to go straight to your workshop room on Wednesday.

If this is not possible the registration desk will be open from 8.00 on Wednesday morning

If you are not attending a Pre-congress workshop then we request that you do not come and register between 8.00 - 10.00 on Wednesday morning

## ON LINE REGISTRATION CLOSES MIDNIGHT 12TH JULY

If you or any colleagues have not yet registered for WCBCT2019 then make sure you do so by Friday 12th July when the on-line registration closes down. After that time registration can only be made on-site at the Congress Centre.

The cost of on-site registration is more expensive and may take time so don't delay – register on-line today.

### STOP PRESS: In-Congress Workshops

We have an exciting range of 38 In-Congress Workshops running during the Congress and we strongly advise booking these workshops on-line now to ensure vouchers to attend these can be collected when you

register. Waiting until you are in Berlin will mean you will have to book and pay for these separately after main registration ....and they may be full.



# The Scientific Programme

The scientific programme is now complete and over 1800 clinicians and researchers from across the world contributing over the three days of the Congress.

In addition to the Pre-congress workshops and the International invited speakers the scientific programme now includes

- **184 symposia**
- **32 skills classes**
- **18 panel/round table discussion sessions**
- **39 in-congress workshops**
- **31 Open Papers sessions**
- **930 poster presentations**
- **9 technical demonstrations**

With CBT evolving at a rapid pace and developing in many directions the Congress Theme

**“Cognitive and Behavioural Therapies at the Crossroads”** will address the fact that we are at the crossroads in terms of maintaining a unified field of theory and practice. You can see the final Programme on the website [www.wcbct2019.org](http://www.wcbct2019.org)

## A Big Thank You

In addition to the hard work that Thomas Heidenreich and Philip Tata, the co-chairs of the Scientific Programme, have done over the past two years with the support of the international scientific committee, we also have to thank the team from Germany who have done so much to help prepare the final programme and abstracts for publication.



**Jeanine Arabella Narrog**

The scientific administrator of the WCBCT; coordinating the other assistants, communicating with the scientific committee and presenters, she is responsible for all administrative tasks concerning the scientific programme. Jeanine is a psychologist and currently attending the post gradual training in cognitive behavioral therapy at the DGVT in Berlin



**Anke Heier**

Anke is a psychologist, lives in Vienna and currently works in human resource development and workplace health promotion. For the WCBCT 2019 she undertook several tasks like communicating with the scientific committee and presenters, promotion, developing the homepage as well as translations.

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## The Scientific Programme



### Pina Steinbrenner

Pina has a MBA of Business Administration and creating technical and administrative structures for all the major processes needed for compiling the scientific programme. She did also implement the technical requirements for the selection process of congress contributions.



### Emily Nething

Emily is currently studying Psychology in Berlin and supporting the WCBCT team by coordinating the work at the Abstract Book.



### Tobias Heidenreich

Tobias is currently doing his voluntary service at the city of Göppingen's administration, department for refugees and integration. He is supporting the WCBCT team by administrative work at the decision letters, the final programme and the abstract book.



### Julia Ernsthaus and Claudia Schmied

Both supported the WCBCT-team in proof-reading the submitted abstracts for the abstract book. Julia and Claudia are psychologists currently attending the post graduate training in CBT at the Goethe-University in Frankfurt.



# Travelling to the Congress

**Check your route from the hotel or accommodation in Berlin to the CityCube and leave yourself plenty of time.**

Most delegates are probably staying in the Kurfürstendamm area and the journey by train from the Berlin Zoologischer Garten to S-Bahn Messe Süd takes 8 minutes so with a walk to the station and a wait for a train (they run every 10 minutes) it will probably take you less than 30 minutes. If you are staying in the East part of the City then allow another 15 minutes.

Have a good breakfast and get yourself a coffee on the way in. The first coffee break isn't until 10.30 although there is a café in the CityCube where you can purchase refreshments.

