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Dear Academy Colleagues,

It is my pleasure to serve you as President of the Academy of CBT. I am excited to update our members on recent events/happenings we’ve had at the Academy.

The Academy said goodbye and thank you to Matt Brooks, our interim executive director. Matt worked to revamp the website and membership portal and helped launch our continuing education program. We were so pleased to welcome our new Operations Manager Kelley Joyner. Kelley has filled Matt Brooks’ position. She comes to us with a wealth of knowledge and experience in non-profits, board administration, web development, and a successful track record in project and financial management. We have no doubt that she’ll bring a fresh perspective to this pivotal role and prove an invaluable asset as we step into our next chapter. As Kelley onboarded, she met with past and present board members, heads of committee and all of our coordinators (membership, financial and training). We have also welcomed another new board member: Melissa Harrison. Melissa is a Licensed Personal Counselor committed to evidenced-based training and is the co-founder of the Center for Hope and Health in Pennsylvania.

We have been working with Board Consultants since November to improve the organization. We reviewed our by-laws and updated all of our policies and procedures with Board orientation and HR manuals. We had multiple meetings on board governance and a training on conflicts of interest. Some prior committees have been combined and committee goals and objectives were further refined. We also consulted with outside counsel to review policies and investigate concerns. I am happy to report we are all clear of concerns and any notions of conflict of interest have been dismissed by counsel. We are in a healthy, harmonious and collaborative place and look forward to growing with best practice at the forefront.

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I want to take the time to highlight and acknowledge the efforts of one of our most active committees within the Academy: The Diversity Action Committee (DAC). The DAC has a sponsored scholarship for diverse candidates to pursue certification with the Academy and has hosted coffee chats at ABCT to enhance member engagement. Additionally, each year the DAC has presented at ABCT. In November, there was a well attended ticketed event titled, "Cultivating Joy and Post-traumatic Growth in clients from diverse backgrounds using compassion and humility." This upcoming year DAC was accepted to present its poster “Advocating for Diversity in Cognitive Behavioral Therapy: A Case Study of the Diversity Action Committee within the Academy of Cognitive and Behavioral Therapies.”

The tradition of the Academy—to credential clinicians in evidence-based therapies—is at the forefront of my mind. Accordingly, we are working to expand training and dissemination to achieve this mission. The Academy has trained over 1,200 Certified Cognitive & Behavioral Therapists worldwide. We have over 80 Certified Trainer Consultants and to date, these trainers have serviced over 1,000 CBT trainings for public entities, non-profit organizations, higher education providers and healthcare systems around the world- including New York, Iowa, California, Texas, China, and Mexico. Our long standing government contract in California just entered training with its 54th cohort. What’s notable about some of the training we provide is that they are to community mental health clinicians—often at the Master’s level. These clinicians are providing evidenced-based treatment to their local communities that are often in-network and lower fee. We have collected data from our largest government contract training in Los Angeles and will be excited to report its findings once the analysis is completed.

Thank you all for being part of the Academy!

Best,
Jami
Spring is in the air and that means rebirth and change. IACBT is no exception.

To celebrate World CBT day April 7, 2024 and in conjunction with the World Confederation of CBT, IACBT offered its inaugural World CBT Day lecture with Dr Scott Waltman and Dr Mehmet Sungar talking all things modern CBT. With over 5700 attendees it is the largest event IACBT has had in recent history. If you would like to watch a replay, you can access it here (add link). To celebrate World CBT Day we also launched our free membership for all students. This includes undergrads, graduate students, residents and postdoctoral fellows. So please send your students to our site to register www.I-ACBT.com. We are delighted to offer this service to the growing number of students worldwide who are interested in CBT and hope to make this a global home for CBT.

In addition, we also hosted our first Global Ambassador talk on behalf of the World Confederation of CBT. Dr Waltman (he has been busy!) gave an excellent and well attended talk on socratic questioning. Proceeds benefit the WCCBT.

New birth also means a new name for our Journal. By next year, the new title will be the International Journal of Cognitive Behavioral Therapy. This casts a wider net and further aligns with our mission other than represent modern, integrative CBT. Please be sure to submit your papers to the IJCBT for consideration.

Change is also afoot on the board. Leslie Sokol, Ph.D. assumes the presidency of the IACBT in June. I moved to the role of Past President and our current Past President, Mehmet Sungar, MD concludes his long tenure in our board, but will not be far! Mehmet has joined the Executive Committee of the World Confederation of CBT and will continue to represent IACBT there until summer 2026.

Congratulations are also due to Dr. Scott Waltman who has been elected President-Elect and Dr. Dennis Tirch who was appointed Treasurer. Last, but not least, Dr Melanie Ogliari Pereira’s will be joining the board as representative at large. Dr Ogliari Pereira has a long history of training and provision of CBT in psychiatry training throughout Brazil. We look forward to this new phase of leadership!

Speaking of leadership, in an incredible stroke of good fortune, the board was also able to recruit our new (and first) official Executive Director, Dr. Urmila Patel. Many of you may be familiar with Dr. Patel through her tireless work heading the Academy of CBT’s LACROCBT implementation efforts. We look forward to all of the ways she will help our organization to thrive.

In this new era, there will be many opportunities to serve on committees. If you would like to bring your expertise to the IACBT please email iacbtinfo@gmail.com for more information.

Finally, the new conference is secured! We have confirmed August 13-17, 2025 in Nashville, Tennessee, USA. CBT as Tool for Recovery is the theme of the conference, although we will be casting a wide, welcoming, net for submissions. We are delighted and simply can’t wait to share modern CBT, line dancing, BBQ, and Southern hospitality with you all. Mark your calendars for an unforgettable event!

As I conclude my presidency, I want to thank our most collegial and effective board. I could not have achieved anything without them!
IACBT IS EXCITED TO ANNOUNCE THAT EFFECTIVE IMMEDIATELY FREE STUDENT MEMBERSHIPS ARE AVAILABLE.

Students can register for free memberships here: https://i-acbt.com/register/free-student-membership/

IACBT is pleased to announce we will now be offering free membership for current students. This change is inspired by our mission statement of connecting international CBT researchers, providers, and communities to ensure that global modern integrative CBT is innovative, personal, charitable, and accessible.

The International Association of Cognitive Behavioral Therapy (IACBT), formerly known as the International Association of Cognitive Psychotherapy (IACP), is a distinguished CBT organization and a full member of the World Confederation of Cognitive and Behavioural Therapies, with two seats on the board for that organization. IACBT hosts its own international conference and has in its membership leaders in the field of CBT.

Student members will have access to free educational opportunities, as well as the opportunity to network with other students who are also interested in modern CBT.

IACBT has broadened its focus to include all that comprises modern integrative CBT (big tent CBT including ACT, DBT, MBCT, etc.). Membership is open to both clinically-oriented and research-oriented students and professionals. Student members from diverse backgrounds and perspectives are especially encouraged to join. IACBT is on the forefront of the field, and joining our community is a great way to build connections and help shape the very future of CBT. We look forward to your joining us
INTRODUCING KELLEY JOYNER: A-CBT’S NEW OPERATIONS MANAGER

I’d like to thank the Academy Board members and Executive Committee for hiring me as the new Operations Manager. I am very grateful and excited for this opportunity, as I know how esteemed the ACBT is as an industry leader.

In 2018, I started as an Executive Assistant to Dr. Trent Codd at his agency, CBT Counseling Centers located in Asheville, North Carolina. The center grew rapidly and was acquired by a national mental health operating organization, Refresh Mental Health at which point I was promoted to the Operations Director. I oversaw and managed seven different counseling and therapy brands, including 15+ offices and 150+ employees. Shortly thereafter, Refresh Mental Health merged with Optum’s Behavioral Health branch, which catapulted our reach and network. I was with Refresh Mental Health for 6 years, at which point Dr. Codd alerted me to the Academy’s search to fill this operational role. I was intrigued by the Academy’s historic work and reputable leaders and was ecstatic when the role was offered to me.

I’ve sincerely enjoyed working in the mental health industry, as I feel it’s imperative to our overall well-being and growth – as individuals, and as a collective society. I feel CBT therapy is an invaluable, proven practice that has improved the lives of countless children, adolescents, adults, and the elderly. I feel very lucky to continue working with clinicians who practice and truly believe in the components of CBT.

Outside of work, I enjoy exploring Seattle (where I was born and raised) with my husband, and 2-year-old son. I love experiencing new restaurants and breweries, especially if I can take my dog! Otherwise, you may find my husband and I attending local comedy shows or playing at local parks with our son (rain or shine)! Please don’t hesitate to reach out to me via email for any reason: kjoyner@academyofcbt.org.

With gratitude,

Kelley Joyner
Seattle, WA
(206) 931-4386
kjoyner@academyofcbt.org
The Academy is happy to announce that former winner of the APA Award for Distinguished Scientific Applications of Psychology, Steven D Hollon, PhD, has rejoined the board of directors as a member-at-large.

How were you first introduced to CBT? reading Beck (and Seligman) while in graduate school

What’s your favorite thing about CBT? it works (and has an enduring effect)

How did you become involved with the Academy? competence is key to outcomes and the Academy trains to competence

What projects are you currently working on? we are comparing a culturally adapted version of behavioral activation delivered by non-professional lay counselors to fluoxetine pharmacotherapy in primary care settings in Bhopal India with an eye to using machine learning to predict in advance who should get which of the two interventions

Do you have any fun side (or passion) projects/hobbies? travel (often supported by my research) and running with Zoey the Wonder Dog (back when she could run)

What do you envision as being the future of the field? we now have the tools to identify what works best for whom and using them will help us do better tests of mechanism which will (in turn) allow us to make the treatments more powerful and enduring

What’s the best clinical advice a colleague or supervisor ever gave you? listen to your clients (Tim Beck / David Clark)

What career advice would you have for our early career members? try new things and listen to your clients

What CBT books would you say are must reads? Cognitive Therapy for Depression (Beck and colleagues) Thrive (Layard & Clark)
Racism and African American Mental Health: Using Cognitive Behavior Therapy to Empower Healing is a very important book in the evolution of CBT. Janeé Steele has meticulously researched how CBT needs to be adapted for African American clients who have been exposed to racism, often from a very early age. Research shows that repeated encounters with racism are associated with trauma, low self-esteem, clinical depression, and anxiety, and, at its most dangerous, suicidality. African Americans continually experience significant stress and distress related to bias and discrimination in personal, school, or work encounters, either endured or witnessed. Additionally, structural racism has led to many negative social determinants and systemic inequities. African Americans often encounter significant barriers to mental health treatment and receive inadequate care. Fortunately, CBT, appropriately adapted as described so clearly in this thoughtful, pragmatic book, has been shown to be effective in empowering African American clients to overcome these challenges, even when they have internalized anti-Black attitudes and beliefs. Later I will describe some of the conceptual additions and treatment techniques that are essential when working with this population.

Continued on next page
BOOK REVIEW: RACISM AND AFRICAN AMERICAN MENTAL HEALTH: USING COGNITIVE BEHAVIOR THERAPY TO EMPOWER HEALING (CONTINUED)

But first, to go back in history, my father, Aaron T. Beck, MD, and colleagues conducted the first randomized CBT research study and co-authored the first CBT treatment book (Cognitive Therapy of Depression) in the late 1970s. My father did not know at that time whether CBT would prove to be effective for populations other than the ones he, his colleagues, and his trainees at the University of Pennsylvania were treating. But time has shown that CBT has evolved and its efficacy has been demonstrated for a wide range of psychiatric disorders (even schizophrenia and bipolar disorder), psychological problems, and medical conditions with psychological components. It has been adapted for a wide range of populations: individuals of various ages, cultures, gender identities, and socioeconomic levels. And it is used in a wide variety of settings: schools, residential and vocational programs, medical facilities, correctional settings, community centers, private practice, and others. It is the most highly researched and widely practiced psychotherapy in the world.

It is important to note that from the beginning, Dr. Beck emphasized two foundational principles of CBT. One was that therapists need to conceptualize clients according to a cognitive framework, which posits that the meanings clients put to their experiences are related to their emotional, behavioral, and physiological responses and that the themes in these meanings (that is, their automatic thoughts about situations) are related to their underlying beliefs about themselves, their worlds, and other people, and the future. The second foundational principle was that it is essential for therapists to build a strong therapeutic alliance with clients so they will be willing to collaborate with their therapist and engage in the hard work of therapy, both in and out of sessions. Dr. Steele has done an admirable job in describing how to maintain these two core principles and vary their implementation for the African American population by intentionally including social influences and exploration of race (and racism) in case conceptualization and ongoing conversations with clients. [Continued on next page]
Dr. Steele details how continual exposure to racism and aversive racist experiences, especially the depiction of African Americans as inferior, can cause psychological distress and lead some African American clients to internalize racism. They may see themselves in a negative light; for example, they may believe that they don’t measure up and/or that they are powerless in the face of discrimination. Research indicates that clients may not bring up their concerns about racism in therapy, though. When they don’t, CBT therapists need to initiate these kinds of discussions by directly asking African American clients about their experiences with racism and discrimination and then explore how these kinds of experiences might be related to their specific current difficulties or to obstacles to achieving their aspirations. Failure to do so can decrease the impact of treatment. Failure to do so sensitively can lead to ruptures in the therapeutic relationship and premature termination.

This book is faithful to core conceptual and treatment components of CBT. But crucially, it adds the lens of racism when conceptualizing clients who have experienced racism, enhancing our understanding of why our African American clients often have a strong negative reaction to certain situations, why they may have developed certain coping strategies, why they may be vigilant for harm from others (especially the culturally and politically dominant group), and why they often feel unempowered. It focuses on the importance of adapted psychoeducation, problem-solving, cognitive restructuring, and skills training when clients have experiences of blatant or indirect racism. Equally important is an emphasis on creating opportunities for racial empowerment, including consciousness raising and building racial pride. Transcripts that contrast a traditional CBT approach with a culturally-sensitive CBT approach are wonderful illustrations of how therapists can significantly improve outcomes with African American clients.

https://www.routledge.com/9781032050492
BOOK REVIEW: NO RACIAL ELEPHANTS IN THE THERAPY ROOM: AN UNAPOLOGETIC APPROACH TO PROVIDING CULTURALLY AFFIRMING MENTAL HEALTH CARE TO BLACK AND AFRICAN AMERICAN CLIENTS

Scott Waltman, PsyD, ABPP

There is much to be learned from No Racial Elephants in the Therapy Room and the application of the wisdom it contains. Simply stated, this is the book I wish I would have used when I first started as a therapist; I would have benefited greatly from it and so would my clients. I have long been a fan of Dr. Rheeda Walker, as I have found her pragmatic and unapologetic approach to be both interpersonally effective and disarming. In her seminal work The Unapologetic Guide to Black Mental Health, she reaches out to members of the Black and African American communities to have a pragmatic and frank discussion about mental health, as one would have with a close family member or friend. It is full of heart, candor, and a little bit of humor. She brings that same style to this book written for therapists who work with BIPOC (Black, Indigenous, and People of Color) clients—specifically focusing on how to work well with Black and African American clients.

Often, white clinicians are uncomfortable or unskilled at broaching topics of race with their clients. They worry about saying the wrong thing or, conversely, erroneously assume that a client’s race is irrelevant. This attitude of colorblindness is one that many of us have been exposed to. The idea is that the color of someone’s skin should not matter and that everyone should be treated equally. This can lead people to ignore identities and factors related to race, with the ideal of treating everyone the same. The challenge is, many Black and African American clients do not live in a world that is actually colorblind—only a world that periodically pretends to be colorblind. In order to connect with my clients on a human level, I have to be able to see and understand the world they live in. And I have to be able to have a conversation with them about what it is like to live the life they live with the identities they have. Wouldn’t we all like to be more skilled at how to have these conversations?

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BOOK REVIEW: NO RACIAL ELEPHANTS IN THE THERAPY ROOM: AN UNAPOLOGETIC APPROACH TO PROVIDING CULTURALLY AFFIRMING MENTAL HEALTH CARE TO BLACK AND AFRICAN AMERICAN CLIENTS (CONTINUED)

That is what Dr. Walker has accomplished with this book. She focuses on taking a stance of cultural humility as opposed to focusing on cultural competency as something that can be checked off a checklist. In my experience as a white psychologist, when I'm working with individuals from diverse backgrounds, such as BIPOC clients, factors related to race, power, discrimination, and privilege are right in the room with us, though normally we're not able to address them until I myself call them out and broach the subject. Most of my clients have sadly been well accustomed to the phenomenon of white fragility and are often unsure if I will be able to understand, or even try to understand, where they're coming from. This book is geared toward calling out that specific elephant in the room. And Dr. Walker does a fantastic job of that.

She walks you through core concepts such as guided discovery and psychoeducation and their application. She gives suggestions for every step of the therapy process, from the first phone call to termination. She expertly discusses assessment, diagnosis, conceptualization, and treatment. This is a book I will read over and over again, as there is so much to be gained. She discusses the rich diversity and heterogeneity found within Black and African American cultures and makes helpful suggestions for integrating these cultural values into treatment. There is a treasure trove of example dialogues and, very importantly, example dialogues about how to recover when you make a misstep. In essence, she describes how to provide culturally affirming mental health care while learning to be humble and vulnerable.

Finally, I want to call attention to the highly nuanced and skillful way Dr. Walker addresses the use of cognitive behavioral therapy (CBT). This approach is one with decades of research support and power behind it and, at the same time, is one that has profound potential for being misused. Therapists who do not well understand CBT (or who are not culturally informed) can fall into the harmful pitfall of treating accurate views of societal interactions (e.g., racism, discrimination, microaggressions) as distortions or faults on the part of the client. Dr. Walker guides you on how to avoid these pitfalls with compassion, humility, and curiosity. This is the type of CBT that the world needs more of. This is the type of CBT that my clients need and that I myself need, though the themes and lessons of this book extend well beyond CBT.

I am so grateful for this book, it pairs really well with the book Dr Judy Beck reviewed earlier in this issue of our newsletter. There is a critical gap in literature, and these books help to fill that gap. I hope you will check out both of them.

It is on us who do the work to read and apply the knowledge she has provided here, while we approach each individual with whom we work with cultural humility.
BOOK REVIEW:
THE ACT WORKBOOK FOR KIDS: 
FUN ACTIVITIES TO HELP YOU
DEAL WITH WORRY, SADNESS,
AND ANGER USING ACCEPTANCE
AND COMMITMENT THERAPY

By Scott Waltman, PsyD, ABPP

The ACT Workbook for Kids is a recent release from New Harbinger written by Tamar Black, PhD. It pairs well with her ACT for Treating Children book. What I really enjoy about both books is that they focus on how to use ACT with children in a way that is age appropriate but not watered down. The ability to teach something as complex as the Acceptance and Commitment Therapy concept of Self-As-Context to a child is a masterful skill.

If you work with kids (or have kids of your own), these books are full of useful activities, metaphors, and examples on how to apply the principles of psychological flexibility.

Even the core concept of the hexaflex is reconceptualized in the age appropriate ACT Kidflex. Dr Black adds self compassion to the mix as well. Some of the metaphors and activities in this book such as ‘watching the movie of your life’ are instant classics.

The book seems to be geared towards children age 8-12, has beautiful illustrations, and is full of activities

I’m just impressed with the skillful execution of the book. It exceeded my expectations completely. I wholeheartedly recommend it.

https://www.newharbinger.com/9781684039760/act-for-treating-children/
https://www.newharbinger.com/9781648481819/the-act-workbook-for-kids/
BOOK REVIEW: THE STOICISM WORKBOOK: HOW THE WISDOM OF SOCRATES CAN HELP YOU BUILD RESILIENCE AND OVERCOME ANYTHING LIFE THROWS AT YOU

Donald Robertson, PhD

Less than twenty years ago, Stoicism was little more than an obscure niche subject in academic philosophy. Although millions of people owned books by famous Stoics such as Marcus Aurelius and Seneca, nobody thought of Stoicism as a movement within the modern self-improvement field. That changed quite rapidly, as the emergence of social media allowed people all over the world who had read the Stoics to form online communities. In 2008, William B. Irvine published *A Guide to the Good Life: The Ancient Art of Stoic Joy*, the first bestselling modern book on Stoicism. A few years later, Ryan Holiday’s *The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph*, became a huge international bestseller, which confirmed Stoicism as a genre of modern self-help. Now it’s difficult to keep track of the new books and articles being published on Stoicism every year.

The foundations of this Stoic renaissance were laid much earlier, though, in the 1950s, by Albert Ellis, one of the leading pioneers of cognitive-behavioral therapy (CBT). Ellis, having become thoroughly disillusioned with the psychoanalytic therapy in which he had trained, decided to start again from scratch. He began developing what, at that time, he called simply “rational therapy” but later became known as rational-emotive behavior therapy (REBT). Ellis had read widely in the field of psychotherapy but also in related subjects, particularly philosophy. Ellis recalled having first encountered the writings of Marcus Aurelius and Epictetus as a young man. As he began looking for an alternative to the psychoanalytic tradition, they suddenly appeared more relevant to him than ever before. Ellis was happy to credit the Stoics with anticipating his key ideas: “Many of the principles incorporated in the theory of rational-emotive psychotherapy are not new; some of them, in fact, were originally stated several thousand years ago, especially by the Greek and Roman Stoic philosophers,” and he names Epictetus and Marcus Aurelius in particular as his influences in this regard (Ellis, 1962, p. 35). (Ellis appears to have been less interested in Seneca, the other famous Stoic whose works survive today.)

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Indeed, Stoicism became one of the main philosophical inspirations for the new approach to psychotherapy that Ellis was developing. When Aaron T. Beck published his seminal *Cognitive Therapy and the Emotional Disorders* he likewise said that “the philosophical underpinnings [of cognitive therapy] go back thousands of years, certainly to the time of the Stoics, who considered man’s conceptions (or misconceptions) of events rather than the events themselves as the key to his emotional upsets” (Beck A. T., 1976, p. 3). In particular, the famous quote from Epictetus used by both Ellis and Beck to explain the role of cognition in their theory of emotion, and psychopathology, became almost a cliché among therapists: “People are disturbed not by events, but by their opinions about events.” This quote is found in countless subsequent books on CBT. It is, however, the only reference to Stoicism mentioned by most of them. That subsequent neglect of Stoicism is surprising for several reasons.

1. Ellis, the original pioneer of cognitive-behavioral therapy, refers to Stoicism many times throughout his writings, drawing on different passages from Epictetus and Marcus Aurelius, and he employs many other concepts and practices.

2. As Stoicism and CBT share virtually the same premise about the role of cognition in emotional problems, they’re likely to arrive at similar conclusions about the best solutions, and we should therefore expect that Stoic contemplative practices might be worth investigating in order to gain new ideas for therapy strategies and techniques.

3. As Stoicism is not merely a therapy but a whole philosophy of life, it potentially offers a framework for developing CBT into a lifelong practice with a broad scope, for self-improvement and developing general emotional resilience.

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4. Many individuals who are not attracted to conventional self-help or therapy literature are nevertheless drawn to Stoicism, and it may therefore provide their only exposure to beneficial psychological advice similar to that found in CBT. For instance, Stoicism is popular with prison inmates and military personnel, who sometimes (mistakenly) view using self-help or psychotherapy as a sign of weakness and therefore to be avoided.

5. With the development of a “third wave” in CBT, consisting of “mindfulness and acceptance” based approaches, emphasis has shifted on to strategies such as developing cognitive mindfulness and clarifying personal values, which bear a striking resemblance to prominent aspects of ancient Stoicism.

The Stoicism Workbook is written by two experienced CBT clinicians, and one layperson who has been applying Stoicism to everyday problems of living. I hope that it will help its readers to discover the many ways in which Stoic philosophy and cognitive psychotherapy might complement each other. In particular, by incorporating recent “third wave” ideas from CBT they help to expand the range of comparisons between Stoicism and modern psychotherapy. Moreover, by drawing attention to the value of Stoicism, and Socratic questioning, for building emotional resilience, they help to bridge the divide between clinical practice and general self-improvement, making the combination of Stoicism and CBT relevant and applicable to a much wider audience.

Donald J. Robertson
Author of How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius
A very common clinical situation is to have a client who is uncomfortable with the idea that someone might have a negative evaluation of them. Fear of evaluation and rejection are often a core component of social anxieties.

While we can work with people to help them see that perhaps people aren’t thinking about them to the extent that they think they are, it is usually preferable to inoculate our clients against their fears of being judged.

A simple exercise to help clients view potential criticism in context is to look up unfavorable reviews of things the client likes to show that it is OK to have some negative reviews.

I might ask my client, “What movie or book do you think is perhaps the best of all time?” Then we’ll look that book or movie up on Amazon, find the reviews section, and then sort by 1 star reviews. Then we’ll read these together. Typically these are ridiculous complaints. After we read a good amount, I ask the client if the movie or book is still good, and they usually laugh and say yes. Then I ask them how they make sense of these negative reviews, and they’ll typically explain that just because some people don’t like something doesn’t mean it is bad.

I might take it a step further and ask them if there are any movies or books they really like but that not everyone else likes. Usually, they can name a few titles. We’ll repeat the process and talk about how they can like something even if not everyone likes it.

Then this can be applied to their fear of judgments. You, I, and everyone else all receive 1 star reviews periodically in our lives, but these reviews are only dangerous if we treat them as such. If we can see that in the big picture, a few 1 star reviews don’t really matter, then we can be free from these worries. Ultimately it becomes a cognitive distancing and defusion exercise.

Even my Socratic Questioning book has a couple 1 star reviews related to elements like font choice or paper weight. If I hold these reviews within the context of the big picture, then I can see I don’t have to stress them. As the Stoic Emperor Marcus Aurelius said, “You don’t have to turn this into something. It doesn’t have to upset you.”

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https://www.routledge.com/9780367335199

https://www.newharbinger.com/978164842663/the-stoicism-workbook/

Editor’s note: This column is part of a newer series of practice-oriented articles that are meant to teach and illustrate CBT in clinical practice. Submissions for this series are welcome. Email me with your ideas and suggestions. Scott Waltman, PsyD, ABPP, walt2155@pacificu.edu
IACBT HOSTS WORLD CBT DAY EVENT ON INSTAGRAM LIVE

By Scott Waltman, PsyD, ABPP

IACBT is happy to say we hosted a free event on World CBT Day. Two of the IACBT Board Members Dr Mehmet Sungur and Dr Scott Waltman hosted an Instagram Live training event on Modern CBT & Its Reflection on Training. The event was (and is) freely available on Instagram and can be accessed by visiting the Instagram profile of either member Dr. Mehmet Sungur (@dr.mehmet_sungur) & Dr. Scott Waltman (@socraticmethodcbt). Instagram Live: Sunday April 7th, 2024

World CBT Day is an annual event sponsored by the World Confederation of Cognitive and Behavioral Therapies. It is timed to coincide with the World Health Organization’s World Health Day and to reflect the importance of the behavioral and cognitive therapies to global health.

Watch recording here: https://www.instagram.com/reel/C5eGvqWOOnJc/
Updates from the International Journal of Cognitive Therapy—the official
journal of the International Association of Cognitive & Behavioral Therapies

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Since the last in-person conference held by IACBT (Transylvania, Romania, 2017), the world has changed. We here in Nashville, TN are honored to reconvene this exciting meeting. Further, we look forward to welcoming the meeting back to the United States for the first time in many years. The team is eagerly planning engaging symposia, round tables, workshops, and panels. We are developing the full slate of pre-congress workshops for deep dives in your learning. Our intention is to highlight conversations about the past, present and future of Cognitive Behavioral Therapy, and bust out of our lanes to speak amongst colleagues asking similar questions but with different groups. All in the heart of Music City, Nashville, TN. August 14-17, 2025

In the midst of the learning, we will take time for the IACBT Conference Gala, where we will remember a great mentor and friend, Aaron T. Beck, MD. We hope to invite y’all to share stories, memories and tributes of Tim. A celebration of his 100 years.

We want to include people of all stages of their career and cannot wait to reveal the poster platform to highlight the new generation of CBT researchers and clinicians in the conversation. The platform will allow presenters to upload a version of their poster and a short video reviewing it. Then attendees can come ready to dive into the conversation.

Some of the initial slate of international speakers includes Dennis Tirch, Lynn McFarr, Leslie Sokol, Edward Selby, John Riskind, Scott Waltman, Lata McGinn, Aaron Brinen, Dmitri Kovpak, and others. Visit the website to see new speakers and get other updates of the conference. IacbtNashville.org

We look forward to learning and socializing in this great, melodic city. We just need you!!!!

Sign up for updates and get ready!!!!

https://iacbtnashville.com/
Submissions to Advances in Cognitive Behavioral Therapy are reviewed on an ongoing basis. Topic areas may include clinical issues, cultural considerations, research updates, conference and training information, book reviews, and summaries of any CBT-related activities from around the world! Articles co-written by professors and students are particularly encouraged.

Submissions should be 350-900 words with no more than five references (using APA style and as an MS Word document).

In addition, please include a brief (50-100 word) author bio and high quality photo/headshot with your submission. Submissions and/or suggestions for how to improve the newsletter and/or topics that should be considered should be sent to: Scott Waltman, PsyD, ABPP Editor: walt2155@pacificu.edu