

Talking Points for ABCT Slides

Slide 1. **ABCT Logo.** ABCT, formerly known as the Association for Advancement of Behavior Therapy, was founded in 1966. Its 4,500+ members make it one of the largest associations of cognitive behavioral professionals in the world. It produces two journals, a newsletter, an annual convention, webinars, a list serve, several important multimedia training series, and more. ABCT has over 40 Special Interest Groups, making it easy to network with like-minded professionals, and a robust awards program. It provides outreach to the general public via an on-line referral service, “Find a CBT Therapist” (findCBT.org). It also has a long and fruitful history of helping students get more out of their careers, so much so that many former students now identify ABCT as their professional home.

Slide 2. ***the Behavior Therapist*.** A newsletter, house periodical, and more. ***tBT*** features articles that help students get the most out of their graduate school and internship experiences, as well as prepare them to enter the professional world. Cutting-edge peer-reviewed science, commentary, and letters describe emerging and controversial techniques. Richard LeBeau edits this newsletter. ***tBT***, published eight times per year, is free to all members.

Slide 3. ***Behavior Therapy*.** In its 52nd year, ***BT*** is recognized as one of the flagships in CBT research. It is edited by Jonathan Comer. All members receive both journals online (free); in addition, they may opt to pay for the print version of one or both journals. If your library doesn’t already subscribe, please recommend it to them.

Slide 4. ***Cognitive and Behavioral Practice*.** Edited by Nikolaus Kazantzis, this journal is essential reading for the clinician. Many professors draw on ***C&BP***'s case conferences and special series in their classrooms to teach about the decision trees and various approaches one can take in addressing a patient. All members receive both journals online (free); in addition, they may opt to pay for the print version of one or both journals. Again, this is an essential journal for your library. If your library doesn’t already subscribe, please recommend it to them.

Slide 5. **57th Annual Convention.** Join 3,000+ mental health professionals and students in Seattle. In addition to offering continuing education credits and intensive learning experiences in empirically supported treatments, attendees meet and network with colleagues who share their interests and concerns. Sessions are offered for those new to the behavioral therapies and those with many years of experience. This is the best place to learn behavior therapy and cognitive therapy techniques, including acceptance and commitment therapy, dialectical behavior therapy, rational emotive behavior therapy, and exposure therapy.

Slide 6. **Webinars.** Participate in ABCT's webinar series and earn CE credits! Our webinars can be attended live or viewed online at your convenience. The webinar series offers opportunities to learn about evidence-based treatments and the latest research from prominent experts in the field of CBT. For a full list of available webinars:

<https://elearning.abct.org/>

Slide 7. **Find a CBT Therapist.** ABCT's Find a CBT Therapist gives you access to therapists schooled in cognitive and behavioral techniques. In addition to standard search capabilities (name, location, and area of expertise), ABCT's Find a CBT Therapist offers a range of advanced search capabilities, enabling the user to take a Symptom Checklist, review specialties, link to self-help books, and search for therapists based on insurance accepted. **www.FindCBT.org**

Slide 8. **Self Help Books of Merit.** As part of our commitment to educating the public about scientific approaches to the treatment of psychological problems, ABCT recognizes published self-help books that are consistent with cognitive-behavioral therapy principles and that incorporate scientifically tested strategies for overcoming these difficulties. Publishers and authors can formally submit to the Self-Help Books web page, and members of the public seeking empirically based self-help books are invited to visit the page.

Slide 9. **Fact Sheets.** ABCT is pleased to offer a growing archive of fact sheets, including two invaluable resources for potential clients: **Guidelines for Choosing a Cognitive Behavior Therapist** and **What to Expect from Therapy**

<https://www.abct.org/fact-sheets/>