

EABCT 2021

# EABCT Congress 2021

**International Convention Centre, Belfast, Northern Ireland**

**8 - 11 September 2021**

**Hosted by the Irish Association for Behavioural and Cognitive Psychotherapies**

## Congress Streams

### Adult Mental Health

Trauma, Anxiety, Depression, OCD, BDD and Habit Disorders  
Psychosis, Eating Disorders and Addictions  
Children and Adolescents  
Behavioural Medicine  
Marital and Family & Sexual Issues  
Therapeutic Issues  
Basic Processes and Experimental Psychopathology  
Professional Issue, Training and Supervision  
Diversity, Cross-cultural issues and Emerging Societies

### Contemporary Issues

Impacts of Pandemics and large-scale trauma/conflict  
Promoting Resilience in Frontline Health Staff  
Dealing with Complex Grief  
New Ways of Delivery Therapy and Training

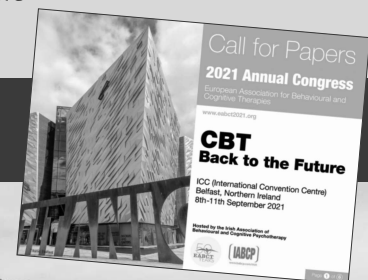
As we return to a the new normal in 2021 EABCT looks forward to welcoming delegates to next year's conference in Belfast.

The theme of the 2021 congress programme "CBT: Back to the Future" has been influenced by the fact that the DeLorean, Doc Brown's world-famous time-machine, was built in Belfast. While we are not promising time travel our aim is to explore CBT's important role in dealing with past events, current dilemma's and future challenges.

One future challenge will be COVID-19, which has already had a major impact on us all in 2020. We know that this will have repercussions on the psychological and physical health and well-being of many people across the world long after the pandemic has been bought under control. It has also had a major impact on how we deliver our therapy and train our practitioners.

The programme in Belfast will represent the "state of the art" and all that is excellent in contemporary theory, research and practice in CBT across the lifespan and what we have learned from the past to make us more effective in the future.

Conference submissions are now open and you can download the Call for Papers at [www.eabct2021.org](http://www.eabct2021.org)



Sláinte

