

Scientific Program

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global multidisciplinary organization dedicated to the promotion of evidence-based cognitive behavioral strategies designed to evaluate, prevent, and treat mental conditions and illnesses. ABCT is a member of WCCBT.

The WCCBT 2026 Congress will take place in San Francisco, California, from Thursday, June 25 to Saturday, June 27. Post-Congress workshops will be held on Sunday, June 28. San Francisco has a rich history of innovative psychological research in areas including CBT, neuroscience, mental health disparities, and health services for underserved populations.

The theme of the 2026 Congress is “Health for All: Affirming, Equitable, and Sustainable CBT.” This theme emphasizes WCCBT’s aim to promote mental and physical health for individuals worldwide through cognitive-behavioral approaches that affirm personal agency, resilience, and identities; meet individual needs while also reducing health disparities at the population level; and are sustainable in their intended settings. The Scientific Committee will especially encourage submissions that target the 2026 Congress theme.

Abstract Submission

The abstract submission deadline is **January 12, 2026.**

Please visit wccbt2026.org/call-for-abstracts/ for detailed instructions and to submit an abstract. Abstracts can be submitted for:

- Symposia
- Panel Discussions
- Clinical Round Tables
- Skills Classes
- Technical Demonstrations
- Posters
- Individual Open Papers
- Individual Three Minute Open Papers
- In-Congress Workshops (Ticketed)
- Master Clinician Seminars (Ticketed)

Congress Tracks

- Aging and lifespan psychology
- Anxiety disorders
- Artificial intelligence and technology-based interventions
- Basic processes and experimental psychopathology
- Behavioral medicine, chronic illness, and integrated primary care
- Child and adolescent mental health
- Conflict, disasters, and trauma- and stressor-related disorders
- Dissemination and implementation science
- Family- and caregiver-based interventions
- Feeding and eating disorders
- Interventions and care delivery models in the context of resource limitations
- LGBTQIA+
- Mood disorders and suicidality
- Neurodevelopmental and autism spectrum disorders
- Obsessive-compulsive and related disorders
- Personality disorders
- Positive psychology and resilience
- Promoting diversity, equity, inclusion and reducing stigma
- Psychedelic-assisted interventions
- Schizophrenia spectrum and other psychotic disorders
- School-based interventions
- Sexual wellbeing and/or partnership concerns
- Sports and performance-related interventions
- Substance use
- Training, supervision, and credentialing
- Transdiagnostic and therapeutic processes



KEYNOTE SPEAKERS

11th World Congress | SAN FRANCISCO

JUNE 25 - 28, 2026 - HOSTED BY



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COGNITIVE THERAPIES

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Kyoto University, Japan



**Silvia Helena Koller,
Ed. D.**

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