



The 9th Congress of the International Association for Cognitive Psychotherapy Toward Integrative CBT: Implications for Science and Practice

Dear Congress participants, dear members of the CBT and general clinical/psychotherapy community:

The 9th Congress of the International Association for Cognitive Psychotherapy/IACP (<http://iccp2017.org/>), organized by the Romanian Association for Cognitive and Behavioral Psychotherapies, was held between 29th of June to 1st of July 2017, in Cluj-Napoca, Transylvania, Romania. The congress was very successful, bringing together 550 participants from 42 countries.

A combination of (1) Outstanding Keynote Speakers representing the leaders of the major CBT approaches and/or top researchers (Gerhard Andersson, Judith Beck, David M. Clark, Pim Cuijpers, Raymond DiGiuseppe, Daniel Freeman, Martin Hautzinger, Steven Hayes, Stefan Hofmann, Steven Hollon, Robert Leahy, Lata McGinn, John Riskind, Philip Spinhoven, Mehmet Sungur, Ed Watkins); (2) Workshop Presenters representing leading clinicians and/or top researchers (Gerhard Andersson, Judith Beck, Raymond DiGiuseppe, Keith Dobson, Kristene Doyle, Thomas Dowd, Arthur Freeman, Daniel Freeman, Steven Hayes, Robert Leahy, Lata McGinn, Agnieszka Popiel, John Riskind, Tullio Scrimali, Mehmet Sungur, Ed Watkins); (3) Symposia Presenters, and (4) Poster Presenters have analyzed the opportunities and challenges, which CBT faces today. Also, two stimulating Round Tables - (1) *Integrative and multimodal CBT: Implications for practice* (Daniel David, Raymond DiGiuseppe, Steven Hayes, Stefan Hofmann, and Robert Leahy) and (2) *Integrative and multimodal CBT: Implications for research* (Gerhard Andersson, Pim Cuijpers, Daniel David, Daniel Freeman, and Steven Hollon) - further debated and explored the future of CBT.

We thank all of you for your participation and insightful contributions!

At the end of the Congress, the Board of the IACP and the delegates of the Congress adopted the below Declaration, as a strategic mean to stimulate and shape further developments of the science and practice of CBT.

Declaration of the 9th Congress of the International Association for Cognitive Psychotherapy

Cognitive-behavioral therapy (CBT) – as a general system of psychotherapy based on cognitive and behavioral principles – is an umbrella term describing a large number of evidence-based psychological prevention interventions and treatments derived from such principles. CBT is therefore largely the gold standard in the field of psychotherapy for a large variety of clinical and non-clinical conditions, as reflected by various international clinical guidelines, and thus its dissemination is fundamental for people in need. In order to further develop the CBT field, the Congress emphasizes the following ideas:

(1) **CBT COHESION** – To increase the internal cohesion of CBT, by exploring more integrative evidence-based CBT frameworks and forms of CBT practice linked to them, to gradually move the field from various “schools” to an integrative CBT framework (a comprehensive theory) and a multimodal CBT practice (derived/related to the comprehensive theory).

(2) **CBT TRAINING** – To better reflect the CBT cohesion of the various CBT training programs worldwide. While each training program typically emphasizes a specific “CBT school” (e.g., behavioral therapy; rational emotive behavior therapy, cognitive psychotherapy, acceptance and commitment therapy, dialectic behavior therapy, etc.), it should also add complementary training modules of other “CBT schools” in order to offer a more comprehensive CBT training, based on the framework of an integrative and multimodal CBT.

(3) **PATHOGENETIC RATIONALE** – To better tie various CBT psychological treatments and prevention interventions tested in randomized trials to the evidence-based etiological-pathological rationale of the clinical conditions.

(4) **INNOVATION** – To stimulate frontier research in fundamental and applied fields in cognitive and behavioral principles to advance prevention and treatment and infuse CBT with frontier research from related fields, including biology/neuroscience and technology.

(5) **SCIENCE OF PSYCHOTHERAPY** – To support a platform for psychotherapy integration, based on cognitive and behavioral principles, in the evidence-based framework.

July 1, 2017

Professor, Ph.D., Daniel David, Babeş-Bolyai University/Icahn School of Medicine at Mount Sinai, President of the Congress

Professor, Ph.D., Stefan Hofmann, Boston University, President of the International Association for Cognitive Psychotherapy