



16th Annual Conference 16e congrès annuel

Theme: CBT in the Real World: Finding Clarity in Chaos
Thème: La TCC dans le monde réel : trouver la clarté dans le chaos

May 1-2, 2026 | 1-2 mai 2026

University of British Columbia, Vancouver

This is an **IN PERSON only** conference



Professor Ross Menzies

The Role of Death and Existential Concerns in Mental Disorders



Dr. Martin Antony

When Perfect Isn't Good Enough:
CBT Strategies for
Treating Perfectionism



Dr. Candice Monson

Flexing Without Breaking
Cognitive Therapies for PTSD
to Personalize Delivery



Dr. Rachel Menzies

Death Anxiety: Understanding,
Assessing, and Treating this
Transdiagnostic Construct



Dr. David Dozois

Identifying, Assessing, and
Modifying Core Beliefs and Schemas
in Cognitive Therapy for Depression



Dr. Katherine Martinez

Parenting on Edge: Applying
Attachment Theory, Behaviourism,
and Collaborative Parenting to
Gain Clarity in Chaos



Dr. David A. Clark

Stuck in Doubt and Indecision:
New Possibilities for Cognitive-
Behavioural Treatment of
Anxiety and Depression

REGISTER TODAY!

www.cacbt.ca/conference/2026-conference

Open Paper Submissions Deadline: Dec. 5/25

Postster Abstract Submissions Deadline: Jan. 31/26