



7th WCBCT  
2013  
LIMA - PERU



# 7<sup>TH</sup> WORLD CONGRESS OF BEHAVIORAL & COGNITIVE THERAPIES

JULY 22 - 25, 2013 LIMA - PERU

ENJOY PERU'S LIVING HISTORY



[www.wcbct2013.pe](http://www.wcbct2013.pe)

BRINGING CULTURES TOGETHER FOR A  
BETTER QUALITY LIFE

VISIT PERU



Universidad Ricardo Palma  
ESCUELA DE POSGRADO





## WELCOME

On behalf of the Latin American Association of Analysis, Modification and Behavioral Cognitive Therapies, it is a pleasure to address you to invite you to the 7th World Congress of Behavioral and Cognitive Therapies, to be held from July 22 to 25 2013 in Lima - Perú.

This World Congress, whose theme is "Bringing cultures together for a better quality life" is a milestone in the history of CBT in the world, since first pass in South America and include the Portuguese as an official language, together with the English and Spanish

Our Scientific Committee, comprising world-renowned experts, is proposing an updated and innovative program, in order to assess the applicability and evidence of CBT to such areas, from cultural syncretism in favor of psychological well-being of our people. In the Social Agenda, we will share the Peruvian dinner reception, an opening show, to point up our folk diversity, and the Party Congress, with Latin and international music, with live bands playing on the shores of the Pacific Ocean

Perú is one of the most economical countries of South America (two times less than Brazil) and is one of the most important tourist destinations and eligible in the world, where the Inca empire flourished. Lima is a beautiful and modern city with a legacy of colonial architecture, with many museums and Incas castles to visit, and the district of Miraflores, where the Congress will take place, is a tourist area on the seafront, clean, very safe, with spaces for outdoor sports, cultural, artistic and bohemian life, besides having all the facilities, hotels, backpackers and Peruvian and internationally restaurants, including vegetarian food.

In fact, I recommend you to take your time and visit Cusco, a living museum, where you will find many intact archaeological sites to Machu Picchu, the new Wonder of the World. You can also visit the mysterious Nazca Lines, the mud citadel of Chan Chan, the Pyramids of Tucume, the Lord of Sipan, the natural wonders of Lake Titicaca, Colca Canyon (the deepest in the world), the Amazon River, most diverse natural world reserves, such as Manu. Perú also is distinguished by its large variety of folk art textiles (alpaca and vicuna), pottery and jewelry in silver and gold. Do not forget to enjoy one of the most varied and delicious culinary arts in the world.

Come, we invite you to the most important event of the CBT in the world, here in Perú, where you can ENJOY THE LIVING HISTORY OF THE INCAS COUNTRY.

A hug



Luis O. Pérez Flores (Perú)  
President 7th WCBCT 2013  
Universidad Ricardo Palma



Keith Dobson (Canadá)  
Chief, Scientific Committee  
Calgary University

## TOPICS

- Addictive Behaviours
- Aging
- Anxiety Disorders
- Assessment & Measurement
- Basic Processes
- Child & Adolescent Mental Health
- Cognitive & Neuroscience
- Diversity (Gender, GLBQT Issues)
- Eating Disorders
- Family Relations & Domestic Violence
- Health Psychology
- Intellectual & Development Disabilities
- Intercultural Psychology
- Mood Disorders
- OCD Spectrum and OCD
- Personality Disorders
- Positive Psychology
- Professional Issues
- Psychosis
- Sexuality and Couple Problems
- Terrorism and Social Issues
- Therapy Context, Process & Delivery
- Translational Research
- Trauma, PTSD and Grief

## CALL FOR PAPERS

The website is open for the Call for Papers

November 16	Deadline for symposia, panels discussion, clinical round tables and free communications.
December 7	Deadline for submission of Posters
January 31, 2013	Deadline to confirm acceptance of papers

Congress Secretariat: Mila Acuña Events E-mail: [mag@mila-acunaeventos.com](mailto:mag@mila-acunaeventos.com)

Information Central 7th WCBCT 2013: [info@wcbct2013.pe](mailto:info@wcbct2013.pe)

Official Tourism Agency: Perú A Travel.

<http://www.Perúatravel.com/eng/congreso.php?ElCongreso=congresomundial>

E-mail: [Perúatravel@Perúatravel.com](mailto:Perúatravel@Perúatravel.com) [info@Perúatravel.com](mailto:info@Perúatravel.com) [reservas@Perúatravel.com](mailto:reservas@Perúatravel.com)

## CONGRESS VENUES



CENTRO DE CONVENCIONES  
HOTEL ESTELAR



CENTRO DE CONVENCIONES  
HOTEL MARIA ANGOLA



CENTRO DE CONVENCIONES  
COLEGIO MÉDICO DEL PERÚ



## REGISTRATION AND FEES

The website for registrations will be open from Sunday 1 July 2012.  
Visit [wcbct2013.pe/site/inscripciones.html](http://wcbct2013.pe/site/inscripciones.html)

## CONGRESS

	From July 1, 2012 to March 31, 2013	From April 01, 2013	The day of the event
ALAMOC, ALAPCO, Brazilian CBT Associations and Emerging Countries out L.A.	330 USD	360 USD	410 USD
Latin American non-Members	380 USD	410 USD	460 USD
Latin American Students	245 USD	275 USD	325 USD
Developed Countries	430 USD	460 USD	510 USD
Students from Developed Countries	275 USD	305 USD	355 USD
Accompanying Person	100 USD	100 USD	100 USD

## WORKSHOPS AND MASTERS CLINICIANS

	Pre-congress Workshops	Intra-Congress Workshops	Masters Clinicians
Professionals	110 USD	60 USD	60 USD
Students	80 USD	50 USD	50 USD

## INVITED SPEAKERS



Aaron T. Beck (USA)  
*University of Pennsylvania*



Alba Elisabeth Mustaca (Argentina)  
*Lab. de Psicología Experimental y Aplicada (CONICET)*



Allison Harvey (USA)  
*San Francisco Bay Area Center for Cognitive Therapy*



Andrew Christensen (USA)  
*University of California, UCLA*



Antonio Pinto (Italy)  
*Department of Mental Health of the Province of Naples*



Arthur Freeman (USA)  
*University Park, Illinois*



Arthur M. Nezu (USA)  
*Drexel University . Philadelphia*



Brjánn Ljótsson (Sweden)  
*Department of Clinical Neuroscience, Karolinska Institutet*



Charles M. Morin (Canada)  
*University Laval*



Christine M. Nezu (USA)  
*Drexel University . Philadelphia*



Christine Purdon (Canada)  
*University of Waterloo*



Christopher Fairburn (UK)  
*Oxford University*



Christopher Martell (USA)  
*Independent Practice - Associates in Behavioral Health, Seattle*



Cláudia Ferreira (Portugal)  
*Universidade do Coimbra*



David A. Clark (Canada)  
*University of New Brunswick*



David Hodgins (Canada)  
*University of Calgary*



David J. A. Dozois (Canada)  
*University of Western Ontario*



Debra A. Hope (USA)  
*University of Nebraska*



Eduardo Remor (Spain)  
*Universidad Autónoma de Madrid*



Edwiges Silveiras (Brazil)  
*Universidade do Sao Paulo*



Felicitas Kort (Venezuela)  
Asociacion Venezolana para el  
Avance de la Terapias Cognitivas  
y Comportamentales



Francesco Colom (Spain)  
Programa de Desorden Bipolar,  
Instituto Clinico de Neurociencias



Frank Datillio (USA)  
University of Pennsylvania



George F. Ronan (USA)  
Central Michigan University



Gualberto Buena-Casal (Spain)  
Universidad de Granada



Guillem Feixas (Spain)  
Universitat de Barcelona



Hellen Christensen (Australia)  
University of New South Wales



Irismar Reis de Oliveira (Brazil)  
Universidade Federal do Rio de Janeiro



Jacqueline B. Persons (USA)  
University of California at Berkeley



Jeffrey Young (USA)  
Cognitive Therapy Center  
of New York



Jill Ehrenreich-May (USA)  
University of Miami



John Weisz (USA)  
University of Harvard



José A. Piqueras (Spain)  
Universidad Miguel Hernández



José Anicama (Perú)  
Universidad Autónoma del Perú



Juan Jose Moles (Venezuela)  
Centro de Investigaciones  
Psiquiátricas, Psicológicas y  
Sexológicas de Venezuela



Judith S. Beck (USA)  
University of Pennsylvania



Julio Obst Camerini (Argentina)  
Centro de Terapia Racional Emotiva  
y Terapia Cognitiva Comportamental



Junwen Chen (Australia)  
Flinders University



Ken Laidlaw (UK)  
University of Edinburgh



Kevan Wylie (UK)  
Porterbrook Clinic & Royal Hallamshire  
Hospital, Sheffield Hallam University



Lars-Göran Öst (Sweden)  
*Stockholm University*



Laura Hernández-Guzmán (México)  
*Universidad Nacional  
Autónoma de México*



Luiz Gamito (Portugal)  
*Hospital Júlio de Matos*



Marco Montarroyos (Brazil)  
*Instituto Catarinense de TC.*



Maria do Céu Salvador (Portugal)  
*Universidade do Coimbra*



Mariana Carolina Miracco (Argentina)  
*Hospital Ramos Mejia*



Marina Cunha (Portugal)  
*Universidade do Coimbra*



Mark A. Reinecke (USA)  
*Northwestern University*



Mehmet Z. Sungur (Turkey)  
*Medical Faculty of Marmara University*



Michael R. Petronko (USA)  
*Rutgers University*



Michael W. Eysenck (UK)  
*Royal Holloway, University of London*



Moniek ter Kuile (Netherlands)  
*Leiden University Medical Centre*



Nicholas Tarrier (UK)  
*Institute of Psychiatry, King's  
College London*



Nikolai Titov (Australia)  
*Macquarie University*



Nikolaos Kazantzis (Australia)  
*School of Psychological Science,  
La Trobe University, Melbourne*



Nuria Jaurrieta (Spain)  
*Hospital Universitario Bellvitge,  
Centro de Salud Mental de  
St. Feliu de Llobregat*



Pablo Vera-Villaroel (Chile)  
*Universidad de Santiago de Chile*



Patty Resick (USA)  
*University of Missouri*



Paul A. Boelen (Netherlands)  
*University Utrecht*



Paul Salkovskis (UK)  
*Institute of Psychiatry, Kings  
College London*





Peter de Jong (Netherlands)  
*University of Groningen*



Philip C. Kendall (USA)  
*Temple University*



Ricardo Muñoz (Perú - USA)  
*University of California, San Francisco*



Robert L. Leahy (USA)  
*American Institute for  
Cognitive Therapy*



Ron Rapee (Australia)  
*Macquarie University*



Shireen L. Rizvi (USA)  
*Rutgers University*



Steven C. Hayes (USA)  
*Foundation Professor of Psychology,  
University of Nevada*



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and State University*



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Wong Chee Wing (China)  
*Chinese University of Hong Kong*



Peter Fisher (UK)  
*University of Liverpool*



Philippa Garety (UK)  
*Institute of Psychiatry*



Richard Bryant (Australia)  
*University of New South Wales*



Roberto Secades Villa (Spain)  
*Universidad de Oviedo*



Rosa M. Raich (Spain)  
*Universidad Autònoma  
de Barcelona*



Shishir Palsapure (India)  
*University of Calcuta*



Steven Hollon (USA)  
*Vanderbilt University*



Tian Po Oei (Australia)  
*Toowong Hospital and the  
University of Queensland*



W. Kim Halford (Australia)  
*University of Queensland, Brisbane*



Winifried Rief (Deutschland)  
*Phillips University-Marburg*





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## IMPORTANT INFORMATION

**Location:** Perú, is located in the central part of South America, on the border with Chile, Bolivia, Brazil, Colombia and Ecuador. Lima, the venue of the World Congress, is the capital of Perú, a modern and cosmopolitan city with 8 million and half inhabitants, situated on the central coast of the country, along the Pacific Ocean, is divided into 43 districts. The district of Miraflores, where the Congress hall take place is highly safe and picturesque, with great commercial, cultural, sports and tourism movement, where most visitors choose to stay.

**Climate:** During the Congress we will be in winter, with temperatures ranging between 14 ° C and 16 ° C, with no rain. We recommend warm clothes for evenings.

**Passport and Visa:** To enter Perú, a VISA is not required, only a passport that is valid and the Andean countries just simply need an I.D.

**Local Venues:** a complex of three local sites, one near the other, the Convention Center at the Medical College, the Convention Center Hotel Maria Angola and the Hotel Estelar have been considered. In the days of the Congress there will be a place of Registration and delivery of Materials located in the Hotel Ariosto, which is right in the middle of the three complexes.

**Congress Official Languages:** English, Spanish and Portuguese.

**Hotels, accommodation and tour packages:** Hotels headquarters are Hotel Estelar, Maria Angola, Ariosto and Hilton (Convention Center of the Medical Professional Association), even though, in the district of Miraflores there is a wide range of possibilities, from exclusive 5 stars hotels, other categories and a significant amount of accommodation type backpackers. Also you will be able to find hotels in the neighboring districts of Miraflores, such as San Isidro and Barranco (10 to 15 minutes from Headquarters). Hotels like Sheraton and Westin, but not in the Miraflores area are also recommended as venues. The official agency of the Congress, Perú A Travel, has Special Rates for Attendees to the 7th World Congress on CBT, both in hotels as in the Tour Packages to Lima, Cuzco or other cities. We recommend going to [eruatravel@Perúatravel.com](mailto:eruatravel@Perúatravel.com), [info@Perúatravel.com](mailto:info@Perúatravel.com), [reservas@Perúatravel.com](mailto:reservas@Perúatravel.com) Or visit <http://www.Perúatravel.com/congreso.php?ElCongreso=congresomundial>.

**Official Language of the city:** The Spanish, although in other cities of the Peruvian Andes you can also find people who speak Quechua or Aymara.

**Official Currency:** The Nuevo Sol (PEN), although much of the transactions are quoted and also payable in U.S. dollars. Either way there are exchange offices everywhere.

**Access by air:** Lima is connected to the world by air, for which they have direct flights from all countries of America and some European countries. For this we have an International Airport (Jorge Chavez) very modern, safe, high standards quality and commitment, having been rated, last year, as the leader in the region.

**From the airport to Miraflores:** The time it takes a taxi from the Airport Jorge Chavez Lima Centro or Miraflores, is 30 to 45 minutes depending on traffic. Higher Official information agency, Perú A Travel. [Perúatravel@Perúatravel.com](mailto:Perúatravel@Perúatravel.com), [info@Perúatravel.com](mailto:info@Perúatravel.com), [reservas@Perúatravel.com](mailto:reservas@Perúatravel.com) <http://www.Perúatravel.com/congreso.php?ElCongreso=congresomundial>

WE STRONGLY RECOMMEND TO BOOK WELL IN ADVANCE

## TRAVEL TIPS

Lima. The capital of Perú, has been considered by UNESCO as the Cultural Heritage of Humanity, since it houses an infinite contrasts cultural wealth. Due to the meaning of their fusion and cultural syncretism, Lima is one of the magical places of America and one of the most attractive tourist destinations to be visited. We recommend visiting the citadels of Inca and Pre Inca origin, such as Pachacamac, the Huaka Puckllana, Caral (the oldest city in America). Likewise the Museum of the Nation, the Gold Museum, the Museo Larco Hoyle, and so on, as well as to visit the city itself, which highlights the historic center, neighborhoods and spaces that modernity offered as the Water Park, one of the largest in the world. Shopping centers, highlighting Larcomar in Miraflores, an area located by the sea. You must also try our Peruvian cuisine, and visit the places where they offer handicrafts, textiles and jewelry. In any case in the District of Miraflores you can find places which provides Tourist Information. You can still visit the site of the Official Agency of the Congress, Perú A Travel [www.Perúatravel.com/congreso.php?ElCongreso=congresomundial](http://www.Perúatravel.com/congreso.php?ElCongreso=congresomundial)



Cusco. Cultural Heritage of Humanity, was the capital of the Inca Empire. Is the most important pre-Columbian metropolis in the Americas, which is due to the large number of history monuments, also known as the "Rome of America", a living museum where the greatness of ancient times are seen in the streets. It is located in the south east of Perú, at an altitude of 3,400 m.a.s.l. To get used to the height, it is recommended to take a short break or to drink coca tea and in extreme cases a medicine that could adapt you quickly to the change. After that, you will be fit to tour and discover many forts, temples and ruins sites, among which are Sacsayhuaman, Puka Pucara, Kenko, Ollantaytambo, the Sacred Valley of the Incas and others. Cusco has a lot to offer, from its architecture, its people using Inca costumes, to its bohemian life. To access Cusco, take a domestic flight from Lima. It lasts 55 minutes.



Machu Picchu. Located 3 hours by train from Cusco, is considered both a masterpiece of architecture and engineering. Its unique architectural features and landscape, and the veil of mystery that has woven around it, have become the most popular tourist destination on the planet.

The Historic Sanctuary of Machu Picchu offers visitors a spectacular landscape / wildlife at 2,340 m.a.s.l. with flora and fauna that only exists in the place as some varieties of orchids and birds. It is also a magical and sacred land, which was very important for the Incas. Each archaeological site is connected to the next and with the environment, forming a close relationship, which can only be found in few places in the world.

[www.Perúatravel.com/congreso.php?ElCongreso=congresomundial](http://www.Perúatravel.com/congreso.php?ElCongreso=congresomundial)



## TOURIST ATTRACTIONS



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