

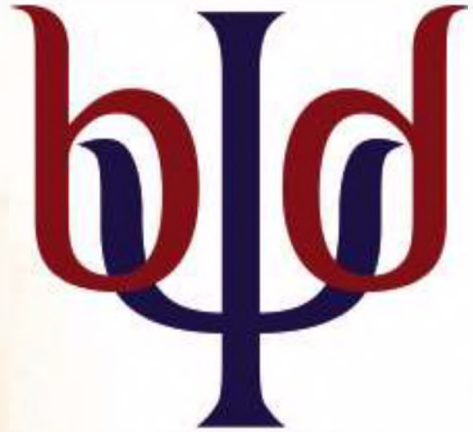
# EABCT 2023

## CONGRESS

October 04<sup>th</sup>-07<sup>th</sup>,2023  
Granada Luxury Belek  
Antalya / TÜRKİYE

**CBT in a Changing World: Migration and Cultural Diversity**

EABCT



2010

ACBPT

ASSOCIATION FOR COGNITIVE  
BEHAVIORAL PSYCHOTHERAPIES  
OF TÜRKİYE



# **EABCT 2023 CONGRESS**

CBT in a Changing World: Migration  
and Cultural Diversity

| **04th – 07th October 2023**  
**Granada Luxury Belek – Belek / Antalya**

**PROGRAMME AND PROCEEDINGS BOOK**

'978-625-6443-07-5'

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- Dr. Ercan Altınöz
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## INVITATION

We are pleased to host the next EABCT Congress in Antalya, Turkiye, with the theme "CBT in a Changing World: Migration And Cultural Diversity."

Our association was established in 2010, we became a full member of the European Association for Cognitive Behavioral Psychotherapies (EABCT) in 2013, and EABCT accredited our training program in 2016. Since we were founded to teach, disseminate, and implement cognitive behavioral psychotherapies in Turkiye, we have organized many local organizations. Becoming the host for the next EABCT congress is a crucial step towards our goals.

The 53rd EABCT Congress, which will be held with the participation of scholars, therapists, and researchers, each of whom have made significant contributions to the field of CBT, will address migration and cultural diversity in the changing world and will cover current issues related to CBT.

Antalya is the most preferred region as of its natural and historical background. You will love the sea, nature, beautiful beaches, and delicious Turkish food. We will present you with a very enjoyable congress with beautiful events and shows related to Turkish culture. We want to point out that the fees are affordable, especially for students and young people. We consider the EABCT congress a vital way to build new networks for students and young researchers. And for these reasons, we prepare affordable fees for them.

You will meet experts from around the world and enjoy Turkiye's unique nature and food. We are sure you will be happy to experience this congress in Turkiye.

We would like to see you at our congress to come together with experts in the field of CBT from around the world and share the most up-to-date evidence-based information and this unique congress experience in Turkiye.

**The Association for Cognitive Behavioral Psychotherapies of Turkiye**

## **SCIENTIFIC PROGRAM**

**[Click for Scientific Program](#)**

## **OPEN PAPERS SYMPOSIA**

## Transdiagnostic Unified Protocol on Anxiety Disorders

### Authors

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### Abstract

**Introduction:** The transdiagnostic approach argues that the common features are needed to be taken into account [e.g. distress intolerance (DI), intolerance of uncertainty (IU), anxiety sensitivity (AS)] underlying emotional disorders rather than evaluating them separately since the dissection of anxiety disorders has increased with each emerging version of the Diagnostic and Statistical Manual of Mental Disorders (DSM), in which the classification of anxiety disorders resulted in an increased number of intervention protocols for each disorder. That is why an increase in comorbidity among anxiety disorders is observed. This also caused an increase in comorbidity among anxiety disorders. The transdiagnostic approach offers a unified protocol (UP) for strengthening the common features, thereby both preventing the emergence of emotional disorders and/or intervening in the symptom severity of emotional disorders, which can be applied to different types of emotional disorders. The main aim of this study is to develop a unified protocol. The UP will include interventions developing the levels of common transdiagnostic features (DI, IU, AS).

**Method:** The UP will be designed according to the CBT model, which will include cognitive (psychoeducation, cognitive restructuring etc.) and behavioral interventions (exposure, relaxation techniques, modification of action, etc.). Although beyond the scope of this conference paper, other phases planned for later will also be briefly mentioned in the following. After developing the UP, there will be an intervention group receiving the UP and a waitlist group. The participants will be randomly assigned to the groups (intervention and waitlist groups). The intervention group will receive UP in 8 weeks group therapy program. The other group will be on the waitlist during the process.

**Result:** Although the stages following the development of the UP are planned to occur after the conference, the expected results will be mentioned in the following sections. The research data will be analyzed in the SPSS program. To compare groups' differences, mMixed-ANOVA statistics will be conducted. The UP is expected to be effective, like other CBT protocols specific to different types of anxiety.

**Discussion:** The transdiagnostic approach is one of the new areas of interest in mental health, and there are still a few studies in this area. Therefore, the current study is expected to contribute to transdiagnostic the literature. This research is important to offer an alternative to comorbidity and decrease the symptom severity of anxiety disorders. In addition, the result of this research is expected to lead to further studies for developing both transdiagnostic intervention and prevention programs. Lastly, there has been no transdiagnostic study conducted in Turkey before. Therefore, the study is expected to contribute to mental health studies in Turkey.

**Conclusion:** UP is an alternative intervention for preventing and/or treating different emotional disorders. An effective UP will be promising for treating different comorbidities and developing more economical treatment protocols. It may be important necessary for countries like Turkey, which hosts many migrants and where limited mental health services are available in their mother tongue.

### Track

OPEN PAPERS

### Topic Areas

Adult Mental Health

### Submission ID

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