



October 2013

President's Messages:

[June 2014](#)

[January 2014](#)

[October 2013](#)

[May 2013](#)

[January 2013](#)

[October 2012](#)

[May 2012](#)

[January 2012](#)

[September 2011](#)

Message from the Editor: Advances in Cognitive
Therapy

Newsletter Editor

Jamie L. Schumpf, PsyD, ACT

October, 2018

Welcome to the *Advances in Cognitive Therapy*, a joint publication of the International Association of Public

Submissions to *Advances in Cognitive Therapy* are accepted on an ongoing basis. The deadline is

In addition, if you have ideas for how to improve this newsletter or topics that you think would be worth

Send submissions or ideas to:

Dr. Jamie L. Schumpf

jamie.schumpf@einstein.yu.edu



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June 2014

[President's Message: June 2014](#)



Other issues:
[January 2014](#)

[October 2013](#)

[May 2013](#)

[January 2013](#)

[October 2012](#)

[May 2012](#)

[January 2012](#)

President's Message

IACP Presidential Column

Advances in Cognitive Therapy

Lata K. McGinn, PhD

June 2014

As my three-year term as president of IACP draws to a close, I reflect on the progress of CBT in the field of psychology.

Our field has witnessed many changes as well. There are now close to 300 meta-analyses on CBT demonstrating its effectiveness.

Broader changes have also transpired. Statistics published in *Disorders of the Nervous System* and *Journal of the American Academy of Child and Adolescent Psychiatry*.

The *International Association of Cognitive and Behavioral Therapists* has also undergone many changes since I began my presidency.

Under the direction of Henrik Tinghøj, Chair of IACP in the Netherlands, the last few years, IACP launched the *Journal of Cognitive and Behavioral Therapy*.

(continued)

David Dozois transformed the newsletter from a simple monthly publication into a platform that placed it in the skillful hands of Simon Re

By the time you read this column, we will be on our way to the 16th International Congress of Applied Behavior Analysis attendees w

IACP's mission, to address the burden of mental illness by facilitating the growth of CBT as a scientific d

I want to thank IACP members and the board of directors for the opportunity to serve as president of IACP.

☐ *Sincerely,*

Lata K. McGinn, PhD

President, IACP

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January 2014

[President's Message: January 2014](#)



Other issues:

[June 2014](#)

[October 2013](#)

[May 2013](#)

[January 2013](#)

[October 2012](#)

[May 2012](#)

[January 2012](#)

President's Message

IACP Presidential Column

Advances in Cognitive Therapy

Lata K. McGinn, PhD

January, 2014

Hong Kong is getting ready to host the first international 2014 CBT Conference Association of East Asia (CAEA) 2014

Strategically positioned in the central hub of South East Asia, Hong Kong is a visitor's paradise. It is safe

(continued)

The premier Hong Kong [Convention & Exhibition Centre](#) is the conference venue for IACP 2014. Build a

For those interested, the [organizing committee](#) has also prepared the conference program and plans for a

As president of IACP, I hope that you enjoy every moment of ICCP 2014, and that you will either come e

☐ *Sincerely,*

Lata K. McGinn, PhD

President, IACP

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October 2013

[President's Message: October 2013](#)



Other issues:

[May 2013](#)

[January 2013](#)

[October 2012](#)

[May 2012](#)

[January 2011](#)

[September 2011](#)

President's Message

IACP Presidential Column

Advances in Cognitive Therapy

Lata K. McGinn, PhD

October, 2013

On behalf of the International Association for Cognitive Psychotherapy (IACP), I am pleased to invite you to the International Congress of Cognitive Psychotherapy (ICCP) is the official meeting of the International Association for Cognitive Psychotherapy (IACP).

Hong Kong also offers you its expansive skyline, rolling hills and mountains, coastal landscapes, sea views and distinctive outlying islands. Hong Kong Island lies to the south of the Victoria harbor, the Kowloon Peninsula forms its northern shores and to the north of Kowloon lies the New Territories, which stretch all the way to the mainland of China.

also a shopper's paradise, for its many malls, The King's Convention & Exhibition Center, a truly state-of-the-art

□ *Sincerely,*

Lata K. McGinn, PhD

President, IACP

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Cognitive  Therapy
newsletter

May 2013

[President's Message: May 2013](#)



Other issues:

[October 2013](#)

[January 2013](#)

[October 2012](#)

[May 2012](#)

[January 2012](#)

[September 2011](#)

President's Message

IACP Presidential Column

Advances in Cognitive Therapy

Lata K. McGinn, PhD

May, 2013

Research suggests that lifetime diagnoses of Social Anxiety Disorder are much more common in developed countries than in developing countries.

At first blush this seems inexplicable. How could a “nation of extroverts” have some of the highest rates of social anxiety disorder?

However, it is also conceivable that social anxiety disorder is as high in the US precisely because the US is a culture that values extroversion.

Although social anxiety is a real disorder and exists in every culture, it is also possible that it is more readily diagnosed in cultures that value extroversion.

Was it always this way? Cain argues not. She notes that at the turn of the twentieth century, America shared a common culture that valued extroversion.

(continued)

By contrast, introverted behaviors are highly prized in cultures that report the lowest rates of social anxiety disorder.

Although much has been written on the fact that the Social anxiety disorder should be defined in relation to the cultural context, the definition of the disorder is still debated.

Cain, S. (2012). *Quiet: the power of introverts in a world that can't stop talking*. New York, NY: Crown Publishers.

Quiet: the power of introverts in a world that can't stop talking

New York, NY

McGinn, L.K. & Newman, S.M. (2016). Update on Social Anxiety Disorder. *Journal of Clinical Psychopharmacology*, 36(2), 181-188.

Update on Social Anxiety Disorder Journal of Clinical Psychopharmacology

36(2), 181-188

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January 2013

[President's Message: January 2013](#)



Other issues:
[October 2013](#)

[May 2013](#)

[October 2012](#)

[May 2012](#)

[January 2012](#)

[September 2011](#)

President's Message

IACP Presidential Column

Advances in Cognitive Therapy

Lata K. McGinn, PhD

January, 2013

As I reflect on the year that just passed, I am struck by the series of tragic events that recently occurred

Of course, the US was [not alone](#) in experiencing disastrous events last year. Both the Philippines and R

Together, these stories underscore the salience of mental health issues in our lives, both the effects of u

“Psychological first-aid” is the initial intervention of choice to facilitate normal rec

(continued)

Althou gh research shows that symptoms decrease naturally even among individuals w

Finally, a range of effective treatments is available for those who develop full-blown symptoms. Researc

While tragic events may be an inevitable part of our lives, our ability to address those exposed and to he

Sincerely,

Lata K. McGinn, PhD

President, IACP

Herbert, J. D., & Sageman, M. (2004). *Stress Disorders: A Self-Help Guide for the Treatment of Post*

McGinn, L. K. & Spindel, C. (2007). *Disaster Trauma: Crisis Intervention*. NY: Guilford Press.

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Therapy
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[President's Message: October 2012](#)



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