

Jessica Cronce

From: ABCT Webinars <association_for_behavioral_and_cognitive_therapies@abct.org>
Sent: Tuesday, September 10, 2024 10:43 AM
To: Jessica Cronce
Subject: FREE Live WCCBT Webinar Sept. 18 - Supporting communities affected by adversity around the world: An introduction to W.H.O.'s work in developing and implementing scalable psychological interventions



**Free Live WCCBT Webinar September 18 -
Supporting communities affected by adversity
around the world: An introduction to W.H.O.'s
work in developing and implementing scalable
psychological interventions**



The World Confederation of CBT (WCCBT) invites you to join a
FREE Live Webinar presented by the World Health Organization on
Wednesday, September 18:

**Supporting communities affected by adversity around the
world: An introduction to W.H.O.'s work in developing and
implementing scalable psychological interventions**



Presented by:

Dr. Ken Carswell

Mental Health Specialist

Department of Mental Health, Brain Health, and Substance Use
World Health Organization (W.H.O)

Moderator:

Dr. Lata McGinn

President, World Confederation of CBT (WCCBT)

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FREE REGISTRATION

Wednesday, September 18, 2024

11:00 AM – 12:00 PM **Eastern**

10:00 AM – 11:00 AM **Central**

9:00 AM – 10:00 AM **Mountain**

8:00 AM – 9:00 AM **Pacific**

10:00 AM - 11:00 AM **Hawaii**

12:00 PM - 1:00 PM **Alaska**

Abstract:

Psychological interventions play a vital role in mental health response around the world. The World Health Organization (W.H.O.) recognises the importance of these

interventions in addressing various mental health challenges globally, in particular by using task-sharing approaches, where trained and supervised non-specialists deliver evidence-based interventions.

This presentation will provide an overview of the work of W.H.O. in this area. This includes updated recommendations, the W.H.O. Psychological Intervention Implementation Manual, (that supports delivery of non-specialist interventions) and various evidence based psychological interventions that are open access, available in multiple languages and are designed for use in a range of settings. It will provide examples how these interventions are being used in different settings.

Presenter Biography:

Dr Ken Carswell has a background in clinical psychology in the UK and is a Mental Health Specialist with the W.H.O. Department of Mental Health, Brain Health and Substance Use in Geneva. He is the departmental focal point for innovation, digital mental health and scalable psychological interventions.

He has been centrally involved in the development, testing, and implementation of W.H.O. scalable psychological interventions for populations affected by adversity. These include Self-Help Plus, a multi-media stress management course and Step-by-Step, an online self-help intervention for depression, which is available as a free service across Lebanon. Most recently he has led the development of a guided self-help chatbot for adolescents and youth called STARS, which is currently being tested in randomised controlled trials in Jordan and Lithuania.

About the Moderator:

Dr. Lata McGinn, President of WCCBT, will make introductory comments and introduce Speaker(s) and will monitor and moderate Q&A.

Recommended Readings:

1. The W.H.O. psychological intervention implementation. Manual:
<https://www.who.int/publications/i/item/9789240087149>
2. Cuijpers, P., Heim, E., Abi Ramia, J., Burchert, S., Carswell, K., et al. (2022). Effects of a WHO-guided digital health intervention for depression in Syrian refugees in Lebanon: A randomized controlled trial. PLOS Medicine 19(6): e1004025. <https://doi.org/10.1371/journal.pmed.1004025>
3. Dawson, K.S., Watts, S., Carswell, K., Shehadeh, M.H., Jordans, M.J.D., Bryant, R.A., Miller, K.E., Malik, A., Brown, F.L., Servili, C., & van Ommeren, M. (2019), Improving access to evidence-based interventions for young adolescents: Early Adolescent Skills for Emotions (EASE). World Psychiatry, 18, 105-107.
<https://doi.org/10.1002/wps.20594>
4. Hall, J., Jordan, S., van Ommeren, M., Au, T., Sway, R.A., Crawford, J., Ghalayani, H., Hamdani, S.U., Luitel, N.P., Malik, A., Servili, C., Sorsdahl, K., Watts, S., & Carswell, K. (2022). Sustainable Technology for Adolescents and youth to Reduce Stress (STARS): A WHO transdiagnostic chatbot for distressed youth. World Psychiatry, 21, 156-157. <https://doi.org/10.1002/wps.20947>
5. Karyotaki, E., Sijbrandij, M., Purgato, M., et al. (2023). Self-Help Plus for refugees and asylum seekers: an individual participant data meta-analysis. BMJ Mental Health, 26, e300672. [http:// dx. doi.org/10.1136/bmjment-2023-300672](http://dx.doi.org/10.1136/bmjment-2023-300672)
6. Kohrt, B.A., Schafer, Willhoite, van't Hof, E., Pedersen, G.A., Watts, S., Ottman, K., Carswell, K. & van Ommeren, M. (2020). Ensuring Quality in Psychological Support (WHO EQUIP): Developing a competent global workforce. World Psychiatry, 19, 115-116. <https://doi.org/10.1002/wps.20704>
7. Mediavilla, R., Felez-Nobrega, M., McGreevy, K.R., on behalf of the RESPOND Consortium, et al (2023). Effectiveness of a mental health stepped-care programme for healthcare workers with psychological distress in crisis settings: A multicentre randomised controlled trial. BMJ Mental Health, 26, e300697.
<https://mentalhealth.bmj.com/content/26/1/e300697>
8. Schäfer, S.K., Thomas, L.M., Lindner, S. and Lieb, K. (2023), World Health Organization's low-intensity psychosocial interventions: a systematic review and meta-analysis of the effects of Problem Management Plus and Step-by-Step. World Psychiatry, 22, 449-462. <https://doi.org/10.1002/wps.21129>

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For more information, contact:

Rachel Lamb, ABCT Membership and Marketing Manager

212-647-1890 ext. 209

rlamb@abct.org

Association for Behavioral and Cognitive Therapies
305 Seventh Avenue, Suite 1601, New York, NY 10001
Phone: 212-647-1890 • Email: membership@abct.org

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