

RE-THINKING CBT: PROVIDING STRATEGIES FOR A NEW WAY OF LIVING

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Journal of Evidence-Based Psychotherapies (JEBP) is publishing in conjunction with the European Association for Behavioural and Cognitive Therapies (EABCT) the Special Issue dedicated to the main theme of EABCT's 2022 Annual Congress in Barcelona – *RE-thinking CBT: providing strategies for a new way of living*. Authors of keynotes, symposium contributions, open papers and posters accepted for presentation at the conference and focused on investigating innovative CBT approaches and techniques were invited to submit to this Special Issue. Thus, our purpose for this special issue is to bring into the spotlight new developments in the field of CBT that can be effective in approaching current global concerns in terms of mental health.

The special issue begins with three articles focused on examining the effects of different cognitive-behavioral intervention models in approaching anxiety in adolescents.

The article of Chikaze Sugiyama and colleagues from J. F. Oberlin University from Japan is presenting a study aiming to investigate the effects of a school-based intervention, aimed at increasing coping skills and improving coping flexibility, on helping adolescents to manage their anxiety during the COVID-19 pandemic.

The second article of Diana Vieira Figueiredo from University of Coimbra, Portugal, and her colleagues is testing the applicability of Clark and Wells' model in explaining maintenance factors for social anxiety disorder in adolescents.

In the third article, Cláudia P. Pires from University of Coimbra, Portugal, and colleagues describe a case study to illustrate the application of the manualized online AcAdeMiC Program (Acting with Acceptance, Mindfulness and Compassion to overcome Test/Exam Anxiety) aimed at treating test anxiety and boosting well-being, compassion, acceptance and mindfulness in a secondary school student.

The following two articles are presenting the use of virtual reality and mobile technologies in CBT. The fourth article authored by Sven van Kuik from PsyQ, Netherlands, and colleagues is presenting a pilot study that investigated the

acceptability and efficacy of Virtual Reality Imagery Rescripting compared to conventional Imagery Rescripting for PTSD due to Childhood Sexual Abuse.

The fifth article authored by Veerle Ross from UHasselt in Belgium is presenting the user involvement in a new smartphone application and dashboard based on cognitive behavioral therapy, named 'plafOrm using evidence-based interventions for (Mental) health' (TOTEM).

The next two articles are focused on mechanisms of psychopathology based on various CBT approaches. In the sixth article, Daniel Seabra from the University of Coimbra and colleagues focus on examining the role of self-compassion and social support in the case of sexual minority individuals as moderators in the relationship between shame and psychopathology.

The seventh article of Joanna Urbańska and Anna Słysz from Adam Mickiewicz University, Poland, is aiming to determine the role of early maladaptive schemas in the change in general mental health and well-being during the COVID-19 coronavirus pandemic in a retrospective study.

We consider, that taken together, the papers selected for this Special Issue are able to illustrate important developments of CBT, in terms of intervention techniques, models, technologies and applications.