



# Behaviour Change

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### Behaviour Change

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The Australian Association for Cognitive and Behaviour Therapy (AACBT) is a multidisciplinary professional society.

The aims of the Association are:

- 1. to organise continuing education and training in the principles and practice of Cognitive and Behaviour Therapy
- to publish and disseminate information to members about developments in Cognitive and Behaviour Therapy in Australia and other countries
- 3. to educate the community in the principles and ethical practice of Cognitive and Behaviour Therapy
- 4. to liaise and consult with other persons or organisations in the teaching and practice of Cognitive and Behaviour Therapy
- 5. to promote the ethical practice of Cognitive and Behaviour Therapy by members
- 6. to organise or assist in the organisation of an annual National Conference on Cognitive and Behaviour Therapy.

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