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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
2. 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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