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EDITOR
ALAN RALPH
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Behaviour Change

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Plenty Road
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Phone (03) 9468 2367
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Australian Association for Cognitive and Behaviour Therapy

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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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