

Global Mental Health Promotion Program

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“National Dissemination and Implementation of Cognitive Behavior Therapy: An Example in Global Mental Health”



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University of Toronto & Centre for Addiction and Mental Health

Wednesday, June 30, 2021

12:00 - 1:00 PM

Via Zoom

Farooq Naeem is a Professor of Psychiatry at the University of Toronto and a psychiatrist at the Centre for Addiction & Mental Health. He was trained in Psychiatry in Merseyside training scheme in Liverpool, England. He completed MSc in Research Methods in Health and later a PhD in Cognitive Behavior Therapy (CBT) and Culture from the Southampton University, Southampton, England. He also received training in Lean thinking and quality improvement in England. He has worked in senior management positions in Pakistan, England, and Canada.

Farooq pioneered techniques for culturally adapting CBT. These techniques have been used to adapt CBT in South Asia, North Africa, Middle East, Kenya, and China. Currently, this methodology is being used to adapt and test CBT in Canada in a multicenter study. His significant contribution in *implementation science* is establishing a national organization to train and accredit CBT therapists, deliver therapy, promote research, and educate the general public—the Pakistan Association of Cognitive Therapists (<https://pact.com.pk/>). This remains the only example of national implementation of CBT in a low-income country.

His belief that “evidence-based psychosocial interventions are a human right, not a privilege” drives his translational work. He works with a team of IT experts to deliver CBT through a mobile application (www.eguru4life.com). He currently leads a special interest group for the World Psychiatric Association (WPA) on implementing mental health Apps in low- and middle-income countries.

Please contact William Tootle at william.tootlejr@yale.edu for the Zoom link or if you have any questions.