

Panel

Implementing CBS Training Standard Worldwide

Fidelity, Flexibility, and the Future of Dissemination

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Saturday, July 19th 2025, 1:15 to 2:45 pm
Southdown



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Competency and
Dissemination Pillar



Why we are here

CBS is flourishing

We're seeing ACT training and practice flourish in countries like Iran, Australia, Italy, the UK, and throughout Asia, Europe, and North America.

Over 1400 RCTs supporting ACT. ACBS has around 9000 members worldwide. However, there are many more practising ACT.

The world wants what CBS has to offer - but expansion comes at a risk.

The Opportunity & the Challenge

Dilution of Innovation

When innovations spread widely without coordinated training efforts, we observe the dilution of innovation, as opposed to its **sustainable and effective diffusion** - e.g. telephone game (Walser & Wharton, 2023)

Question:

How can we scale with quality, fidelity, and inclusivity, while staying true to the spirit of CBS?

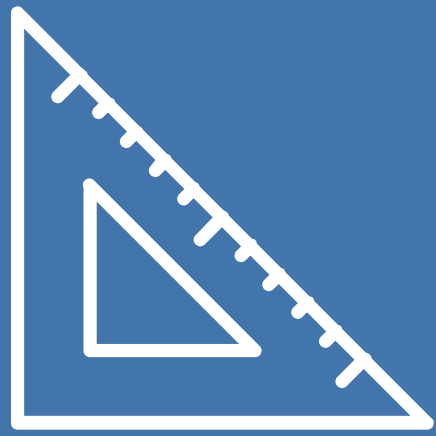
Draft Training Standards

A consensus-based document, articulating what high-quality, high-fidelity training and supervision might look like based on current science, practice, and community values.

The standards aim to:

- Define minimum benchmarks for competency, supervision, and trainer experience
- **Emphasise function over form, and flexibility over top-down certification**
- Foster innovation while safeguarding effective practice
- Invite feedback, revision, and empirical testing over time

Three Central Challenges



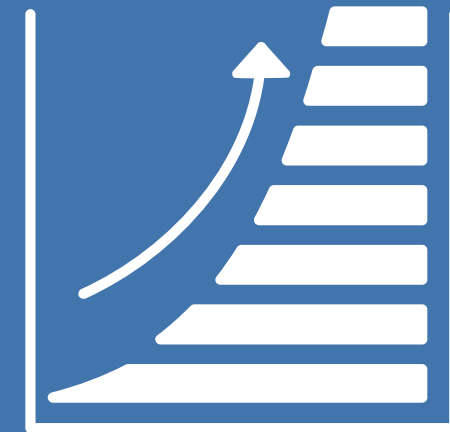
Defining and measuring competency

How do we define and measure competency in CBS therapies in ways that support growth rather than gatekeeping?



Ongoing Support

How do we ensure therapists and supervisors are supported beyond workshops?



Scaling

How do we scale CBS globally in ways that are culturally inclusive and contextually sensitive—without losing coherence?

What will we do today?

- Hear from the panellists working in very different contexts
- Reflect on what we each care about, what we wrestle with, and what's needed next
- Explore how ACBS and its members can take a functional, collaborative approach to training worldwide
- Invite your reflections and experiences, so that what we do here today doesn't stay here—it helps inform the work ahead.

Agenda

1

**Global Context &
Pressing Needs**

2

**Fidelity,
Competence &
Supervision**

3

Roles & Directions