



Dear Friends and Colleagues

Welcome to the 38th Annual Congress of the European Association for Behavioural and Cognitive Therapies to be held in Helsinki, Finland on 10-13 September 2008 when the Finnish autumn is so bright and colourful.

Helsinki offers an attractive setting for the congress, which will be held in the heart of Helsinki in Finlandia Hall designed by the famous architect Alvar Aalto.

The main theme of the congress will be **Development**. The scientific programme will cover development in cognitive, constructive and behavioural theories and therapies, as well as development in therapy training and therapists' personal growing. We have interest to understand why, not only what and how.

To keep you up-to-date on the organization of Helsinki 2008 Congress we offer a possibility to get congress information to your e-mail. The congress website will provide information on the scientific and social programme, registration, accommodation, travel and tours as the programme of the congress is getting more specific. To subscribe e-mail congress information please visit www.EABCT2008.org

Soili Kajaste
President of the Congress

Irma Karila
Chair of the Scientific Committee