

# ACBTA MEET-THE-EXPERT TALK

## Mindfulness and CBT: The Way Forward

**Dr Mirrat Gul Butt**  
PhD Clinical Psychology,  
MSCP, ADCP  
Accredited CBT, DBT therapist,  
EMDR master trainer

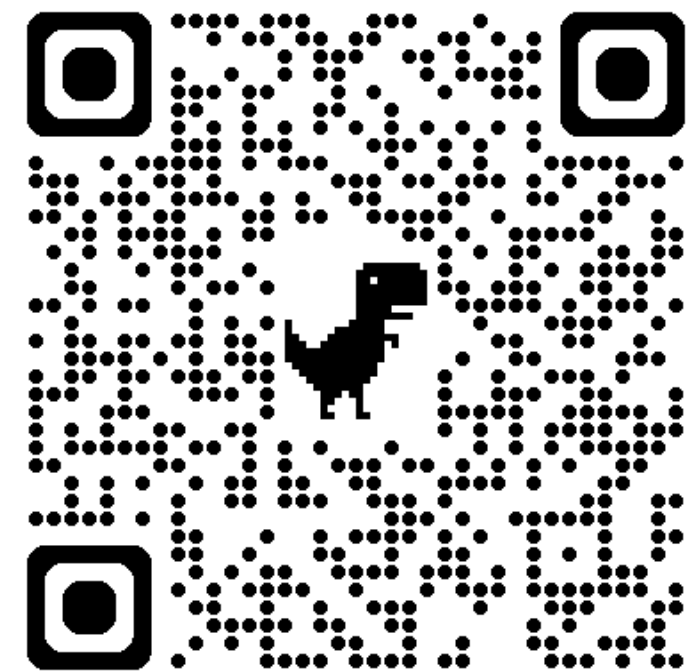


Date: **17 April 2025 (Thursday)**

Time: **12.00pm (Pak) / 3.00pm (HK) / 4.00pm (Kor/Jpn)**

Venue: **Zoom** (Link given upon registration)

Register at: <https://ametmirrat.peatix.com/> or scan QR



Visit us at <https://acbta.org>

# SPEAKER PROFILE

Dr. Mirrat Gul Butt is a Consultant Clinical Psychologist at Mayo Hospital, Lahore. She is currently serving as the President of the Pakistan Association of Cognitive Therapy (PACT) and is an Executive Member of the Pakistan Psychological Association (PPA).

Dr. Mirrat also holds the position of Finance Secretary at the Pakistan Association of Clinical Psychologists (PACCP) and is a General Body Member of the Lahore Mental Health Association (LMHA) leading Fountain House chain in Lahore.