



The Hong Kong College of Psychiatrists
Kowloon Psychiatric Doctors' Association

Two-day Workshop on Cognitive Behavioral Therapy – Application of CBT in Busy Clinical Settings and Issues on CBT Supervision

Date: 10-11 October 2014

Time: 09:00-17:00

Venue: Function Room 1, 2/F, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chun Hang Road, Aberdeen, H.K.



Speaker: Prof Donna Sudak

Prof Donna Sudak is a professor in the Department of Psychiatry and senior associate training director for the Adult Psychiatry Residency program at the Drexel University, Philadelphia, U.S. She is also the director of the psychotherapy training program there with special expertise in both psychopharmacological treatments and cognitive behavioral treatments. Prof Sudak has written numerous articles and book chapters, and is the author of the books *Cognitive Behavioral Therapy for Clinicians* and *Combining CBT and medication – An evidence-based Approach*.

Registration fee: Early bird: \$2200 (Two days), \$1200 (Single day)

On-site: \$2500 (Two days), \$1500 (Single day)

Organisers: Clinical Division of Psychotherapy, the Hong Kong College of Psychiatrists
Kowloon Psychiatric Doctors' Association

CME/ CPD: Psychiatrists: 10 Oct : 6 points/ 11 Oct: 6 points under PP-CP (List A)
MCHK: pending

Sponsor: Otsuka Pharmaceutical (HK) Ltd

Outline of Workshop

Day 1 Time-limited cognitive-behavioral therapy for busy mental health service

Day 2 Cognitive-behavioral therapy supervision, core competencies of the trainers, supervisors and supervisees

Remarks: We urge interested participants to register early as seats are limited. Members of Clinical Division of Psychotherapy of Hong Kong College of Psychiatrists and Kowloon Psychiatric Doctors' Association will be given priority for registration.

Programme rundown:

10 Oct 2014

Day 1: Making Every Minute Count: Using CBT in Briefer Sessions

9:00 – 9:15	Opening Remarks
9:15 – 10:45	Rationale for Using CBT in Briefer Formats; Key Strategies for Agenda Setting and Pacing in Brief Sessions; Video Demonstration and Role Play
10:45 – 11:00	Tea Break
11:00 – 12:30	Technique One: Exposure in Briefer Sessions
12:30 – 1:30	Lunch
1:30 – 3:00	Technique Two: Behavioral Activation in Briefer Sessions
3:00 – 3:15	Tea Break
3:15 – 4:45	Technique Three: Maximizing Medication Adherence in Briefer Sessions
4:45 – 5:00	Q & A

11 Oct 2014

Day 2: Making the most of CBT Supervision: Incorporating Principles of Adult Learning

9:00 – 10:30	The Supervisory Relationship: Using Supervision Wisely - Goal Setting, Conceptualization and Structuring; Incorporating Evidence Based Teaching Methods in Supervision
10:30 – 10:45	Tea Break
10:45 – 12:15	Effective Skill Training in Supervision; Using Feedback to Develop Expertise
12:15 – 1:15	Lunch
1:15 – 2:45	Measures of Competence in CBT; How to Give Feedback
2:45 – 3:00	Tea Break
3:00 – 4:30	Effective Strategies for Group Supervision; How to Manage Problems in Supervision
4:15 – 4:30	Q & A
4:30 – 5:00	Closing Remarks

Video demonstrations and role plays will be included in the workshop

Enrolment Form

Title: Prof/Dr/Mr/Ms **Name** (with surname in block letters): _____

Organisation: _____

Correspondence Address: _____

Phone: _____ **Email:** _____

2-day workshop 10 -11 Oct (HKD2400)

1-day workshop 10 Oct (HKD1200) 1-day workshop 11 Oct (HKD1200)

Please complete and return this form with a crossed check payable to "The Hong Kong College of Psychiatrists Limited" to:

Ms Janice Ng

Room 906, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen

Remarks:

1. The acceptance of registration is at organiser's sole discretion. Successful applicants will be informed by email.
2. For enquiries, please send your email to janice@hkpsych.org.hk or call **28718776**.