



TWO-DAY WORKSHOP: COGNITIVE BEHAVIOURAL THERAPY (CBT) - AN INTRODUCTORY CLASS WITH A DIFFERENT EXPERIENCE

Date: 15 - 16 Sep 2018 (Sat & Sun)
Time: 9:00 am - 5:00 pm
Venue: Room 301, Multi-purpose Room, 3/F,
Li Ka Shing Medical Science Building,
Prince of Wales Hospital, Shatin, N.T.

Speaker:

Doctor Roger MK NG

DPhil (Oxon), MSc (Oxon), FRCPsych(UK), FHKAM(Psychiatry), FHKCPsych, MBChB (CUHK)

Dr Roger MK Ng is the consultant psychiatrist and Chief of Services of Department of Psychiatry, Kowloon Hospital.

He is also an Honorary Clinical Professor, Department of Psychiatry, The Chinese University of Hong Kong.

He is also a certified trainer and consultant of Academy of Cognitive Therapy, US. He is the CBT trainer and supervisor for several randomised controlled trials of cognitive behavioural therapy of severe mental illnesses in China.

He has conducted numerous workshops on CBT skills in Asia.



About the Workshop

Aims and objectives

- To grasp the basic CBT models of common mental disorders
- To equip with basic CBT skills for therapeutic alliance and treatment of common mental disorders
- To apply these skills for managing common mental disorders in busy clinics within a short time frame

Target audience

Those with clinical experience of managing patients with mental illness

Course outline

- Introduce basic CBT models of common mental disorders
- Introduce basic CBT skills of managing common mental disorders in the community
- Learn to apply these skills in busy clinical encounters with limited amount of time

Registration *Seats are limited and going fast! Registration is on a FIRST-COME, FIRST-SERVED basis*

(Fees include workshop materials, attendance certificate and complimentary refreshments)

HK\$3,000 (Early Bird Rate on or before 31 July 2018, Tuesday)

HK\$3,800 (After 31 July 2018, Tuesday)

Registration Deadline: **31 August 2018 (Friday)**

Registration Procedure: Please refer to the registration form of the workshop.

Remarks:

CME/CPD: Pending





Two-day Workshop: Cognitive Behavioural Therapy (CBT) - an Introductory Class with a Different Experience

Speaker: Doctor Roger MK NG

Date: 15 - 16 September 2018 (Sat & Sun)

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**Venue: Room 301,3/F, Li Ka Shing Medical Science Building,
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~ Programme ~

Day One (15 Sep 2018, Saturday)

Time	Topic/Event
08:30 – 09:00	Registration
09:00 – 10:30	Basic principles of CBT model for emotional disorders
10:30 – 10:45	<i>Tea Break</i>
10:45 – 12:30	Basic CBT skills including activity schedules and thought records
12:30 – 14:00	<i>Lunch Break</i>
14:00 – 15:30	Video demonstration of basic CBT skills
15:30 – 15:45	<i>Tea Break</i>
15:45 – 17:00	Role plays and live demonstration of the taught skills

Remarks:

- *The above programme is subject to further confirmation and amendment.*
- *Medium of instruction: English (supplementary with Cantonese)*



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Day Two (16 Sep 2018, Sunday)

Time	Topic/Event
08:30 – 09:00	Registration
09:00 – 10:30	Brief CBT session in busy clinical settings
10:30 – 10:45	<i>Tea Break</i>
10:45 – 12:30	Brief CBT for depression
12:30 – 14:00	<i>Lunch Break</i>
14:00 – 15:30	Brief CBT for anxiety disorders
15:30 – 15:45	<i>Tea Break</i>
15:45 – 17:00	Role plays & video demonstration

Remarks:

- *The above programme is subject to further confirmation and amendment.*
- *Medium of instruction: English (supplementary with Cantonese)*



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Registration Form

Title: Prof/Dr/Mr/Mrs/Ms **Name** (Surname in block letters): _____ **Gender:** M / F

Institutional affiliation: _____

Correspondence Address: _____

Phone: (Office) _____ (Mobile) _____ **Fax:** _____

Email: _____

Professional Background: Medical Professional (Specialty, if any):
(please tick) Allied Health Professional (Professional Area):
 Others (Please specify):

Remarks: Do you want to receive information and promotional materials of workshops/ seminars, etc. organized by our department in the future via email?
 Yes, please. No, I do not need.

Registration rates: (please tick)

HK\$3,000 (Applicable before early bird deadline: 31 July 2018 (Tuesday))

HK\$3,800 (After early bird deadline)

Registration procedure: Please complete and return this form with a crossed cheque (*with your Full Name and Mobile Phone Number at the back*) payable to “**The Chinese University of Hong Kong**” to the following address:

Ms. Kaman Chan
Department of Psychiatry
The Chinese University of Hong Kong
G/F, Multi-centre, Tai Po Hospital
9 Chuen On Road
Tai Po, N.T., Hong Kong

Remarks:

1. Seats are limited. Registration is on a **FIRST-COME, FIRST-SERVED** basis. **Registration Deadline: 31 August 2018 (Friday).**
2. The acceptance of registration is at organiser’s sole discretion. Successful applicants will be informed by email.
3. Registration will be confirmed **ONLY** when full payment has been received.
4. Cancellation policy: All cancellation must be made in writing to the Workshop Secretariat. Refund will be made after the Workshop. 50% refund if written confirmation is received on or before 10 August 2018 (Friday). No refund will be made thereafter.
5. Enquiries: Workshop Secretariat: CUHK Department of Psychiatry (Ms. Kaman Chan) / kamanchan@cuhk.edu.hk / (852) 2607 6027
6. Privacy Policy: Department of Psychiatry as a department in The Chinese University of Hong Kong, undertakes likewise as the University does to comply with the requirements of the Personal Data (Privacy) Ordinance. For the University’s policy on personal data, please visit our website at <http://www.cuhk.edu.hk/policy/pdo/en/>.