

Course title: Cognitive-behavioural therapy (CBT): An introduction

Course instructor: Prof Roger MK Ng

Course date and time: 27 September, 2018; 0830-1230

Course aim: CBT is an evidence-based psychological intervention which is effective for anxiety and depressive disorders. These disorders are afflicting almost one in every six individuals throughout the world. Yet, training needs surveys conducted in different parts of the world, especially in low and middle income countries, found that mental health professionals do not have access to training in the delivery of CBT. This course aims to provide the course participants basic background knowledge about cognitive-behavioural models of depressive and anxiety disorders and to equip the course participants with basic cognitive-behavioural skills.

Course objectives:

1. To understand the basic cognitive-behavioural models for major depressive disorder (MDD) and panic disorder (PD), a common type of anxiety disorders.
2. To understand basic cognitive-behavioural intervention strategies for MDD and PD
3. To equip the participants the skills to conduct a typical CBT session in a collaborative manner, to develop a shared cognitive-behavioural case formulation, and to conduct an in-session exposure exercise for a patient with panic disorder

Course outcomes:

1. The participants will be able to identify negative automatic thoughts, cognitive biases, and safety behaviours and how they interact with emotions and physiological symptoms in creating a negative vicious cycle in maintaining depressive and panic disorder
2. The participants will be able to develop a simple and shared CBT case formulation with a patient with panic disorder
3. The participants will be able to carry out an in-vivo exposure exercise with a patient with panic disorder to test out his or her distorted automatic thoughts.

Course instructor:

Prof Roger MK Ng, MBChB, MSc.(Oxon), DPhil(Oxon), FRCPsych(UK), FHKCPsych, is a consultant psychiatrist with special responsibility for psychotherapy in Hong Kong and an honorary clinical professor of psychiatry in the Chinese University of Hong Kong. He received his basic medical and psychiatric training in Hong Kong and then cognitive-behavioural therapy training in the University of Oxford, UK and Beck Institute for Cognitive Therapy and Research, US. He is also a certified trainer and supervisor in the Academy of Cognitive Therapy (US). He has lectured and conducted CBT workshops widely in Asia for the past ten years. He is a lead supervisor and trainer for a number of high-quality

randomized controlled trials of CBT in Greater China. He has published over 60 peer-reviewed papers on various topics of CBT.

Course participants:

They need to have prior clinical experience in working with patients with depressive and/or anxiety disorders. They must have a good command of English as there will be video demonstrations and role plays conducted in English. They need to be prepared to participate in role plays and/or group exercises. As this is a workshop targeting beginners of CBT, no prior knowledge of CBT is required. However, the participants are encouraged to read the recommended list of references as suggested below.

Course materials:

There will be lecture handouts available for the participants. Video demonstrations and role plays will be provided to enhance in-session participation.

Course settings and environment:

To ensure that the course participants can feel relaxed and facilitated in interacting with each other, the course participants are advised to switch off his or her mobile phone or turn it to a silent mode. No video recording should be made in the course without prior approval from the course instructor and the conference organizer.

Course evaluation:

All participants are requested to complete an evaluation form of the course and to complete a questionnaire assessing post-course knowledge in basic principles of CBT.

List of recommended readings:

1. Beck, J.S. (2011). *Cognitive behavior therapy: basics and beyond*, Second Edition. Guildford Publications, New York.
2. Bennett-Levy, J., Perry, H., Haarhoof, B. & Thwaites, R. (2015). *Experiencing CBT from the inside-out: a self-practice and self-reflection guides for psychotherapists*. Guildford Publications, New York.
3. Westbrook, D., Kennerley, H. & Kirk J. (2017). *An introduction to cognitive behavior therapy*, Third Edition. Sage Publications, London