

CACBT2006 APRILWORKSHOP

Day 1



Professor Stanley Rachman

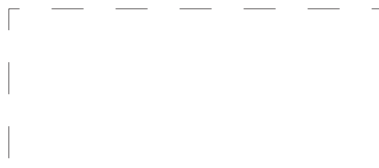
New Advances in CBT for Obsessive Compulsive Disorder

Day 2



Dr. Clare Philips

The Vicious Cycles Trapping Chronic Pain Sufferers





Professor Rachman

studied under Professor Joseph Wolpe in the University of Witwatersrand during the late 1950's before he moved to the Psychology Department at the Institute of Psychiatry,

University of London, and became Professor of Abnormal Psychology and Head of the Clinical Section. Together with Professor H.J. Eysenck, they held strong and vitriolic views about the treatment efficacy of traditional psychotherapy, and were the major movers and shakers in transforming British psychotherapy into a behavioural paradigm. Their work have helped to pave a way for the subsequent evolution of cognitive behaviour therapy as it stands today.

It took tremendous tenacity out of the great man to endure 20 years' London weather, before he decided to emigrate with his family to sunny Vancouver in 1982, where he was appointed Professor of Psychology and Head of Clinical Section at the University of British Columbia. After his retirement, he was made Emeritus Professor at the University of British Columbia. Professor Rachman was also admitted as Fellow to the prestigious Royal Society of Canada which, again, is testimony to his tremendous contribution to the science of psychology through his life-long dedication.

While teaching in London and Vancouver, many students passed through his inspiration and mentorship, albeit the occasional but inevitable jokes and pranks. Some of these students, including Paul Salkovskis, David M. Clark, and Michelle Craske, are now world renowned authorities in the field of CBT. Professor Rachman is, in the true sense of the phrase, a "Teacher of teachers", and a "Master of masters".

New Advances in CBT for Obsessive Compulsive Disorder

20th April 2006 (Thursday)

Whole day workshop

The Auditorium

Duke of Windsor Social Service Building,
Wanchai, Hong Kong

The Chinese Association of Cognitive Behaviour Therapy (CACBT)

takes great honor to announce a whole day workshop by Professor Stanley Rachman on 20th April in the Auditorium, Duke of Windsor Social Service Building, Wanchai, Hong Kong.

For all those engaging in active and long-time work in the field of anxiety disorders, everyone would have known Professor Rachman as the founder of the key reference journal "Behaviour, Research and Therapy", which he often referred to whimsically as "BRAT". Professor Rachman was chief editor to this important and prestigious journal for over 40 years (1963-2003); and the journal is undoubtedly the most-quoted journal in the field of behaviour therapy and cognitive behaviour therapy.

Many of us have seen Professor Rachman through his numerous and prolific publications on theories and treatments of fears, phobias, anxiety, and OCD. Many of us have been inspired by his seminal papers on theories of anxiety disorders, the meanings of fear, and his views on compulsion, obsessional slowness, and obsessions. But not many of us have the opportunity to hear him in person, and to meet this great man's wisdom at close range. It has been over 30 years since Professor Rachman last set foot on Hong Kong, and this will be a rare and once in a life time opportunity to partake in his whole day workshop.



Dr. Philips

has been in the field of Chronic Pain for over 30 years, both as a clinician and researcher. She was trained at the Institute of Psychiatry,

London, after getting her first degree at Oxford. After gaining her PhD, she joined the staff of the Psychology Department, teaching Clinical Psychology to students seeking MSc and PhD's in Clinical Psychology. It was during this period that she developed a strong interest — both clinical and research — in Chronic Pain Disorders and Health Psychology. She published a number of papers at that time on the nature of chronic pain, particularly headache. Her book with Dr. S Rachman on Health Psychology came out at that time (Psychology and Medicine, Temple Smith, 1975).

Upon her emigration to Canada in 1982, she took up a position at a major general hospital where she developed a Chronic Pain Clinic, which she coordinated. At that time most pain clinics were run by Anesthesiologists or Orthopedic specialists, making this clinic unique in Canada. This clinic developed during the many years that she worked there, and resulted in a number of publications including a book on the psychological treatment of chronic pain problems with an associated manual for patients (The Psychological Management of Chronic Pain, Springer 1996) .

Since the late 1990's Dr. Philips has been working in her private practice seeing a variety of psychological problems including individuals with intractable chronic pain problems.

The vicious Cycles Trapping Chronic Pain Sufferers

How they can be short-circuited by a CBT Approach

21st April 2006 (Friday)

Whole day workshop

The Auditorium

Duke of Windsor Social Service Building,
Wanchai, Hong Kong

Patients with Chronic Pain become trapped in interconnected and inappropriate ways of dealing with their problems. This leads to an ever spreading and hopeless situation that sustains and often exacerbates their disability.

This workshop will be designed to train participants in the practical techniques/methods of working with sufferers of prolonged pain (more than 6 months duration). Practical ways to break the vicious cycles that evolve will be discussed and demonstrated. Issues of engaging the patient in active treatment, specific cognitive and behavioral experiments to produce changes in pain appraisal/attitudes, differentiation of physical and mental pain, as well as preparation for discharge and relapse prevention will be discussed and demonstrated. Role-playing and participant practice will be incorporated in the workshop to provide expertise in training strategies and techniques. More complex issues of codependence will be considered as time and interest allows.

The workshop will be of particular interest to those working in Health Psychology, Anesthesiology, Oncology, Palliative Care, Family Medicine, and should be of special value for clinicians who treat patients with primary or secondary continuing pain. In many cases the patients are able to return to work, part time or full time.

Level: Beginning and Intermediate

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Date: 20th – 21st April 2006 (Thursday & Friday), 9AM to 5PM

Venue: Auditorium, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, HK

** Both workshops will be conducted in English*

Day 1 – 20 April (Thursday)

New Advances in CBT for Obsessive Compulsive Disorder

Speaker: Professor Stanley Rachman, PhD

9:00 a.m. - **Registration**

9:15 a.m. - **Introductory comments on OCD**

10:45 a.m. - **Coffee Break**

11:05 a.m. - **Current formulations and theories of OCD**

12:35 p.m. - **Lunch Break**

1:45 p.m. - **Psychological treatment approaches for OCD**

3:15 p.m. - **Coffee Break**

3:30 p.m. - **Case presentation and supervisory comment**

Day 2 – 21 April (Friday)

The Vicious Cycles Trapping Chronic Pain Sufferers - How they can be short-circuited by a CBT Approach

Speaker: Dr. Clare Philips, PhD

9:00 a.m. - **Registration**

9:15 a.m. - **Introduction to a debilitating physical condition – chronic pain**

10:45 a.m. - **Coffee Break**

11:05 a.m. - **The vicious cycles trapping chronic pain sufferers**

12:35 p.m. - **Lunch Break**

1:45 p.m. - **Psychological approaches in the management of chronic pain**

3:15 p.m. - **Coffee Break**

3:30 p.m. - **Case presentation and role-play supervision**

CE Accreditation

- 6 points / day by Hong Kong Psychological Society
- 5 points / day by Hong Kong Physiotherapy Association

Pending CME Accreditation from

- HK College of Psychiatrists ■ HK College of Family Physicians
- HK College of Anaesthesiologists ■ HK College of Physicians
- HK College of Community Medicine ■ Hong Kong Doctors' Union