



Dear Colleagues,

It is with great pleasure that I can have the opportunity of introducing our Association to you as a healthcare professional committed to the provision of best treatment alternatives and good practice standards to your clients and patients.

In September 2005, CACBT held a one-and-a-half day seminar on “*Cognitive Behaviour Therapy in Action*” at the Sheraton Hotel. Over 100 participants attended the event. The seminar laid useful foundation for the cognitive approach to psychological treatment with many practical hints on what makes CBT work. We have received many congratulatory remarks from the audience, and these kind words gave us further impetus and encouragement to further promote the theory and practice of CBT.

On 17th October 2005, CACBT invited Dr. Leslie Sokol, Education Coordinator of the Beck Institute for Cognitive Therapy and Research, to give an introductory address to cognitive therapy followed by dinner at the Langham Hotel. Members of CACBT were invited to this dinner-talk free of charge.

For 2006, CACBT has lined up a series of educational activities and training opportunities for you. The following are some of the up-coming workshops that CACBT members can get priority registration and a 20% discount:

- (1) Whole day workshop on 20th April 2006 by Professor Stanley Rachman on the psychological treatment of OCD. Professor Rachman was the founder and chief editor of *Behaviour Research and Therapy*, and teacher to many of the world renowned figures including David M. Clark, Paul Salkovskis and Michelle Craske.
- (2) Whole day workshop on 21st April 2006 by Dr. Clare Philips on the psychological treatment of chronic pain.
- (3) Systematic training courses on CBT streamed into Foundation, Intermediate, and Advanced modules. Participants will need to be CACBT members.
- (4) Dr. Cory Newman, Director of the Center for Cognitive Therapy in the University of Pennsylvania, will run two workshops in December 2006. One workshop will be on bipolar affective disorder, and one workshop will be on suicide prevention.

Honorary Advisors

David H Barlow, PhD

Aaron T Beck, MD

Dinesh Bhugra,
FRCPsych (UK)

Elizabeth Kuipers, PhD

Li Lingjiang, MD
李凌江教授

Cory F Newman, PhD

Christine A Padesky, PhD

Stanley Rachman, PhD

Paul M Salkovskis, PhD

Executive Committee

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Wong Chee-wing, PsychD
黃熾榮博士

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FHKAM (Psychiatry)
陳華發醫生

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Calais KY Chan, PhD
陳乾元博士

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FHKAM (Psychiatry)
姚家聰醫生

Treasurer

Ng Kee-on, PsychD
吳基安博士

The following are some of the up-coming workshops and events that CACBT members can partake free of charge:

- (1) Introductory Workshops on CBT in Guangzhou between 24th February 2006 and 25th February 2006 by Dr. C.W. Wong and Dr. Roger Ng.
- (2) Module 4 CBT Systematic Psychotherapy Training Workshop in Changsha, Hunan, by Dr. C.W. Wong, Dr. Calais Chan, Dr. K.O. Ng, and Dr. Roger Ng between 27th and 29th March 2006.
- (3) Dinner and talk by Professor Stanley Rachman on 21st April 2006.
- (4) Dinner and talk by Dr. David H. Barlow on 30th May 2006, immediately after the 1st Asian CBT Conference.

Moreover, we have a list of renowned CBT trainers and speakers from around the world whom we shall invite to come to Hong Kong. Confirmed speakers for 2007 include Professor Elizabeth Kuipers and Dr. Paul Bebbington on CBT for psychosis, and Dr. Frank Dattilio on couples and families. Others on the invitation list include Dr. Christine Padesky and Professor Paul Salkovskis, but all these are subject to their scheduling for 2007 and 2008.

As a professional association, we promise you quality training and top-notch overseas speakers, but your support and participation is also crucial to the continuous development of CBT in Hong Kong and China. If you are not yet a CACBT member, we urge you to become part of this worthwhile affiliation by completing and returning the enclosed Membership Application Form. We can assure you that the privileges a member can enjoy during the year will far exceed the initial membership outlay.

Please also visit our website on <http://www.cacbt.org> and browse for information of interest to you. We need your ardent support in order to promote efficacious and effective psychological treatments to those in need.

May I take this opportunity to wish you all a very successful and rewarding 2006.

Yours sincerely,



CW Wong, PsychD
Chairman, CACBT

9th January 2006