

Professional Workshop on
CBT for Psychosis:
**Theory and
Advanced
Practice
Skills**

Key Speakers: **P**rofessor Elizabeth Kuipers, PhD
Professor Paul Bebbington, MA, MPhil, PhD, FRCP, FRCPSych
Speakers from CACBT

Dates: 30 and 31 March 2007 (Friday and Saturday)

Time: 9 am - 5 pm

Venue: T6, Meng Wah Complex, the University of Hong Kong,
Pokfulam Road, Hong Kong.

CE / CME Pending:

Division of Clinical Psychology, Hong Kong Psychological Society
Hong Kong College of Psychiatrists
Hong Kong College of Family Physicians
MCHK CME Programme

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Two-Day Workshop on CBT for Psychosis

Professor Paul Bebbington, University College London

Professor Elizabeth Kuipers, King's College London

The past decade-and-a-half have witnessed new and exciting developments in cognitive models for psychosis. Innovative theoretical postulations were put to vigorous experimental studies and later transpired to a number of randomised controlled trials using CBT as an intervention modality for delusions and hallucinations.

In London's Institute of Psychiatry, development of a coherent model for psychosis has been evolving since the early 1990's. Working as a research cum clinical team, the London group of workers put forward continual refinements of a cognitive model of psychosis. From thereon, they developed a coherent CBT treatment package for delusions and hallucinations. CBT for psychosis is now recommended in the 2003 N.I.C.E. Guidelines for interventions in schizophrenia.

The work of the London group was exemplified by their 1995 publication "Cognitive Behaviour Therapy for Psychosis: Theory and Practice" authored by David Fowler, Philippa Garety, and Elizabeth Kuipers published by John Wiley & Sons.

This field of research is developing fast with increasingly exciting results. It is indeed a valuable opportunity to be able to invite key researchers from the London group to speak on the latest theoretical and research developments in CBT for psychosis. Both Professor Elizabeth Kuipers and Professor Paul Bebbington will share with us their insight into psychosis, and how patients can be helped using a CBT approach.

The two-day workshop will have the following three core components:

- (1) Professor Bebbington will speak on the nature and purpose of classification, social determinants of psychosis, the underlying continua of paranoia and schizotypy, and the social vulnerability of psychosis which is relevant to treatment approaches using a CBT paradigm.
- (2) Professor Kuipers will elucidate a model of CBT for psychosis, update on current evidence for the model, and illustrate how this model can refine intervention for delusions and hallucinations.
- (3) Local speakers will update participants with on-going work in the field of early psychosis, and will demonstrate the application of CBT on psychosis using case examples and role play.

By attending the two-day workshop, participants will:

1. consolidate the stress-diathesis model of psychosis;
2. be informed of the identification and classification of psychosis;
3. become mindful of social determinants of psychosis;
4. be more clear about social vulnerability issues;
5. be informed of the current model of CBT for psychosis and its treatment implications;
6. witness how the model can inform intervention for delusions and hallucinations using CBT techniques;
7. share with local clinicians vignettes and case examples as illustrations for treatment procedures; and,
8. be informed of on-going local studies and future research collaborations with UK researchers.

After the two-day workshop, participants will expect to develop a general but comprehensive understanding of the empirical basis, theoretical underpinnings, treatment processes, and intervention techniques in using CBT for the amelioration of delusions and hallucinations.



Professor Paul Bebbington, MA, MPhil, PhD, FRCP, FRCPsych

Head of Department of Mental Health Sciences, Professor of Social and Community Psychiatry, and Honorary Consultant Psychiatrist, Camden and Islington Mental Health and Social Care NHS Trust

Brief Biographical Details

Professor Bebbington obtained a BA in Natural Sciences at Cambridge University in 1967 and completed his clinical training at St. Bartholomew's Hospital in 1970. He has been a member of the Royal College of Physicians (London) since 1972 (Fellow 1993), and a Member of the Royal College of Psychiatrists (London) since 1974 (Fellow 1992). He is a Fellow of the Association of European Psychiatrists. He obtained an MPhil (U. London) in 1976 and a PhD (U. London) in 1986.

Professor Bebbington worked in the Medical Research Council's Social Psychiatry Unit at the Institute of Psychiatry for nearly 20 years as a full-time researcher with Professors John Wing and Julian Leff. He was appointed to the Chair of Social & Community Psychiatry at University College London in 1996. He was instrumental in setting up social and community psychiatry services in the Islington Catchment Area, and, at the same time, actively engaging in social psychiatry and health service research.

Professor Bebbington has published around 270 scientific papers, over 200 in refereed journals. He edits *Social Psychiatry and Psychiatric Epidemiology*, an International Journal for Research in Social and Genetic Epidemiology and Mental Health Services, and he is also a member of the *Centre for Epidemiology & Health Services Research*.

In the last few years, Professor Bebbington's main research activity has been in epidemiological and mental health service research, and in using psychological treatments to test psychological theories of psychosis. The Prevention of Relapse in Psychosis programme (funded by Wellcome Trust) uses a large RCT of CBT and family intervention in psychosis to test a detailed model of psychotic symptoms.

Professor Elizabeth Kuipers, PhD

Head of Department of Psychology, Institute of Psychiatry, King's College London

Brief Biographical Details

Professor Kuipers was trained in Psychology at Bristol University, did her clinical training at Birmingham University and her Clinical Psychology PhD at the University of London. She has always been interested in the problems of those with psychosis. Initially, together with Professors Julian Leff and Dominic Lam, she developed and evaluated family intervention for psychosis. Later with Professors Philippa Garety, David Fowler, Paul Bebbington, Graham Dunn and Daniel Freeman, she has helped develop and evaluate individual cognitive behaviour therapy for psychosis. The team is currently running a large Wellcome Trust Funded Programme into the mechanisms that may change during CBT and Family Intervention in psychosis.

The London group has developed and evaluated cognitive behaviour therapy for psychosis, which is exemplified by the following text book published in 1995: *Fowler, D.; Garety, P.; and Kuipers, E. (1995). Cognitive Behaviour Therapy for Psychosis: Theory and practice. John Wiley & Sons.*

Both family intervention and CBT for psychosis are now recommended in the UK guidelines for interventions in schizophrenia (N.I.C.E. 2003). The London team has continued to produce important research and have published numerous seminal papers and publications on cognitive postulations of delusions and hallucinations which have far-reaching implications for CBT treatment in psychosis.

Professor Kuipers is currently Head of the Psychology Department of the Institute of Psychiatry, King's College London, and has held the position since 1998. Professor Kuipers is also Honorary Advisor to our Association, CACBT.



Programme for Professional Workshop on CBT for Psychosis: Theory and Advanced Practice Skills

Speakers: Professor Paul Bebbington and Professor Elizabeth Kuipers
Dates: 30 and 31 March 2007 (Friday and Saturday)
Venue: T6 Meng Wah Complex, the University of Hong Kong

Day One: 30 March 2007 (Friday)

8:40	Registration
9:00 ~ 10:30	Lecture: Classification and diagnostic precision in psychosis: Implications for aetiological research
10:30 ~ 11:00	Tea Break
11:00 ~ 12:30	Lecture: Social determinants of psychosis: The continua of paranoia and schizotypy, and the relevance of CBT for psychosis
12:30 ~ 1:45	Lunch
1:45 ~ 3:15	Lecture: Model of CBT for psychosis
3:15 ~ 3:30	Tea Break
3:30 ~ 5:00	Lecture: Current evidence for the CBT model for psychosis and treatment implications

Day Two: 31 March 2007 (Saturday)

8:40	Registration
9:00 ~ 10:30	Lecture: Intervention for delusions and hallucinations
10:30 ~ 11:00	Tea Break
11:00 ~ 12:30	Lecture: Advanced practical skills in CBT for psychosis
12:30 ~ 1:45	Lunch
1:45 ~ 3:15	Lecture: Local Development and service provision for early psychosis in Hong Kong
3:15 ~ 3:30	Tea Break
3:30 ~ 5:00	Lecture and Case Discussion