



## The Chinese Association of Cognitive Behaviour Therapy Annual General Meeting 2007

### Report from the Chair

#### **PREAMBLE:**

With great pleasure and satisfaction, I compiled this 2006-2007 Annual Report to all Honorary Advisors, Members, and Fellow Members of the Chinese Association of Cognitive Behaviour Therapy (CACBT). Looking back at the voluminously eventful year, my tinge of pride was quickly exceeded by my heart-felt gratitude to all Executive Committee Members and volunteer helpers who have devoted so much of their private time in making all the events possible.

CACBT continues to strive to realize our stipulated objectives of promoting, advocating, and advancing cognitive and behavioural psychotherapies which are empirically-grounded and evidence-based. We aim to provide a multi-disciplinary platform for the practice of CBT in Hong Kong, China, and the Asian-Pacific Rim, and to bring to our members and allied professionals top-notch teachers and speakers on specialties which they excel.

The following report covers events up to June 2007:

#### 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

Ron Rapee, PhD

Paul M Salkovskis, PhD

#### *Executive Committee*

##### *Chairman*

Wong Chee-wing, PsychD  
黃熾榮博士

##### *Vice-Chairman & General Secretary*

Roger MK Ng  
FHKAM (Psychiatry)  
吳文建醫生

##### *Company Secretary*

Wong Kit-Ching, MSocSc  
黃潔晶女士

##### *Scientific Secretary*

Calais KY Chan, PhD  
陳乾元博士

##### *Membership Secretary*

Michael GC Yiu  
FHKAM (Psychiatry)  
姚家聰醫生

##### *Treasurer*

Ng Kee-on, PsychD  
吳基安博士

##### *Professional Consultant*

Chan Wah-fat  
FHKAM (Psychiatry)  
陳華發醫生

**WORKSHOPS, TALKS, and CONFERENCES:**

In April 2006, CACBT was honored by the presence of Professor Stanley Rachman (Honorary Advisor to CACBT) and Dr. Clare Philips who respectively conducted two one-day workshops to over 100 participants. On April 20, Professor Rachman gave a workshop entitled "*Cognitive Behaviour Therapy for Obsessive Compulsive Disorder*". Jack Rachman's workshop coincided with the launching of his newest book "*Fear of Contamination: Illusions of Vulnerability*" published by the Oxford University Press. On April 21, Dr. Clare Philips gave a workshop entitled "*The Management of Chronic Pain: A cognitive behavioral approach*". In the evening of April 21, Jack Rachman gave a dinner-talk entitled "*The Present State of Psychological Therapy*" in the Miramar Hotel, sponsored by Pfizer. The symposium was chaired by CACBT Chairman, Dr. C.W. Wong.

In May 2006, CACBT participated actively in the *First Asian CBT Conference* organized by the Chinese University of Hong Kong. The CACBT Executive Committee organized a symposium entitled "*Teaching CBT in Hong Kong and the People's Republic of China*". Speakers were Dr. C.W. Wong, Dr. Calais Chan, Dr. K.O. Ng, and Professor Z.N. Liu. The symposium was chaired by CACBT's Membership Secretary, Dr. Michael Yiu. After the conference on May 30, CACBT invited our Honorary Advisor, Professor David Barlow from Boston University, to give a dinner-talk entitled "*Pharmacological and Psychological Treatments for Emotional Disorders: Are 2 treatments better than one?*". The event took place in Conrad Hotel and was sponsored by Eli Lilly. The symposium was chaired by CACBT Chairman, Dr. C.W. Wong.

In December 2006, CACBT's Honorary Advisor, Dr. Cory Newman, Director of

the Center for Cognitive Therapy and Associate Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, conducted two one-day workshops entitled “*Advanced Cognitive Therapy for Personality Disorders*” and “*Clinical Management of the Suicidal Patient: Safeguards and interventions*”. The workshops were attended by over 80 participants who unanimously gave appreciative feedbacks to the speaker. On December 8, Dr. Newman gave a dinner-talk entitled “*Taming the Swings: Cognitive therapy for bipolar disorder*” in the Langham Place Hotel, sponsored by Eli Lilly. The symposium was chaired by CACBT Vice-Chairman, Dr. Roger Ng.

In March 2007, CACBT’s Honorary Advisor, Professor Elizabeth Kuipers from the Institute of Psychiatry King’s College London, together with renowned psychiatrist Professor Paul Bebbington from the University College London, conducted a two-day workshop entitled “*CBT for Persistent Positive Symptoms: Advanced Skills Workshop*”. The workshop also included local speakers Dr. C.W. Wong and Ms. Suzanne So. The workshops were attended by over 120 participants. On March 30, Professor Paul Bebbington gave a dinner-talk entitled “*Reconstructing Psychosis: Emerging conceptual and empirical problems in classification and diagnosis*” in the Langham Place Hotel, sponsored by AstraZeneca. The symposium was chaired by CACBT’s Membership Secretary, Dr. Michael Yiu.

### **WORK IN CHINA**

In early December 2006, CACBT participated in a conference on Behavioral Medicine organized by the Institute of Mental Health, Second Xianya Hospital of the Central South University in Changsha, Hunan. In the conference, Dr. Calais Chan

spoke on "*Healthy Body and Healthy Mind*"; and Dr. C.W. Wong gave a symposium and case-demonstration on "*Anxiety and Health: Formulating hypochondriasis*".

In January 2007, representatives from CACBT made an official visit to the Kang Ning Hospital in Shenzhen, and exchanged experiences in establishing Clinical Psychology Services in a psychiatric hospital. The Kang Ning Hospital is renowned for its counselling and psychological services for both adults and children.

Mid-April 2007 also marked the start of the second round of "*China – Hong Kong Advanced Systematic Training in Psychotherapy*" for psychiatrists. The training was organized by the Institute of Mental Health, Second Xianya Hospital of the Central South University, and took place in Lushan, Jiangxi. The three-day training workshop was attended by over 80 participants from around China. Trainers from CACBT included Dr. C.W. Wong, Dr. Calais Chan, and Dr. K.O. Ng.

Dr. C.W. Wong, CACBT Chairman, completed two chapters introducing the evolution, theory and issues of CBT in a new textbook on Behavioural Medicine edited by Professor Li Lingjiang. This influential textbook in psychiatry will be published in late 2007.

### **OTHER EVENTS**

In June 2007, the Clinical and Health Psychology Centre of the Chinese University of Hong Kong, with full sponsorship from the Sun Hung Kei Foundation, invited CACBT Honorary Advisor Professor Paul Salkovskis from the Institute of Psychiatry King's College London, to give a two-day workshop on "*Cognitive Behaviour Therapy for Anxiety: An update and the specifics of treating obsessional problems*". The workshop was well-attended by 300 participants, and is testimony

to the acceptance of CBT as an established psychological treatment amongst local clinicians. CACBT wishes to take this opportunity to express appreciation to the generosity of the Chinese University of Hong Kong and the Sun Hung Kei Foundation for organising this highly-valued event.

### **ASSOCIATION MATTERS**

The following are note-worthy events that took place in 2007:

- (1) The registered company address of CACBT has moved to "*Suite 1221, Bank of America Tower, 12 Harcourt Road, Central, Hong Kong*". The telephone number *(852) 3118-1191* and the fax number *(852) 3118-1109* remain unchanged.
- (2) Our webpage has been updated and improved. Please visit us on <http://www.cacbt.org> or contact us on [info@cacbt.org](mailto:info@cacbt.org).
- (3) Professor Ron Rapee from the Macquarie University in Sydney, Australia, has agreed to be the 10<sup>th</sup> Honorary Advisor to CACBT. We now have an impressive panel of expert advisors in areas of cognitive therapy, CBT, anxiety disorders, obsessive compulsive disorder, social anxiety, psychosis, transcultural psychiatry, behavioural medicine, and anxiety problems in child and adolescents. Please visit our website and look under "*PEOPLE*" and "*HONORARY ADVISORS*".
- (4) Our membership has exceeded 100.
- (5) Four members were elected as Fellow Members in recognition of their continuous training and education in CBT, and their devotion in serving the Executive Committee in many association matters. They are: Ms. WONG

Kit-ching, Mr. George CHONG Heung-chuen, Mr. Mike WONG Tak-po, and Ms. Amy KWOK Pui-ling.

- (6) The National Chairman of the Australian Association of Cognitive Behaviour Therapy (AACBT), Professor Ross Menzies of the University of Sydney, wrote to CACBT exploring collaborations and future liaisons.
- (7) Representative from CACBT will attend the 2007 World Congress of Behavioural and Cognitive Therapies in Barcelona, Spain, between 11-14 July 2007. Further international liaisons will be fostered.

### ***FUTURE PLANS***

For the 2007-2008 work plan, we have plans to hold a one-day workshop in November 2007 on “*Conceptualization, Formulation and Treatment Strategies*” by local speakers. Negotiations are on-going with Professor Paul Salkovskis, Dr. Frank Dattilio, and Dr. Melanie Fennel to give workshops in the coming year.

Looking back at all the achievements last year, we are far from being complacent. In the busy and sometimes toilsome process, we are pleased to see the gradual recognition and acceptance of CBT amongst local clinicians and practitioners. Many allied professions also saw the need and value of learning CBT. Many took the initiative of inviting overseas trainers to run workshops. Some even start local cognitive therapy centres and form CBT interest groups. Many clinicians also took up CBT supervision in overseas institutes. CACBT sees these not as competitors but as worthy collaborators with a like-minded goal in the practice of empirical and evidence-based treatments. We envisage the time will come when all interested parties will come together to establish “*Good Practice Guidelines for*

CBT' for the local context.

We are also pleased that CBT is gradually establishing a firm foot-hold in China, with major academic centres looking overseas for CBT trainings in anxiety disorders, OCD and psychosis. CACBT will continue to maintain our advocating and advisory role through our continuous liaison with major mental health institutions in the Chinese Mainland.

Promoting CBT in Hong Kong and China is a worthy cause with a big future. I wish to solicit your continuous support by continuing on as CACBT members in this meaningful quest for professional advancement and affiliation. To all of you, I humbly and sincerely express my profound gratitude.



***Chee-wing WONG, PsychD***

Chairman

CACBT

10<sup>th</sup> June 2007

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