



中國認知行為治療學會  
Chinese Association of Cognitive Behaviour Therapy



## **New Frontiers in Cognitive Behaviour Therapy**

### **Engagement and Treatment Agreement in Severe Borderline Personality Disorder**

Wong Chee-wing, PsychD.  
Chairman, CACBT

### **Dreams, Images and Trauma: A Cognitive Approach**

Ng Kee-on, PsychD.  
Treasurer, CACBT

### **Using Hypnosis as an Effective Adjunct to Cognitive Behaviour Therapy**

Calais Chan Kin-yuen, PhD.  
Scientific Secretary, CACBT

Date: **3 November 2007 (Saturday)**

Time: **9 am - 5 pm**

Venue: **T6 Meng Wah Complex, HKU**

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

Please visit our website <http://www.cacbt.org> to download brochure and enrolment form

# Using Hypnosis as an Effective Adjunct to Cognitive Behaviour Therapy

Calais Chan Kin-yuen, PhD.  
PhD (UNSW) MAPS FHKPS FCACBT

Dr. Calais Chan gained his BSc (Hons) in Professional Psychology, MPsych (Hons) in Clinical Psychology, and PhD in Experimental Clinical Psychology from the University of New South Wales in Australia. His major research interest is in role of cognitive processes underlying human emotion and psychopathology. He has more than 20 years of professional experience in research and clinical practice in Hong Kong and Australia.

Dr. Chan is currently Associate Professor both at the Department of Psychiatry, The Chinese University of Hong Kong and the Department of Psychology, The University of Hong Kong. Dr. Chan also runs a successful private practice in the Central District of Hong Kong.

## Workshop outline (1:30 pm – 5:00 pm)

Integrating cognitive behaviour therapy with hypnosis may increase benefits to clients suffering from a broad range of psychological and medical conditions. For instance, a recent meta-analysis by Kirsch et al. (1995) comparing cognitive-behavioral therapy (CBT) with and without hypnosis has found a 70% greater improvement shown by clients in the former condition compared to the latter. Traditionally, CBT relies parsimoniously on case conceptualization to guide the use of cognitive and behavioural techniques. Dr. Calais Chan contends that the use of hypnotic interventions also can be fruitfully guided by case conceptualization based on established CBT theories and effectively used in combination of other cognitive and behavioural techniques. In addition to presenting the recent development of the conceptual and research basis for integrating CBT and hypnosis, Dr. Chan will also illustrate useful, practical routines for applying hypnosis as an effective adjunct to CBT through role play and case demonstrations.

**CA**  
CBT

中國認知行為治療學會  
Chinese Association of Cognitive Behaviour Therapy



## New Frontiers in Cognitive Behaviour Therapy

**Key Speakers:**

Calais Chan Kin-yuen, PhD  
Scientific Secretary, CACBT

Ng Kee-on, PsychD.  
Treasurer, CACBT

Wong Chee-wing, PsychD.  
Chairman, CACBT

**Date:** 3 November 2007 (Saturday)

**Time:** 9 am - 5 pm

**Venue:** T6 Meng Wah Complex, HKU

**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

**CA**  
CBT

中國認知行為治療學會  
Chinese Association of Cognitive Behaviour Therapy



2007 November Workshop (3/11) by CACBT Ex-co  
New Frontiers in Cognitive Behaviour Therapy

### Enrolment Form

| * Title | * Given Name | * Surname | Chinese Name (if applicable) |
|---------|--------------|-----------|------------------------------|
|         |              |           |                              |

Position held: \_\_\_\_\_ Organisation: \_\_\_\_\_

Postal address: \_\_\_\_\_

\* Phone (Home/office): \_\_\_\_\_ Fax: \_\_\_\_\_

\* E-mail: \_\_\_\_\_ Mobile: \_\_\_\_\_

Enrolment details\*  
(Please tick as appropriate)

|                                  |                                  |                                  |
|----------------------------------|----------------------------------|----------------------------------|
| CACBT Member                     | Non-member                       | Full-time student+               |
| <input type="checkbox"/> HK\$400 | <input type="checkbox"/> HK\$600 | <input type="checkbox"/> HK\$400 |

\* Must fill in the blanks  
+ (Please attach copy of Student photo ID)

Please complete the enrolment form and return it with a crossed cheque payable to "Chinese Association of Cognitive Behaviour Therapy (HK) Limited" or "中國認知行為治療學會(香港)有限公司" to:

The Secretariat  
Chinese Association of Cognitive Behaviour Therapy  
Suite 1221, Bank of America Tower  
12 Harcourt Road, Central  
HONG KONG  
(Re: CACBT 2007 November Workshop)

Total Payment Enclosed: Cheque No. \_\_\_\_\_ HK\$ \_\_\_\_\_

Deadline of enrolment: 27th October, 2007

Remarks:

1. CACBT reserves the right to modify the programme and reject an enrolment at any point in time.
2. Enrolment will be confirmed ONLY when full payment has been received by the CACBT. Confirmation will be sent by email or fax at least one week prior to the workshop.
3. Official receipt will be issued at the registration counter. All fees are non-refundable.
4. In case of over-subscription, priority will be given to CACBT members.
5. If the Typhoon Signal no. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement will be announced later.
6. For enquiry, please send your email to [info@cacbt.org](mailto:info@cacbt.org) or visit our website at [www.cacbt.org](http://www.cacbt.org)

## Engagement and Treatment Agreement in Severe Borderline Personality Disorder

### Wong Chee-wing, PsychD.

PsychD (Surrey) MAPS AFBPsS FHKPS FCACBT

Dr. Wong Chee-wing received his clinical psychology training from the Institute of Psychiatry in London under H.J. Eysenck, M.B. Shapiro and S. Rachman. He has worked in London, Hong Kong and Australia as a clinician, teacher and administrator in clinical psychology services. Dr. Wong is Adjunct Associate Professor to the Faculty of Medicine, Chinese University of Hong Kong. He holds honorary teaching positions in both The Hong Kong University and The Chinese University of Hong Kong.

Dr. Wong's clinical interests are mood disorders, CBT and neuropsychology. His research interest is in the field of negative affect structure in anxiety and depression. In recent years, Dr. Wong has been teaching CBT and psychopathology in various cities around China. He aspires to establishing more systematized trainings in CBT as a way of ensuring good practice standards. The establishment of CACBT is one way to achieve this goal.

### Workshop outline (9:00 am – 10:30 am)

A common misgiving about CBT is that it is manual-driven, cold, mechanical and superficial. Using a very challenging case of borderline PD as an illustrative example, the processes of clinical decision pathways, handling sabotaging behaviour, case conceptualization, and therapeutic engagement will be discussed. The drawing up of a treatment agreement between the therapist and the patient often helps in elucidating therapeutic goals in subsequent therapy focusing not only on cognition but on schemas as well. Indeed, CBT is person-focused, judicious and pragmatic building upon the basic fabrics of good therapeutic alliance in psychotherapy.

## Dreams, Images and Trauma: A Cognitive Approach

### Ng Kee-on, PsychD.

PsychD (Surrey) FCACBT

Dr. Ng Kee-on was trained in the Liverpool University, England, and held important positions at various health authorities in the UK since his graduation there. He was a principal clinical psychologist and deputy head of clinical psychology service in Trafford Health Authority, Manchester, before returning to Hong Kong in 1990.

Dr. Ng is currently head of Clinical Psychology Service for the New Territory East Cluster of Hospitals Network, Hong Kong, which includes a teaching hospital in the Prince of Wales Hospital, Shatin, New Territories. He also contributes to the teaching programmes in the medical faculties of The Chinese University of Hong Kong, as well as the Hunan Medical University, China, and serves as Adjunct Associate Professor for both of these universities.

### Workshop outline (11:00 am – 12:30 pm)

In therapy, most clinicians would readily accept that dreams often reflect their clients' waking concern. Yet in practice, other than the psychoanalysts, few would attend to their client's dreams. Dream work is either dismissed as a Freudian indulgence and preoccupation, or as a meaningless, unscientific pursuit. The aim of this workshop is to present some of the recent scientific studies in dream and their images, and well as proposing how they can be integrated in therapy, a la CBT.