



## Workshop Announcement

**Dr. Frank M. DATTILIO, PhD, ABPP**  
Harvard Medical School

**Will give a Two-Day Workshop on:**  
**Comprehensive Cognitive-Behavioral  
Therapy with Couples and Families:  
A Schema Focused Approach**

### Dates and Venues:

Day 1: 14th March 2008 (Friday)  
9:00am - 5:00pm

Venue: YMCA, Salisbury Road, South Tower, 3/F

Day 2: 15th March 2008 (Saturday)  
9:00am - 5:30pm

Venue: T6, Meng Wah Building, HKU

	Non-Member	CACBT Member	Full-time Students
Two-day Workshop	\$1900	\$1400	\$1400
One-day Attendance	\$950	\$700	\$700

For more information, please visit our website:

<http://www.cacbt.org>

Co-organizer:



## Dr. Frank M. DATTILIO, PhD, ABPP

Harvard Medical School



**FRANK M. DATTILIO, PhD, ABPP**, maintains a dual faculty appointment in the Department of Psychiatry at Harvard Medical School and the University of Pennsylvania School of Medicine. He is a licensed psychologist and is listed in the National Register of Health Service Providers in Psychology.

Dr. Dattilio is board certified in both clinical psychology and behavioral psychology through the American Board of Professional Psychology (ABPP) and received a Certificate of Training in Forensic Psychology through the Department of Psychiatry at the University of Pennsylvania School of Medicine. He is also a founding fellow of the Academy of Cognitive Therapy, and a clinical member of the American Association of Marital and Family Therapy (AAMFT). Dr. Dattilio has been a visiting faculty member at several major universities and medical schools throughout the world.

Dr. Dattilio trained in behavior therapy through the Department of Psychiatry at Temple University School of Medicine under the direction of the late Joseph Wolpe, M.D., and received his postdoctoral fellowship through the Center for Cognitive Therapy, University of Pennsylvania School of Medicine under the direction of Aaron T. Beck, M.D.

Dr. Dattilio is one of the originators of cognitive-behavior family therapy. He has 220 professional publications, including 15 books. He has also presented extensively throughout the United States, Canada, Africa, Europe, South America, Australia, New Zealand, Mexico, Cuba, and the West Indies on cognitive-behavior therapy. To date, his works have been translated into 25 languages, including Chinese. His work is being used in 80 countries throughout the world.

Among his many publications, Dr. Dattilio is co-author of the books, *Crime and Mental Illness* (2008); *Practical Approaches to Forensic Mental Health Testimony* (2007); *Mental Health Experts: Roles and Qualifications for Court* (1st ed., 2002; 2nd ed., 2007); *Cognitive Therapy with Couples* (1990); *Panic Disorder: Assessment & Treatment Through a Wide Angle Lens* (2000); *The Family Psychotherapy Treatment Planner* (2000); *the Family Therapy Homework Planner* (2000); co-editor of *Comprehensive Casebook of Cognitive Therapy* (1992); *Cognitive-Behavioral Strategies in Crisis Intervention* (1994); (2nd ed., 2000); (3rd ed., 2007); *Cognitive Therapy with Children and Adolescents: A Casebook for Clinical Practice* (1995); (2nd ed., 2003); *Comparative Treatments for Couple Dysfunction* (2000); and editor of *Case Studies in Couples and Family Therapy: Systemic and Cognitive Perspectives* (1998). His 1998 book on *Case Studies in Couples and Family Therapy* has been translated into Chinese for the wider audience in China Mainland.

Dr. Dattilio remains on the editorial board of a number of national and international refereed journals, including the *New England Journal of Medicine*. His areas of expertise are in couple and family problems, forensic psychological evaluations, as well as the treatment of anxiety and behavior disorders.



## Cognitive-Behavioral Family Therapy

The use of cognitive-behavioral therapy (CBT) with families has met with especially harsh criticism in the past, particularly in the field of family therapy. The over-riding ethos was that CBT, in and of itself, was unlikely to be effective with families.

Early in the family therapy movement, the behavior and cognitive therapies were given little credence by classical system theories, who saw them as lacking the necessary depth to deal with underlying dynamics and family dysfunction (Dattilio, 1998; 2001).

Since that time, the American Association of Marriage and Family Therapy (AAMFT) and the couple and family therapy community have definitely warmed to the cognitive-behavioral theories. In fact, in a recent survey conducted by the AAMFT (Northey, 2002), participants were asked. "In a word or two, what is your primary treatment modality for intervention?" Of the 27 different modalities that were mentioned, CBT, multisystemic, eclectic, and solution-focused were the most frequently cited, with CBT topped the list.

Structural family therapy and Bowenian systems actually folded many cognitive-behavioral techniques and interventions into the fabric of their approaches, although they employed different vocabularies to refer to them. It has only been within the past decade that the field of couple and family therapy has begun to directly acknowledge the power and effectiveness of CBT --- whether as a mode of integration with various forms of family therapy or as an independent modality.

Extracted from:  
Dattilio, F.M. (2004). Cognitive-behavioral family therapy: A coming-of-age story. In R.E. Leahy (Ed.), *Contemporary Cognitive Therapy*. Pp. 389-404. New York: Guilford.



## Learning Points

In this two-day workshop, Dr. Dattilio will briefly go over the historical development of cognitive-behavioral therapy, before introducing the application of cognitive-behavioral strategies with couples and families. There will be an extensive coverage of assessment techniques and case conceptualization on the first day.

On Day 2, the main bulk of the workshop will be on the techniques and procedures for couples and families using real life scenarios as points of illustration. Dr. Dattilio will also comment on the integration of cognitive-behavioral strategies with other modalities of treatment, including various approaches to couple and family therapy. A live demonstration will be staged as appropriate.

After the two-day workshop, participants are expected to go away with a basic working knowledge of the cognitive-behavioral framework in couple and family work, deploying many of the bread-and-butter of CBT in conceptualization and change. Front-line therapists will find this workshop a welcomed addition to their repertoire of clinical skills.

It is a rare opportunity to be able to invite Dr. Dattilio to lecture in Hong Kong. This workshop is targeted at healthcare professionals with an interest in couples and family work.

### CE/CME Pending

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