

**The Chinese Association of Cognitive Behaviour Therapy**  
**Annual General Meeting 2008**

**Report from the Chairman**

With pride and satisfaction, I compiled this 2007-2008 Annual Report to all Honorary Advisors, Members, and Fellow Members of the Chinese Association of Cognitive Behaviour Therapy (CACBT). This report covers the ten-month period between July 2007 and April 2008. The ten months have been filled with many worthy academic events which helped to boost the practice of cognitive behaviour therapy in Hong Kong, as well as establishing further academic links internationally.

**OVERSEAS CONFERENCE**

The Chairman, Dr. CW Wong, and four Fellow Members of CACBT attended the 2007 World Congress of Behavioral and Cognitive Therapies (WCBCT) in Barcelona between 11<sup>th</sup> and 14<sup>th</sup> July, 2007. In addition to the rich conference programmes, it was also a perfect occasion to meet up with CACBT's Honorary Advisors including Elizabeth Kuipers, Cory Newman, Chris Padesky, Jack Rachman, Ron Rapee, and Paul Salkovskis. The meeting of old and new acquaintances will be tremendously helpful in planning academic

**Honorary Advisors**

David H Barlow, PhD

Aaron T Beck, MD

Dinesh Bhugra,  
FRCPsych (UK)

Frank Dattilio, PhD

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*

Roger MK Ng  
FHKAM (Psychiatry)  
吳文建醫生

*General Secretary*

Wong Kit-Ching, PhD  
黃潔晶博士

*Treasurer*

Ng Kee-on, PsychD  
吳基安博士

*Scientific Secretary*

Calais KY Chan, PhD  
陳乾元博士

*Membership Secretary*

Mr. Goerge HC Chong, MSocSc  
莊香泉碩士

*Professional Consultant*

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

Michael GC Yiu  
FHKAM (Psychiatry)  
姚家聰醫生

programmes for the Association in time to come.

### **LOCAL WORKSHOPS, TALKS AND CONFERENCES**

A total of three seminars and workshops were organised by CACBT between July 2007 and April 2008.

On 3<sup>rd</sup> November, 2007, CACBT organised a one-day seminar entitled “*New Frontiers in Cognitive Behaviour Therapy*”. Dr. CW Wong gave a talk on “*Engagement and Treatment Agreement in Severe Borderline Personality Disorder*”. Dr. KO Ng gave a talk on “*Dreams, Images and Trauma: A Cognitive Approach*”. Dr. Calais Chan gave a talk on “*Using Hypnosis as an Effective Adjunct to Cognitive Behaviour Therapy*”. The seminar was co-organised with the Department of Psychology, the University of Hong Kong. It was well-attended by over 80 attendees.

On 27<sup>th</sup> and 28<sup>th</sup> January, 2008, CACBT collaborated with the Clinical and Health Psychology Centre of the Chinese University of Hong Kong to run a two-day workshop by our Honorary Advisor, Professor Paul Salkovskis. The workshops focused on the use of CBT in the management of anxiety disorders, in particular health anxiety. The event was fully sponsored by the Sun Hung Kei Foundation, and was attended by over 200 healthcare professionals.

On 14<sup>th</sup> and 15<sup>th</sup> March, 2008, Dr. Frank Dattilio from Harvard Medical School ran a two-day workshop for CACBT entitled “*Comprehensive Cognitive-Behavioral Therapy with Couples and Families: A Schema-Focused Approach*”. The workshops were attended by over 60 participants including family therapists. The second day was highlighted by a live demonstration with a Chinese family. The

audience gave resoundingly positive feedbacks on the demonstration and the pragmatic contents of the workshops.

CACBT is also proud to announce that Dr. Frank Dattilio has agreed to become the 11<sup>th</sup> Honorary Advisor to the Association. For this we wish to extend a warm welcome to Dr. Dattilio. Frank's expertise and international reputation in the field of couples and family therapy will undoubtedly be a great asset to CACBT.

### **LOCAL WORKSHOPS**

On 17<sup>th</sup> and 18<sup>th</sup> September, 2007, the Clinical and Health Psychology Centre of the Chinese University of Hong Kong, with full sponsorship from the Sun Hung Kei Foundation, invited Professor David M. Clark from the Institute of Psychiatry, King's College London, to give a two-day workshop on "*Cognitive Behaviour Therapy for Social Anxiety and Posttraumatic Stress Disorder*". The workshop was attended by over 200 participants. Drs. CW Wong, Roger Ng, Calais Chan, and KO Ng from CACBT were invited to have dinner with Professor Clark; and much energetic conversations on the present and future of CBT took place.

On 2<sup>nd</sup> and 3<sup>rd</sup> January, 2008, the Clinical and Health Psychology Centre of the Chinese University of Hong Kong, again with full sponsorship from the Sun Hung Kei Foundation, invited Professor Marsha Linehan from the University of Washington, to give a two-day workshop on "*Dialectical Behaviour Therapy*". Response to the workshop was again overwhelming with over 200 attendees.

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 these two highly-valued events. These two events were

indeed testimonies to the importance and wide-acceptance of CBT as the mainstream psychological treatment in the 21<sup>st</sup> century. The workshops by Dr. Linehan also pre-empted the recent advent of the so-called “*Third Wave Therapies*” employing acceptance strategies in CBT. These therapies include ACT, DBT and MBCT. Indeed this will be a worthy topic that warrants debate and deliberation in future.

### **WORK IN CHINA**

Due to the fullness of local commitments, work and collaboration with colleagues in the Chinese Mainland remained relatively quiescent in the last ten months. Close contact, however, was maintained in advocating and promoting CBT in China. It is indeed gratifying that Beijing University has established good links with Boston University and our Honorary Advisor, Professor David Barlow. What we envisage is further development in evidence-based practices in the field of psychological treatments. With the consolidation of such solid foundations in empirically supported approaches, a good platform is shaping up to interface with countries in the West.

CACBT has also been invited to participate in the 5<sup>th</sup> World Congress for Psychotherapy to be held in Beijing between 12<sup>th</sup> and 15<sup>th</sup> October, 2008. It is hoped that further links will be established with Beijing.

### **COMING CONFERENCES**

2008 will be a busy year for international conferences in psychotherapy and CBT. Apart from the Beijing Congress mentioned above, CACBT Chairman Dr. CW Wong will be attending the 6<sup>th</sup> International Congress of Cognitive

Psychotherapy to be held in Rome between 19<sup>th</sup> and 22<sup>nd</sup> June, 2008.

Moreover, the 2<sup>nd</sup> Asian Cognitive Behaviour Therapy Conference will be held in Bangkok, Thailand, between 20<sup>th</sup> and 21<sup>st</sup> October, 2008.

Between 13<sup>th</sup> and 15<sup>th</sup> December, 2008, there will be the 1<sup>st</sup> Joint International Conference of the Hong Kong College of Psychiatrists and the Royal College of Psychiatrists (UK) to be held in Hong Kong. Both the Chairman, Dr. CW Wong, and the Vice-Chairman, Dr. Roger Ng, were invited speakers to the event.

### ***INTERNATIONAL RESEARCH***

The Chairman of CACBT, Dr. CW Wong, was invited as a member and Asian representative to the multinational project entitled "*The Origins of Internal Fear: An International Collaboration on Disturbing Intrusive Thoughts*" headed by Professor David A. Clark of the University of New Brunswick. This project was the Cross-Cultural Subgroup of the world renowned *Obsessive Compulsive Cognitions Working Group* (OCCWG) formed by international researchers on OCD a little more than ten years ago.

### ***ASSOCIATION AND RELATED MATTERS***

CACBT wishes to congratulate the Australian Association of Cognitive Behaviour Therapy (AACBT) for its success in bidding for the World Congress of Behavioral Cognitive Therapies (WCBCT) to be held in Sydney, Australia, in 2013. Much is owed to AACBT's National Chairman, Professor Ross Menzies, for his energetic work. In the course of the bidding, CACBT has officially forwarded our support for the Congress to be held in the Pacific Rim so that CBT researchers and practitioners from the Asian countries including China can take advantage of the

geographical proximity.

Reciprocal benefits between CACBT and AACBT are under negotiation, and CACBT members may be able to attend AACBT conferences at membership rates; and to take up discounted subscription to the journal "*Behavior Change*".

Finally, CACBT wishes to register our hearty congratulations to our Vice-Chairman, Dr. Roger Ng, for his promotion to the rank of Consultant Psychiatrist. Congratulations are also due to our Fellow Members Kit Ching Wong for obtaining her PhD; and to Mike Wong for obtaining his PsychD degree.

### ***FUTURE PLANS***

Due to her new research commitments in Oxford, Dr. Melanie Fennel will not be able to coming to Hong Kong in 2009 for workshops. Instead, Dr. Ann Hackmann from the Warneford Hospital in Oxford, a renowned and forerunner in the field of using imageries in CBT, will be coming to Hong Kong to give a two-day workshop during the first quarter of 2009. For those who are interested in Dr. Hackmann's work, please look out for further workshop announcements.

### ***EPILOGUE***

The past ten months was a lot of hard work, but was equally rewarding. We have been greatly encouraged by our international friends and advisors who unanimously saw CACBT as a well-form and well-organised association in promoting CBT and associated mainstream psychological treatments. The recognition was not easy to come by, and credits are due to all the Fellow Members and close associates and helpers of CACBT, who, in the past years, have offered their time and service in the most dedicated and unselfish manner.

To all of them I wish to give them my hearty appreciation and salute.

As I have said in previous years, the success of an organisation like CACBT cannot do without the support of its members. Joining CACBT is something beyond reaping discount enrollment fees for workshops --- it is a professional identity to affiliate with an association that has achieved internationally recognised standards. Through this platform, members are charged with the altruistic responsibility of supporting and promoting best practices in serving our clients and patients; and, at the same time, advancing knowledge and skills in the field of CBT and related treatments.



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

Chairman

CACBT

9<sup>th</sup> May 2008

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