2009

Two-day Workshop on

Integrating Imagery into Cognitive Therapy

ENROLMENT FORM

Dr. / Mr. / Mrs. / Ms. _____

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):*

	Whole workshop	24 April 2009	25 April 2009
CACBT Member	☐ HK$1,000	☐ HK$600	☐ HK$600
Non-member	☐ HK$1,600	☐ HK$800	☐ HK$800
Full-time student#	☐ HK$600	☐ HK$300	☐ HK$300

#(Please attach copy of Student Photo ID) ** Must fill in the blanks*

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 2009 April Workshop)

Total Payment Enclosed:

Cheque No. _____

HK$ _____

Deadline of Enrolment 16 April 2009

Remarks:

1. CACBT reserves the right to modify the programme and reject an enrolment at any point of 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 or visit our website at www.cacbt.org.

Programme for Professional Workshop on

Integrating Imagery into Cognitive Therapy

Across Psychological Disorders

Speakers **Dr. Ann Hackmann**, PhD.
Dates **24 and 25 April 2009** (Friday and Saturday)
Venue **Meng Wah Complex, HKU**

Day One 24 April 2009 (Friday)

8:30 ~ 9:00	Registration
9:00 ~ 10:40	Why is imagery important? Assessment of content, appraisals of significance, history of image
10:40 ~ 11:00	Tea Break
11:00 ~ 12:30	Micro-Formulation of imagery
12:30 ~ 1:45	Lunch
1:45 ~ 3:10	Evocation of imagery – the effects
3:10 ~ 3:30	Tea Break
3:30 ~ 5:00	Manipulation of imagery, to shift meta-cognitive appraisals Discrimination between imagery and reality

Day Two25 April 2009 (Saturday)

8:40 ~ 9:00	Registration
9:00 ~ 10:40	Transformation of memories
10:40 ~ 11:00	Tea Break
11:00 ~ 12:30	Sleep and Dreams
12:30 ~ 1:45	Lunch
1:45 ~ 3:10	Transformation and metaphor
3:10 ~ 3:30	Tea Break
3:30 ~ 4:30	Creation of new Imagery
4:30 ~ 5:00	Summary

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

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

Professional Workshop on

Integrating Imagery into Cognitive Therapy

Across Psychological Disorders

Dr. Ann Hackmann, PhD

24th ~ 25th April 2009 (Friday & Saturday)

VENUE: Meng Wah Complex, HKU

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

Co-organizer: Department of PSYCHOLOGY HKU

Brief Biography

Dr. Ann Hackmann is a clinical psychologist, who has worked for over 20 years in a research group that specialises in the development of cognitive therapy protocols for the different anxiety disorders, headed by Professors David Clark and Anke Ehlers. She has worked as a therapist in a large number of randomised controlled trials, and has done research on phenomenology of anxiety disorders and refinement of treatment strategies. Her special interest is in imagery and its relationship to memory in psychopathology, and with Emily Holmes she edited a special edition of *Memory* (2004) on this topic. She has done treatment studies on working with intrusive memories in depression (with Dr. Wheatley and Professor Brewin), and early memories in social phobia (with Dr. Wild and Professor Clark). She was also one of the editors of the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (2004), and recently published *Cognitive Therapy for the Anxiety Disorders: Mastering Clinical Challenges* with Dr. Gillian Butler and Dr. Melanie Fennell. She is currently writing the *Oxford Guide to Imagery in Cognitive Therapy*, with Professor James Bennett-Levy and Dr. Emily Holmes.

Dr. Hackmann has provided teaching and training in cognitive therapy in many national and international settings, and is a Founding Fellow of the Academy of Cognitive Therapy. She currently works in a research team studying relapse prevention in depression, using Mindfulness Based Cognitive Therapy, headed by Professor Mark Williams.

Integrating Imagery into Cognitive Therapy

A two-day workshop in Hong Kong, April 2009

Dr. Ann Hackmann, University Department of Psychiatry, Oxford, and Oxford Cognitive Therapy Centre.

Recently there has been an increasing interest in mental imagery in psychopathology, but clinicians remain somewhat unsure of how to work with it in an organized manner within cognitive therapy. This workshop is designed to help clinicians to understand that there are various types of images, appraised in a variety of ways, triggering differing responses. Hence imagery can function in several ways to maintain psychological problems. We will present a first attempt at using micro-formulation of imagery in cognitive therapy to help guide our thinking in selecting treatment strategies.

Arising from a set of general principles concerning formulation, we will discuss a range of interventions that can be used across a wide range of psychological disorders to mitigate the effects of intrusive imagery. Imagery addressed will include: distorted images of the past, present or future; intrusive memories; metaphorical images and dreams. These interventions will be demonstrated using video material, and there will be opportunities to practice the various interventions. Underlying theory will be discussed. A live role-play will be attempted if a participant offers to play the role of a patient.

Participants should leave the workshop with a clearer picture of how to understand imagery from a clinical and theoretical perspective, how to formulate problems in which imagery plays a role, and how to intervene to assist emotional processing, and transform or remove various types of disturbing imagery including nightmares and intrusive memories. In addition to discussing our understanding of the general principles behind this work we will also present a first attempt at providing a taxonomy of the wide range of therapy techniques currently available to us.

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