

Programme for Professional Workshop on

IMPROVING CBT FOR ANXIETY

**BETTER ART AND
BETTER SCIENCE
WILL MAKE
BETTER THERAPY**

ADVANCED PRACTICE WORKSHOP ON

IMPROVING CBT FOR ANXIETY

**BETTER ART AND
BETTER SCIENCE
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Speaker

Professor Paul Salkovskis, PhD

Date

17 October, 2009 (Saturday)

Time

9:30am ~ 5:30pm

Venue

Lecture Theatre 1, Ground Floor,
Esther Lee Building,
Chung Chi College Campus,
The Chinese University of Hong Kong



Professor Paul Salkovskis, PhD

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

17 October 2009 (Saturday)

VENUE : Esther Lee Building, The Chinese University of Hong Kong

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

Co-organizer:



Clinical and Health Psychology Centre
Department of Psychology
The Chinese University of Hong Kong

Advanced Practice Workshop on IMPROVING CBT FOR ANXIETY

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):

CACBT Member	HK\$800	<input type="checkbox"/>
Non-member	HK\$1,200	<input type="checkbox"/>
Full-time student #	HK\$600	<input type="checkbox"/>

*(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 October 2009 Workshop)

Total Payment Enclosed:

Cheque No. _____
HK\$ _____

Deadline of Enrolment 10 October 2009

Remarks:

- CACBT reserves the right to modify the programme and reject an enrolment at any point of time.
- 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.
- Official receipt will be issued at the registration counter. All fees are non-refundable.
- In case of over-subscription, priority will be given to CACBT members.
- 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.
- For enquiry, please send your email to info@cacbt.org or visit our website at www.cacbt.org.

Brief Biography

Professor Paul Salkovskis is the Professor of Clinical Psychology and Applied Science at the Institute of Psychiatry, King's College London. For 40% of his time, he is also the Clinical Director of the Maudsley Hospital Centre for Anxiety Disorders and Trauma.

Professor Salkovskis graduated in clinical psychology from the Institute of Psychiatry in 1979. He then worked as a clinical psychologist based in general adult psychiatry and in liaison psychiatry until 1985. In 1985, he moved to the University of Oxford where he worked on Medical Research Council funded research on panic. During this period, he worked on theoretical, experimental and clinical applications of cognitive theory, particularly in the area of anxiety disorders and hypochondriasis (health anxiety). He was appointed to a Wellcome Trust Senior Fellowship, focusing on the treatment of obsessive compulsive disorder and health anxiety. His final title at the University of Oxford was Professor of Cognitive Psychology. During his period in Oxford, he developed a strong interest in health psychology, particularly aspects of health screening and health decision making. He moved to the Institute of Psychiatry in 2000 to take up the position of Professor of Clinical Psychology and Applied Science, and his role as the Clinical Director in the Centre for Anxiety Disorders and Trauma. His research in both anxiety disorders and health psychology continues at the Institute of Psychiatry.

Professor Salkovskis has extensive links with other researchers and resources locally and nationally which allow access to participants for the research, most of which is focused on the application of cognitive theories. He also has international collaborations with a range of other research centres, including the ones in Australia, Bulgaria, Canada, Denmark, Germany, Hong Kong, Morocco and the United States.

ACTIVITIES AND INTERESTS

Cognitive behavioural factors in obsessive compulsive disorder and its treatment.

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Professor Paul Salkovskis, Institute of Psychiatry, King's College London

THE APPLIANCE OF SCIENCE

Achieving excellent and sustained results when helping people suffering from anxiety disorders

In this advanced workshop, effective ways of blending "clinical art" and "clinical science" in order to help people with anxiety disorders will be explored.

Developments in general cognitive theory and their applications to specific anxiety disorders will be outlined. Factors such as comorbidity, including problems often referred to as "personality disorders", will be considered and treatment strategies will be discussed. Drawing from clinical examples in panic disorder, agoraphobia, obsessive compulsive disorder and specific phobias, ways of obtaining more effective and efficient outcomes will be identified and illustrated. Special considerations involved in intensive treatments, and the balance between allegiance to evidence-based treatment protocols and clinical flexibility will also be highlighted.

Participants are encouraged to present case materials as part of the workshop.