

Dear Colleagues,

Re: Dr. Ann Hackmann's Workshop 24th – 25th April 2009

Sometimes it has been said that images are a powerful and pervasive form of cognition.

Behaviour therapists used images in systematic desensitization and covert sensitization as a means of deconditioning and extinguishing anxiety responses.

Cognitive behaviour therapy (CBT) practitioners also appreciate that distressing mental images are common in anxiety disorders. During his workshops on Social Phobia and Posttraumatic Stress Disorder (PTSD) delivered in September 2007 at the Chinese University of Hong Kong, Professor David Clark vividly described the self-perceived image of a "village idiot" in his social phobic patient. When the image was generated, the client felt more anxious and believed that others could see his symptoms of anxiety.

Also, images have long been found to play an important role in the maintenance of anxiety problems such as PTSD. "Flashbacks", for example, are recurrent sensory images of past trauma. The memory of an earlier aversive situation is perceived as if it is happening 'here and now' rather than 'there and then'.

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It is therefore important for clinicians to assess and target imagery in the psychological treatment of anxiety disorders. In recent years, there has been a growing interest in the use of imagery rescripting interventions in CBT, especially with clients who struggle with distressing, intrusive imagery.

In November 2007, Dr. Kee-on Ng gave a seminar on *“Dreams, Images and Trauma: A Cognitive Approach”* followed by Dr. Calais Chan’s talk on *“Using Hypnosis as an Effective Adjunct to Cognitive Behaviour Therapy”*. Both talks exemplified the importance of assessing, using, and manipulating imageries in CBT.

On 24th and 25th April 2009, the Chinese Association of Cognitive Behaviour Therapy (CACBT) is proud to bring you Dr. Ann Hackmann from the University Department of Psychiatry, Oxford. Dr. Hackmann is a world renowned scholar and trainer in the field of imagery and memory. Her publications on the topic are key references for on-going researches world-wide. She was one of the editors of the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* published in 2004. She was also one of the authors in the recently published *Cognitive Therapy for the Anxiety Disorders: Mastering Clinical Challenges*. She is now writing the *Oxford Guide to Imagery in Cognitive Therapy* with Professor James Bennett-Levy and Dr. Emily Holmes.

This is indeed a worthy opportunity to learn from Dr. Hackmann how to work with imagery in cognitive therapy. In the two-day workshop, Dr. Hackmann will take participants through the micro-formulation of imagery in CBT. The formulation will help to guide our thinking in selecting intervention strategies that can be used across a wide range of psychological disorders. The workshop will have discussions on the underlying theories supplemented by video demonstrations.

There will be ample opportunities for participants to practise the various intervention strategies, and a live role-play demonstration may be arranged.

CACBT is bringing to Hong Kong a top trainer from the Oxford Cognitive Therapy Centre. Please do not miss this training opportunity and submit your enrollment early to secure a place.

I look forward to seeing you at the April 2009 workshop.



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Chairman

CACBT

6th January, 2009

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