



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

Chinese Association of Cognitive Behaviour Therapy Annual General Meeting 2009

Report from the Chairman

I have compiled this 2008-2009 Annual Report to all Honorary Advisors, Fellow Members, and Members of the Chinese Association of Cognitive Behaviour Therapy (CACBT). This report covers the period between May 2008 and May 2009.

During the period, CACBT is honored by the acceptance of Professor Helen F.K. Chiu, Professor and Chair of the Department of Psychiatry in the Chinese University of Hong Kong (CUHK), to be our twelfth Honorary Advisor. Professor Chiu has been offering her continuous support to CACBT for many years. With Professor Chiu's close and amicable liaison with mental health authorities in China, we envisage that our work in China will be further enhanced.

THE 5.12 EARTHQUAKE IN SICUAN, CHINA

On 12th May 2008, the province of Sichuan in China was hit by an earthquake resulting in unprecedented destruction and carnage. Our Association refrained from jumping onto the bandwagon of flocking into the disaster area as expert helpers because psychological intervention was clearly not an appropriate priority at that initial period.

Honorary Advisors

David H Barlow, PhD
Aaron T Beck, MD
Dinesh Bhugra,
FRCPsych (UK)
Helen FK Chiu,
FHKAM(Psychiatry)
Frank M Dattilio, PhD
Elizabeth Kuipers, PhD
Li Lingjiang, MD
Cory F Newman, PhD
Christine A Padesky, PhD
Stanley Rachman, PhD
Ron Rapee, PhD
Paul M Salkovskis, PhD

Executive Committee

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Wong Chee-wing, PsychD
黃熾榮博士

Vice-Chairman
Roger MK Ng
FHKAM (Psychiatry)
吳文建醫生

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陳華發醫生

Michael GC Yiu
FHKAM (Psychiatry)
姚家聰醫生

Honorary Legal Advisor
Raymond ML Chak
翟文禮先生

Instead, we offered our expert advice to our contacts in China who attended the “*Wuhan Psychosocial Support Training Plan*” held towards the end of May. We strongly advocated generic emotional support and watchful waiting instead of processes involving psychological work-through so as to avoid unintended re-traumatizing. In the ensuing weeks, we received continuous feedbacks from our Chinese associates working in the disaster areas.

On 12th June 2008, the Chairman of CACBT, Dr. CW Wong, was invited to give a two-hour workshop on “*Psychological First Aid*” to participants of the *Chinese Psychologists Conference* held at CUHK. The workshop was attended by participants from China, Taiwan and Hong Kong.

We have also received 70 complimentary copies of the “*Psychological First Aid*” booklet from the American Chinese Academy for Psychotherapy. The booklets were distributed to all CACBT members.

Between June and July, our Association, in collaboration with the Department of Psychiatry in CUHK, held several training workshops in Guangzhou for frontline workers looking after over 1,000 earthquake survivors transferred from Sichuan for physical rehabilitation. A clinical supervision model was emphasized whereby problematic cases were brought up for conceptualization, formulation and discussion.

We are still maintaining close contacts with our Chinese colleagues in Sichuan for professional exchange in dealing with survivors still inflicted with posttraumatic stress disorder one year after the disaster.

OTHER WORK IN CHINA

A book entitled: “*Behavioral Medicine*” (Second Edition) 【行為医学第二版】 was published in March 2008. The book was edited by our Honorary Advisor, Professor Li Lingjiang, and was co-edited by Dr. CW Wong and others. Dr. CW Wong contributed three chapters in the book, covering the development, practice, and evidence of cognitive behaviour therapy (CBT).

Under an invitation from the Ministry of Health in Guangdong, Dr. CW Wong, Dr. Calais Chan and Dr. KO Ng conducted CBT workshops in Guangzhou between 30th August 2008 and 2nd September 2008.

At the request of the American Institute of Cognitive Therapy (AICT), Dr. CW Wong undertook a three-day training workshop on anxiety disorders in Beijing Heilongjiang Hospital between 10th and 12th April 2008. This was the “*Fourth Systematic Training Workshop on CBT*” contracted out by the *Beijing Suicide Research and Prevention Centre* to AICT.

Negotiations are now underway with the Ministry of Health in Guangzhou and the University of Zhejiang in Hangzhou to start systematic CBT courses in 2009.

With the Association’s enhancing international profile, we have received several enquiries from overseas for psychiatrists and cognitive therapists in China and Hong Kong.

OVERSEAS WORKSHOPS

Dr. CW Wong, Chairman of CACBT, attended the 6th *International Congress of Cognitive Psychotherapy (ICCP)* in Rome between 19th and 22nd June 2008. He

also attended two private dinner gatherings hosted by the organizer Dr. Antonella Montano. Guests at the table included Robert Leahy, Judith Beck, Frank Dattilio, Arthur Freeman, Keith Dobson, Chris Fairburn, Jon Kabat-Zinn, and others. The Chairman took the opportunity to brief guests about the on-going work of CACBT in Hong Kong and China.

Five Executive Members of CACBT, Dr. CW Wong, Dr. Roger Ng, Dr. Calais Chan, Dr. KO Ng and Dr. KC Wong attended the *World Congress of Psychotherapy* held in Beijing between 12th and 15th October 2008. CACBT delegates presented papers in an invited symposium organized by Professor Liu Zhening entitled: “*Training and Development of CBT*”. In the Congress, CACBT Executives also met with our Honorary Advisor, Professor David H. Barlow.

Dr. Christine Padesky, our Honorary Advisor, conducted two workshop series in Kyoto, Japan, between 2nd and 6th May 2009. The event was publicized to all CACBT members

OVERSEAS INVOLVEMENTS

The *National Institute for Health and Clinical Excellence* (N.I.C.E.) invited Dr. CW Wong to be one of the expert reviewers on the proposed *Guidelines for Schizophrenia (2009 Update)*. In November 2008, Dr. CW Wong submitted a review on “**Section 8: Psychological Treatments and Psychosocial Interventions in the Treatment and Management of Schizophrenia**”.

The *World Congress of Behavior Cognitive Therapy (WCBCT) 2010* organizing committee invited the CACBT Chairman as a member of the *International Advisor Committee*. CACBT is now one of the Affiliate Associations of WCBCT 2010 which

will be held between 2nd and 5th June 2010 in Boston, USA. CACBT will continue to negotiate for concessional registration fees for its members.

Dr. CW Wong continued to be 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. Pending successful bidding of research funds in Canada, the first meeting will be held prior to the WCBCT 2010 in Boston. The group has also scheduled annual research meetings in Montreal, Canada.

On behalf of CACBT, Dr. CW Wong and Dr. Roger Ng submitted an article entitled: "*Promulgating Cognitive Therapy in China*" to the *Academy of Cognitive Therapy* (ACT) *Newsletter*. The article was scheduled to be published in the June 2009 issue.

Dr. CW Wong and Dr. Roger Ng were also invited to contribute a chapter to a book on CBT applied in non-western cultures. The book will be co-edited by Dr. Farooq Naeem and Dr. David Turkington in the UK.

LOCAL WORKSHOPS

Dr. CW Wong was invited to give a seminar on gender identity issues in a two-day workshop organized by the *Asian Society for Traumatic Stress Studies* (AsianSTSS) between 5th and 6th December 2008. The title of Dr. CW Wong's talk was: "*What Can I Do in Hong Kong if My Parents Make a Mistake and Gave Me the Wrong Sex?*" A short article of the same title appeared in a recent issue of the

AsianSTSS Newsletter.

Both the Chairman and the Vice-Chairman of CACBT had presented at the *First Joint International Conference of the Hong Kong College of Psychiatrists and the Royal College of Psychiatrists* held between 13th and 15th December 2008 in Hong Kong. Dr. CW Wong gave a talk on: "*The Choice of No-Choice in Psychotherapy*"; and Dr. Roger Ng gave a talk on "*The Psychological Treatment of Borderline Personality Disorder*". They also met up with one of our Honorary Advisors, Professor Dinesh Bhugra, who is the President of the *Royal College of Psychiatrists*.

A two-day professional workshop on "*Integrating Imagery into Cognitive Therapy Across Psychological Disorders*" was conducted by Dr. Ann Hackmann on 24th and 25th April 2009. The workshop was attended by more than 120 participants. CACBT wishes to apologise to those applicants who had to be turned away due to over-subscription. CACBT has planned further collaboration with the *Oxford Cognitive Therapy Centre (OCTC)* to run regular workshops in CBT.

COMING EVENTS

The Association has a few local events on the pipeline.

There will be a one-day workshop entitled: "*Improving CBT for Anxiety: Better Art and Better Science will Make Better Therapy*" conducted by Professor Paul Salkovskis, on 17th October 2009. The event will be co-organized with the Department of Psychology, CUHK. Please mark the date in your diary.

A two-day workshop on "*Cognitive Therapy for Substance Abuse*" conducted by Dr. Cory Newman is scheduled on 15th and 16th January 2010. Dr. Newman has enjoyed excellent word-of-mouth when he presented workshops on suicide and

borderline personality disorder in December 2006. Please reserve the dates and enrol early to avoid disappointment.

There will be a joint-event with the Hong Kong College of Psychiatrists in 2010. The tentative topic will be on new variants in CBT. We hope to start an introductory forum for intervention modalities such as Schema-Focused Therapy, Dialectical Behavior Therapy, Mindfulness-Based Cognitive Therapy, Narrative Therapy, Solution-Focused Therapy, Acceptance and Commitment Therapy, and so on. Please watch out for future publicity messages.

ASSOCIATION AND RELATED MATTERS

Our Association wishes to register our hearty thanks to Dr. Patrick Kwong for his professional photo-portrait session for CACBT office-bearers on 31st May 2008 just before the AGM. The portraits have been uploaded onto our webpage. Updates from our Honorary Advisors and office-bearers have also been completed in 2008.

Mr. Raymond ML Chak has agreed to be the Honorary Legal Advisor to CACBT.

EPILOGUE

The reporting period has been an eventful and fruitful one for the Association. We have proudly witnessed the growth of CACBT into an internationally recognized professional association, and we shall continue with our unfailing quest to promote CBT locally and in China. We also have the added mandate to systematize our CBT training curricula, and to delineate core competencies in CBT practices locally and in China. We shall also keep our western colleagues informed of CBT development in this part of the world, with the view of working towards a common

platform whereby academic knowledge and skills transfer can be shared across the continents.

I am thankful to all members of the Executive Committee, our Fellow Members, Members, close associates and helpers of CACBT who continued to offer their unflinching support to the Association. If you are interested in joining the big family of CACBT as a working contributor; or if you have comments and advices by which we can improve our work, please feel free to drop me a line at cwwong@cacbt.org.

The Association cannot possible exist and strive without your ardent support and participation. I look forward to your active role as a practitioner and advocate of CBT, and to advance and your commitment to promote evidence-based intervention strategies in your clinical practices.

I apologize for the lengthy Chairman's Report, but I am sure that you will share our pride and excitement in witnessing the growth of CACBT in the local and international arena.

I wish you health and happiness.



Chee-wing WONG, PsychD

Chairman

CACBT

18th June 2009

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