



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

Two-day Workshop on

Cognitive Therapy for Substance Abuse

Speaker: Dr. Cory F. Newman, Ph.D.
Date: 15 & 16 January 2010 (Friday & Saturday)
Time: 9:00am – 5:00pm
Venue: The Chinese University of Hong Kong
15 January 2010 (Friday): UG, Lecture Theatre 5,
Teaching Complex at Western Campus
16 January 2020 (Saturday): 1/F., Lecture Theatre 7,
Teaching Complex at Western Campus

Brief Biography

Cory F. Newman, Ph.D., is Director of the Center for Cognitive Therapy, and Associate Professor of Psychology, in Psychiatry at the University of Pennsylvania School of Medicine. Dr. Newman is a Diplomat of the American Board of Professional Psychology, and a Founding Fellow of the Academy of Cognitive Therapy. Dr. Newman graduated summa cum laude and Phi Beta Kappa from the University of Pennsylvania in 1981, received his doctorate in Clinical Psychology in 1987 at the State University of New York at Stony Brook, and completed a postdoctoral Fellowship in Cognitive Therapy at the University of Pennsylvania under the Directorship of Aaron T. Beck in 1988. Dr. Newman assumed the post of Director of the Center for Cognitive Therapy in 1994. Dr. Newman is extremely active as a clinician, and has served as a protocol therapist and supervisor in a number of outcome studies. Dr. Newman is an international lecturer, having presented scores of cognitive therapy workshops and seminars across North America, as well as in South America, Europe, and Asia. Dr. Newman is the author of dozens of articles and chapters on cognitive therapy for a wide range of disorders, and he has co-authored four books on cognitive therapy, including being the lead author on the volume *Bipolar Disorder: A Cognitive Therapy Approach*. Dr. Newman is a former recipient of the Earl Bond teaching award and the Penn Psychotherapy Professorship Award in the Department of Psychiatry at the University of Pennsylvania.

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

Sponsored by: Department of Psychology, The Chinese University of Hong Kong

Course Outline

I. Overview of Cognitive Therapy for Substance Abuse

- a. Rationale and purpose.
- b. Elements of a typical session.
- c. Reconciling cognitive therapy with 12-step philosophy.
- d. The cognitive model and its applications to substance abuse.
- e. The “abstinence violation effect.”

II. The Therapeutic Alliance

- a. Patients’ maladaptive beliefs about self-reporting.
- b. Therapists’ vulnerability to being lied to.
- c. Handling patients’ denials.
- d. Patients’ and therapists’ maladaptive beliefs about each other.
- e. Enhancing communication in session.
- f. Accurate empathy via an accurate case formulation.
- g. Therapist self-awareness and self-instruction.

III. Specific Techniques

- a. Rational responding (Daily Thought Records)
- b. Activity monitoring / planning.
- c. Personal skills enhancement.
- d. Advantages vs. disadvantages analyses.
- e. “Flashcards.”
- f. Develop “control beliefs.”
- g. Establishing new, healthy, daily routines.
- h. Striving for higher standards of functioning.

IV. Crisis Intervention

- a. Relationship strife.
- b. Health / medical problems.
- c. Legal difficulties.
- d. Trauma and loss.
- e. Depression, anxiety, and “self-medicating.”
- f. Co-morbid personality disorders (Axis-II) and their consequences.

*Presentation also includes video segments of actual cognitive therapy sessions with patients who suffer from substance abuse.

**Presentation also includes role-play demonstrations (and practice, time permitting).

**Two-day Workshop on
Cognitive therapy for Substance Abuse:**

Enrolment Form

| Title* | Given Name* | Surname* | Chinese Name (if applicable) |
|----------------------|-------------|----------|------------------------------|
| Dr./ Mr./Mrs Miss | | | |

Position held: _____ Organization: _____

Postal address: _____

Phone* (Home/Office): _____ Fax : _____

E-mail* : _____ Mobile: _____

* Must fill in the blanks

Enrolment details (Please tick as appropriate):

| | <i>Whole workshop</i> | <i>15 January 2010</i> | <i>16 January 2010</i> |
|--------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| CACBT Member | <input type="checkbox"/> HK\$2000 | <input type="checkbox"/> HK\$1100 | <input type="checkbox"/> HK\$1100 |
| Non-member | <input type="checkbox"/> HK\$2500 | <input type="checkbox"/> HK\$1300 | <input type="checkbox"/> HK\$1300 |
| Full-time student# | <input type="checkbox"/> HK\$1000 | <input type="checkbox"/> HK\$600 | <input type="checkbox"/> HK\$600 |

#(Please attach copy of Student Photo ID)

- Lunch and Tea included -

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 2010 January Workshop)

Total Payment Enclosed: _____ Cheque No. _____ HK\$ _____

Deadline of enrolment: 8 January, 2010

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 info@cacbt.org or visit our website at www.cacbt.org.