



# 2-Day Workshop on Cognitive Therapy for Substance Abuse

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**SPEAKER**

**Cory F. Newman, Ph.D.**

**DATE / VENUE**

15 January 2010 (Friday)

UG, Lecture Theatre 5,  
Teaching Complex at Western Campus, CUHK  
*(next to Main Library at Central Campus)*

**DATE / VENUE**

16 January 2010 (Saturday)

1/F, Lecture Theatre 7,  
Teaching Complex at Western Campus, CUHK  
*(next to Main Library at Central Campus)*

**TIME**

9:00am ~ 5:00pm

**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



**Cory F. Newman, Ph.D.**

**15 & 16 January 2010**  
(Friday & Saturday)

**VENUE :** Teaching Complex at Western Campus, CUHK  
*(next to Main Library at Central Campus)*

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

Sponsored by:



Department of Psychology  
The Chinese University of Hong Kong

# Two-Day Workshop on Cognitive Therapy for Substance Abuse

## 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 15 January 2010 16 January 2010

CACBT Member  HK\$2,000  HK\$1,100  HK\$1,100

Non-member  HK\$2,500  HK\$1,300  HK\$1,300

Full-time student #  HK\$1,000  HK\$600  HK\$600

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

### 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 January 2010 Workshop)

### Total Payment Enclosed:

Cheque No. \_\_\_\_\_

HK\$ \_\_\_\_\_

## Deadline of Enrolment 8 JANUARY 2010

### 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](mailto:info@cacbt.org) or visit our website at [www.cacbt.org](http://www.cacbt.org).

## 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 Diplomate 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.

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## WORKSHOP OUTLINE

### I. Overview of Cognitive Therapy for Substance Abuse

- Rationale and purpose.
- Elements of a typical session.
- Reconciling cognitive therapy with 12-step philosophy.
- The cognitive model and its applications to substance abuse.
- The "abstinence violation effect."

### II. The Therapeutic Alliance

- Patients' maladaptive beliefs about self-reporting.
- Therapists' vulnerability to being lied to.
- Handling patients' denials.
- Patients' and therapists' maladaptive beliefs about each other.
- Enhancing communication in session.
- Accurate empathy via an accurate case formulation.
- Therapist self-awareness and self-instruction.

### III. Specific Techniques

- Rational responding (Daily Thought Records)
- Activity monitoring / planning.
- Personal skills enhancement.
- Advantages vs. disadvantages analyses.
- "Flashcards."
- Develop "control beliefs."
- Establishing new, healthy, daily routines.
- Striving for higher standards of functioning.

### IV. Crisis Intervention

- Relationship strife.
- Health / medical problems.
- Legal difficulties.
- Trauma and loss.
- Depression, anxiety, and "self-medicating."
- 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).