



Dear Colleagues,

To his students, Dr. Keith Dobson is a Professor of Clinical Psychology and Head of Psychology at the University of Calgary in Canada.

To his colleagues, Dr. Dobson is the key researcher and a prolific writer of numerous books and articles on depression and its treatments. Perhaps his international reputation was associated with key words such as cognitive models in depression, behavioural activation, negative cognitions, relapse prevention, and so on.

To avid readers, Dr. Dobson is a writer and co-writer of widely-adopted text books such as "Risk Factors in Depression (2008)"; "Evidence-based practice of Cognitive-behavior Therapy (2009)"; and the 3rd edition of the "Handbook of Cognitive-behavioral Therapies (2010)".

To the inquisitive "who-is-where" practitioners, Dr. Dobson is President of the Academy of Cognitive Therapy (a.k.a the Beck Institute). He has also succeeded Bob Leahy as President of the prestigious International Association for Cognitive Psychotherapy (IACP).

To present and past clinical psychology graduates from HKU in recent years, Dr. Dobson is their external examiner.

In the coming World Congress of Behavioral and Cognitive Therapies (WCBCT 2010) to be held in Boston between 2-5 June 2010, Dr. Dobson will run a Master Clinician Seminar on different types of negative cognitions in depression.

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We are now happy to announce that, during his stay in Hong Kong, Dr. Dobson has agreed to run a full-day professional workshop on "*Working with Negative Thoughts in CBT: Models and Techniques*". The event will take place on 22 May 2010 between 9 am and 5 pm in T-6, Meng Wah Complex, the University of Hong Kong. This event is co-organized between CACBT and the Department of Psychology, HKU.

In this workshop, Dr. Dobson will reinforce the principles and concepts of depression from a CBT perspective, looking specifically at models and ways of working with negative thoughts and schemas. Dr. Dobson will take participants through the treatment algorithms of CBT for depression, supplemented by video demonstrations. Techniques will be highlighted; and road-blocks will be addressed. Finally, Dr. Dobson will speak about measuring and achieving competence in cognitive therapy.

I urge you to embrace this rare opportunity of learning from a world-renowned scholar, teacher and researcher; and to brush up and further your knowledge and skills in treating your clients suffering from a Major Depressive Disorder. Please see the attached pamphlet and enrolment form for details.

I look forward to seeing you all at the workshop.

With best wishes,



Dr. CW Wong
Chairman
CACBT

5 May 2010