



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 2010**

Report from the Chairman

I take pleasure in compiling this 2009-2010 Annual Report to all Honorary Advisors, Fellow Members, and Members of the Chinese Association of Cognitive Behaviour Therapy (CACBT).

During the period, CACBT is honoured by the acceptance of Dr. Keith S. Dobson, Professor of Clinical Psychology and Head of Psychology at the University of Calgary in Canada, to join our roll of distinguished Honorary Advisors. Dr. Dobson's research has focused on both cognitive models and mechanisms in depression; and the treatment of depression, particularly using cognitive-behavioural therapy (CBT). He has participated in several trials of the treatment of acute depression, as well as prevention of depression. Dr. Dobson is currently President of both the Academy of Cognitive Therapy (ACT), as well as the International Association for Cognitive Psychotherapy (IACP). His key positions in these two internationally acclaimed establishments will further facilitate CACBT's participation and involvement in the international CBT arena.

Honorary Advisors

David H Barlow, PhD
Aaron T Beck, MD
Dinesh Bhugra,
FRCPsych (UK)
Helen FK Chiu, FHKAM(Psychiatry)
Frank M Dattilio, PhD
Keith S Dobson, 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
Chairman**

Wong Chee-wing, PsychD
黃熾榮博士

Vice-Chairman

Ng Kee-on, PsychD
吳基安博士

General Secretary

Wong Kit-ching, PhD
黃潔晶博士

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Roger MK Ng
FHKAM (Psychiatry), FACT
吳文建醫生

Scientific Secretary

Calais KY Chan, PhD
陳乾元博士

Membership Secretary

George HC Chong, MSocSc
莊香泉先生

Public Relations Officer

Wong Tak-po, PsyD
王得寶博士

Professional Consultants

Chan Wah-fat
FHKAM (Psychiatry)
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

World Congress of Behavioral and Cognitive Therapies (WCBCT) 2010

Dr. CW Wong, Chairman of CACBT, was invited into the International Advisory Board of WCBCT 2010. CACBT undertook to promote the WCBCT 2010 to its members and affiliates in Mainland China and Hong Kong. Dr. Wong attended the Congress on behalf of CACBT which was held in Boston, Massachusetts, USA, between 2nd - 5th June 2010. In the Congress, Dr. Wong:

- (1) participated on behalf of Dr. Roger Ng, Treasurer of CACBT, in a panel discussion entitled: *“CBT around the globe: Perspectives from non-Western countries, with special emphasis on practice and research”*, and presented the current status of CBT in Mainland China and Hong Kong;
- (2) attended the first face-to-face meeting of the multinational research 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;

(Note: This project was initiated by the Cross-Cultural Subgroup of the *Obsessive Compulsive Cognitions Working Group* (OCCWG) formed by international researchers. The meeting was attended by world-renowned workers in OCD including David A. Clark, Randy Frost, Adam Radomsky, Jon Abramowitz, Guy Doron, amongst many others. With recent funding approval from the Canadian government, the next meeting to examine pilot data will be held in Italy during the Spring of 2011. Dr. Wong continues to represent the Asia region in this project.)

- (3) met with CACBT Honorary Advisors including Tim Beck, David Barlow, Christine Padesky, Keith Dobson, Paul Salkovskis, Frank Dattilio, Cory Newman, and Ron Rapee;

- (4) attended an evening party hosted by Beverly and David Barlow at the prestigious Algonguin Club in Boston;
- (5) met with old and new acquaintances such as Bob Leahy, Judith Beck, Ann Hackmann, David M. Clark, Steven Hayes, Tom Borkovec, Melanie Fennell, Adrian Wells, Art Freeman, Charles Morin, Paul Gilbert, Norm Epstein, Michael Otto, Gail Steketee, Stefan Hoffmann, Katherine Mooney, Sabine Wilhelm, Mehmet Sungur, Sue Spence, Nikolaos Kazantzis, Daniel Wong, Nichole Tang, Young Hee Choi and Yoshihiko Tanno, amongst other;
- (6) attended a landmark session by Tim Beck entitled “*A Conversation Period with Dr. David M. Clark*” in which he discussed about new advances in cognitive therapy in the United States and Europe, focusing on the neurophysiological correlates of the cognitive model, and the empirical evidence for the more recent modifications of cognitive therapy and cognitive behaviour therapy;
- (7) discussed with Professor Mehmet Sungur, President of the Cognitive and Behaviour Therapy Association – Turkey, regarding the participation of CACBT in next year’s International Congress of Cognitive Psychotherapies to be held in Istanbul, Turkey (ICCP 2011);
- (8) touched base with Luis O. Pérez Flores, President of WCBCT 2013, to be held in Lima, Perú, South America; and
- (9) met with Farooq Naeem regarding setting up an electronic forum on CBT in non-Western countries.

Local Workshops and Seminars

During the term between 2009 and 2010, CACBT continued to organize high quality workshops and seminars for local clinicians.

- (1) On 17th October 2009, a one-day advanced practice workshop on *“Improving CBT for anxiety: Better art and better science will make better therapy”* was conducted by Professor Paul Salkovskis. The event was co-organized with the Department of Psychology, the Chinese University of Hong Kong (CUHK).
- (2) On 15th and 16th January 2010, a two-day workshop on *“Cognitive therapy for substance abuse”* was conducted by Dr. Cory Newman. The event was co-organized with the Department of Psychology, CUHK.
- (3) On 18th January 2010, a dinner symposium entitled *“Taming the swings: Cognitive therapy for bipolar disorder”* was conducted by Dr. Cory Newman. The event took place in the Mira Hong Kong, and was followed by a memorable piano recital performed by Dr. Newman which included pieces by Brahms, Rachmaninov, Scriabin, and a modern piece by John Adams entitled *“China Gates”*. The event was sponsored by Eli Lilly Asia Inc.
- (4) On 8th May 2010, a one-day symposium entitled *“New waves in psychotherapy: Variations in CBT?”* by local clinicians was held at the Mira Hong Kong. The symposium undertook a critical examination of the theoretical and practical aspects of new approaches in psychotherapy such as the use of imagery in cognitive therapy, mindfulness-based cognitive therapy (MBCT), narrative therapy, dialectical behavior therapy (DBT),

acceptance and commitment therapy (ACT), and clinical intervention based on positive psychology. The event was co-organized with the Hong Kong College of Psychiatrists, and was sponsored by Otsuka Pharmaceutical (H.K.) Ltd.

- (5) On 22nd May 2010, a one-day workshop on “*Negative cognitions in depression*” was conducted by Dr. Keith Dobson. The event was co-organized with the Department of Psychology, University of Hong Kong (HKU).

On 26th September 2009, Dr. CW Wong was invited as one of the speakers in a joint symposium on disaster management organized by the Asian Society for Traumatic Stress Studies (AsianSTSS) and the Hong Kong College of Psychiatrists in Langham Place Hotel. Dr. Wong’s symposium title was: “*To debrief or not to debrief: Is it high time to revisit the debriefing protocol in public services?*”

Work in Mainland China

CACBT maintains close and amicable contacts with various institutions and stake-holders in Mainland China. Our work has become increasingly more important and valued as Mainland China gradually sees the importance of evidence-based psychological practices, in particular CBT.

- (1) Between 19th and 22nd June 2009, Drs. CW Wong, Calais Chan and Kee-on Ng of CACBT ran a four-day introductory workshop on anxiety disorders in the Department of Psychology, Zhejiang University, Hangzhou. The target audience was practicing counsellors and other health professionals.
- (2) Between 26th and 29th March 2010, Dr. CW Wong was invited by the Hong

Kong Red Cross to visit two cities in the Province of Sichuan which were the most hard-hit disaster zones in the 2009 “5.12 Earthquake”. On 27th March 2010, Dr. Wong gave a one-day workshop on social phobia and health anxiety to a group of psychiatrists and counsellors in the city of Deyang. The session also included a live demonstration on case conceptualization of a real-life patient suffering from health anxiety. On 28th March 2010, Dr Wong was invited as one of the honourable guests in the opening ceremony of the *Wenchuan Psychological Health Centre* in the city of Wenchuan which was the epicenter of the disastrous earthquake. He delivered a keynote speech entitled: “*Current approaches to psychological services*”.

- (3) Drs. CW Wong and Calais Chan visited Guangzhou on 4th and 5th April 2010 to continue negotiations on collaborative work between CACBT and the Guangdong Institute of Mental Health.
- (4) On 24th April 2010, Dr. Calais Chan, Scientific Secretary of CACBT, attended the 6th Annual Conference of the Chinese Psychiatric Association in Tianjin. He also represented CBT in a debate forum featuring CBT, psychoanalysis and Chinese Taoist Cognitive Psychotherapy (CTCP). The debate attracted over 800 psychiatrists from different parts of Mainland China, and impacted on the much-needed paradigm change in psychotherapy amongst second-generation Chinese psychiatrists.
- (5) On 9th June 2010, CACBT, in conjunction with the Department of Psychiatry, CUHK, hosted a dinner for Chinese delegates visiting Hong Kong. Guests included Professor Yu Xin, Clinical Professor of Psychiatry, Institute of Mental Health, Beijing University; and other key persons from Beijing,

Guangdong, Hangzhou and Hunan.

Publications

- (1) Wong, C.W. & Ng, R.M.K. (2010). Promulgating Cognitive Therapy in China. *Advances in Cognitive Therapy*, 10 (2), 6-8.
http://www.academyofct.org/newsletters/AdvancesInCognitiveTherapy_March2010.pdf
- (2) Wong, C.W. & Ng, R.M.K. (in press). Cognitive Behaviour Therapy in China: Developments and future prospects. In: F. Naeem & D. Kingdon (Ed.). "*CBT outside the Western world: Research, practice and future directions.*"
- (3) Wong, C.W. (in press). Psychological management of trauma in the 21st century: The role of cognitive behavioural approaches in conceptualisation and treatment. In: K. Wu, C. Tang E. Leung (Ed.). "*Healing trauma: A professional's guide in Hong Kong.*" Hong Kong University Press.

Coming Events

The Association has scheduled a number of high quality workshops for 2010-2011.

- (1) 11th December 2010: One-day workshop by Professor Elizabeth Kuipers on "*Latest approaches and techniques in CBT for psychosis: A current update.*"
- (2) 25th and 26th February 2011: A two-day workshop by Dr Helen Kennerley (Consultant Clinical Psychologist) and Professor Udo Kischka (Consultant in Neurological Rehabilitation) from Oxford on "*Brain, Emotion and Cognitive Therapy.*" The event will be co-organized with the Department of Psychology, HKU.
- (3) June 2011 (under consideration): Workshop on "*The use of homework*"

assignments in CBT” by Dr. Nikolaos Kazantzis who is the world authority on the topic.

- (4) August 2011: One-day workshop by Dr. Ann Hackmann on *“Imagery techniques and behavioural experiments in complex anxiety cases”*.

Following the increasing recognition of CACBT internationally, there is no shortage of world renowned speakers who have expressed their interest in coming to Hong Kong to run professional training workshops. Please reserve in your diaries the dates of confirmed workshops for 2010-2011; and make it a habit to frequent our website www.cacbt.org for last-minute programme updates. Without your support and participation, it would not be possible to bring such high-caliber speakers to Hong Kong as we have been doing in past years.

Overseas Conferences

- (1) 7th International Congress of Cognitive Psychotherapy: “Clinical Science”, 2nd - 5th June 2011 in Istanbul, Turkey. Dr. CW Wong, in his capacity as Chairman of CACBT, was invited into the Advisory Board of the ICCP 2011. He was also invited to chair the international delegates committee (IDG) of IACP who will represent the Asia region including China, Hong Kong, Korea, Japan, Singapore, Malaysia, Thailand and India.

<http://www.iccp2011.com/>

- (2) 3rd Asian CBT Conference (ACBTC): “Searching for Asian CBT Model of Theory and Practice”, 14th - 16th July 2011 in Seoul, Korea. Dr. CW Wong, in his capacity as Chairman of CACBT, was invited into the Advisory Board of the ACBTC 2011.

<http://3rd-acbtc.org/>

(3) Other CBT conferences:

- The European Association for Behavioural & Cognitive Therapies (EABCT) Congress, 7th – 10th October 2010 in Milano, Italy.

<http://eabct.glimworm.com/index.jsp?ACTION=GONEWS&NEWS1=14>

- 41st Annual EABCT Congress, 31st August – 3rd September 2011 in Reykjavik, Iceland.

<http://eabct.glimworm.com/index.jsp?ACTION=GONEWS&NEWS1=145>

Future Plans and Undertakings

- (1) A 12-day “*Sichuan-Hong Kong CBT Training Course*” to be delivered in Huaxi Hospital, Chengdu, Sichuan Province, in August, October and December 2010. This project will be a joint venture with the Department of Psychiatry, CUHK.

- (2) A Basic Certificate CBT Training Course to be delivered in Guangzhou, Guangdong Province, in 2010-2011. This project will be a joint venture with the Department of Psychiatry, CUHK and the Institute of Mental Health, Guangdong Province. The course will base on the competency training model as used by the Improving Access to Psychological Therapies (IAPT) programme in the UK. The aim is to formalize a competency assessment standard and bench-marking for participants with a view to certification.

- (3) Professional visit and exchange with the Institute of Mental Health, Changsha, Hunan Province, between 19th and 22nd November 2010.

Association News

- (1) Happy birthday to Dr. Aaron Tim Beck who turns 89 on 18th July 2010. According to Judith Beck, Tim still works all the time on interesting research projects including training community mental health therapists to use CBT effectively; and working with people diagnosed with schizophrenia, particularly with their negative symptoms.
- (2) Congratulations to our Treasurer, Dr. Roger Ng, who is currently Deputizing Chief of Service, Department of Psychiatry, Kowloon Hospital, on a rotational basis.
- (3) Our Chairman, Dr. CW Wong, has retired from his hospital job and is doing private clinical practice. He is founder and director of the newly established *Hong Kong Cognitive Behaviour Therapy Centre* (HKCBTC). He also holds a joint-appointment as Adjunct Associate Professor of the Departments of Psychiatry and Psychology, CUHK, and undertakes clinical teaching and supervision.
- (4) All the best to Professor Paul Salkovskis, our Honorary Advisor, who will be moving to the University of Bath on 1st September 2010, while retaining an honorary King's College/Institute of Psychiatry position.

Epilogue

As evidenced by this term's lengthy Chairman's Report, we are proud to promulgate the achievements of CACBT in both the local and the international arenas. CACBT is now an internationally recognized professional association, and we continue to pledge our unfailing quest to promote CBT locally and in Mainland China.

The insidious but steady paradigm shift in favour of evidence-based psychological treatments in Mainland China will no doubt accelerate her need for, and pace in, more sustained and systematic CBT training with proper supervision and regulated competency standards. CACBT will, in conjunction with like-minded professional bodies and trainers, take on the mammoth task of CBT training in Mainland China. We have already established a sturdy communication platform with our western colleagues, and we shall continue to share with them the latest state-of-the-art knowledge and skills in CBT and related treatments. As always, CACBT ascribes to an evidence-based and research-driven mode of intervention.

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. More importantly, the Association cannot possibly exist without your ardent support and participation. I look forward to your continued active role as a practitioner and advocate of CBT, and to promote evidence-based intervention strategies in your clinical practices.

I wish you peace, health and happiness.



Chee-wing WONG, PsychD

Chairman

CACBT

18th July 2010

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