



Christine A. Padesky, Ph.D.

2-Day Workshop on Cognitive Therapy

30-31 March 2012

Christine A. Padesky, Ph.D., is considered one of the leading cognitive therapy workshop presenters in the world, appreciated for her depth of knowledge, compassion, and good-humored warmth. She has presented over 350 workshops to more than 40,000 professionals throughout North and South America, Europe, and Asia as well as 25 workshops with cognitive therapy's founder, Aaron T. Beck, M.D. Her clear, organized and compelling presentations integrate theory, empiricism, creativity, audience interaction and practical skills.

Co-founder in 1983 of the Center for Cognitive Therapy in Huntington Beach, California, Dr. Padesky is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Psychotherapy. In 2002, the British Association of Behavioural and Cognitive Psychotherapies (BABCP) named Dr. Padesky the "Most Influential International Cognitive-Behavioural Therapist." In 2003 she received recognition for her Distinguished Contribution to Psychology from the California Psychological Association. In 2007 the Academy of Cognitive Therapy honored her with its Aaron T. Beck Award for enduring contributions to the field.

Dr. Padesky provides consultation to mental health professionals worldwide. She develops audio CD and DVD training materials (described at www.padesky.com) that demonstrate cognitive therapy processes and protocols and is a featured therapist in several award-winning educational films. She is co-author of books translated into 22 languages including Collaborative Case Conceptualization, Cognitive Therapy of Personality Disorders, Clinician's Guide to Mind Over Mood, and Cognitive Therapy with Couples. BABCP voted her best selling cognitive therapy self-help book Mind Over Mood: Change How You Feel by Changing the Way You Think (www.mindovermood.com) the most influential cognitive therapy book of all time.

Co-organizer:



Department of Psychology
The Chinese University of Hong Kong

Sponsored by:



Department of Psychology
The University of Hong Kong



Friday, 30 March 2012

Time: 9:00 am – 5:00 pm

Venue: Room B6, Ho Tim Building,
Chung Chi College,
The Chinese University of Hong Kong, Shatin

Collaborative Case Conceptualization: Incorporate Strengths to Build Resilience

A recent new approach to CBT case conceptualization (Kuyken, Padesky, & Dudley, 2009) offers a step-by-step model to guide therapists' treatment planning with complex cases, especially when no single treatment model applies. This approach incorporates three guiding principles: (1) collaborative empiricism, (2) three levels of conceptualization that evolve over the course of therapy, and (3) incorporation of client strengths into each level of conceptualization so therapy is designed to both relieve distress and build resilience.

While this workshop demonstrates all three principles, there is an emphasis on incorporation of client strengths into case conceptualization. Dr. Padesky models how to incorporate client culture, personal interests, imagery, and metaphors into constructive, strengths-based conceptual models. In addition to the opportunity to participate in structured exercises designed to develop relevant skills, participants explore the implications of explicitly adding strengths and resilience focus to CBT conceptualization and treatment.

This is a multimedia program that enhances learning via live and video clinical demonstrations, structured role plays, small group exercises, and comprehensive handouts. Dr. Padesky is internationally renowned for her ability to convey complex clinical processes with simplicity, depth and humanity. In addition, audiences appreciate her clinical excellence, warmth, clarity and humor.

Don't miss out! Learn this innovative approach that Aaron T. Beck calls "a gold standard for how to develop individualized case conceptualizations with our clients".

LEARNING OBJECTIVES

- Differentiate between three levels of case conceptualization
- Improve your awareness of how to search for "hidden" client strengths
- Practice methods to bring strengths into client awareness
- Collaborate with your clients to construct conceptualizations that incorporate strengths as well as vulnerabilities
- Explore the added value of identifying client-generated metaphors and imagery

REFERENCES

- Kuyken, W., Padesky, C. A., & Dudley, R. (2009). Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy. New York: Guilford.
- Mooney, K.A. & Padesky, C.A. (2000). Applying client creativity to recurrent problems: Constructing possibilities and tolerating doubt. *Journal of Cognitive Psychotherapy: An International Quarterly*, 14 (2), 149-161 [available online at www.padesky.com/clinicalcorner].

Saturday, 31 March 2012

Time: 9:00 am – 5:00 pm

**Venue: Lecture Theatre 1, Esther Lee Building,
Chung Chi College,
The Chinese University of Hong Kong, Shatin**

Assertive Defense of the Self: CBT for Social Anxiety

Most cognitive behavioral therapies (CBT) for social anxiety emphasize tests of client fears that other people will be critical and rejecting. Dr. Padesky has argued that an emphasis on these "danger" beliefs misses the point with treatment of social anxiety. She suggests that, just like in the treatments of other phobias, treatment of social anxiety is more effective when the focus is on exposure to fears with the opportunity for coping practice. Yet many therapists try to treat social anxiety without intensive exposure to criticism and rejection.

Dr. Padesky developed a method, "assertive defense of the self," which guides socially anxious clients in the development of coping skills and confidence to manage criticism and rejection. While this step-by-step approach is simple to understand, there are nuances in its application that can derail therapists in its application. This workshop teaches each stage of assertive defense of the self, highlighting common therapist errors and beliefs that interfere with successful treatment outcome.

Those who have attended Dr. Padesky's workshops in the past are familiar with her signature workshop approaches. After she demonstrates key therapy methods via live demonstrations or video, participants have an opportunity to bring their learning to life in carefully designed experiential exercises. These are framed by her clear didactic teaching, organized handouts, and rich clinical discussions. Learning unfolds in simple steps which layer over the course of the workshop to yield a sophisticated and nuanced treatment approach by the end.

Attend this workshop to observe and practice the skills required to effectively use assertive defense of the self in the treatment of social anxiety. Enjoy this workshop for all Dr. Padesky's embedded creativity, humor, and optimism which help you learn to treat your clients' social anxiety more effectively.

LEARNING OBJECTIVES

- Articulate the relative benefits of a focus on coping or danger in CBT with social anxiety
- Use a targeted interview to identify feared criticisms and "assertive defense" responses
- Practice "assertive defense of the self" from both client and therapist perspectives
- Design relevant behavioral experiments for out of session practice
- Debrief behavioral experiments to maximize client learning
- Integrate assertive defense of the self with other empirically supported therapies for social anxiety

REFERENCES

- Padesky, C. (1997). A more effective treatment focus for social phobia? *International Cognitive Therapy Newsletter*, 11 (1), 1-3. [available from http://www.padesky.com/clinical_corner.htm]
- Padesky, C.A. (Filmed appearance). (2008). *Center for Cognitive Therapy (Producer). Social Anxiety: Assertive Defense of the Self*. [DVD]. Huntington Beach, CA: Center for Cognitive Therapy, www.store.padesky.com
- Padesky, C.A. (Audio recording). (2008). *Center for Cognitive Therapy (Producer). CBT for Social Anxiety*. [Audio CD; Code:SANX]. Huntington Beach, CA: Center for Cognitive Therapy, www.store.padesky.com

2012 Two-day Workshop by Christine A. Padesky, Ph.D.

Enrolment Form

Title*(Dr./Mr./Mrs./Ms./Miss): _____

Given Name*: _____ Surname*: _____

Name in Chinese (if applicable): _____

Position held: _____ Organization: _____

Postal address: _____

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

E-mail*: _____ Mobile: _____

*Fields marked * are mandatory.*

Enrolment details (Please tick as appropriate):

	<i>Whole workshop</i>	<i>30 March 2012</i>	<i>31 March 2012</i>
CACBT Member	<input type="checkbox"/> HK\$3,500	<input type="checkbox"/> HK\$1,900	<input type="checkbox"/> HK\$1,900
Non-member	<input type="checkbox"/> HK\$4,000	<input type="checkbox"/> HK\$2,200	<input type="checkbox"/> HK\$2,200
Full-time student#	<input type="checkbox"/> HK\$1,800	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$1,000

Please attach a copy of Student ID.

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 March 2012 Workshop)

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

Deadline of Enrolment: 16 March 2012

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 e-mail 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 e-mail to info@cacbt.org or visit our website at www.cacbt.org.

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