



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 2013

### Report from the Chairman

#### Preamble

I take pleasure in compiling this Chairman's Report for the period between 1 August 2012 and 31 July 2013. While busily preparing for next year's 8<sup>th</sup> International Congress of Cognitive Psychotherapy (ICCP 2014) hosted in Hong Kong by our Association, we continue to maintain our local and international profile in the promotion and promulgation of CBT.

#### 8<sup>th</sup> International Congress of Cognitive Psychotherapy (ICCP 2014)

It is only 10 months ahead of us before the big event takes place, and we are excited to start our countdown to ICCP 2014 which will take place between 24-27 June 2014 at the Hong Kong Convention and Exhibition Centre. The Hong Kong Organizing Committee is working closely with Swire Travel, our Professional Conference Organizer (PCO) in finalizing the various promotional, paper submission, registration, venue and programme logistics. In a nut-shell, we:

#### **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 Tak-po, PsyD  
王得寶博士

#### **Treasurer**

Roger MK Ng  
FHKAM (Psychiatry)  
吳文建醫生

#### **Scientific Secretary**

Calais KY Chan, PhD  
陳乾元博士

#### **Membership Secretary**

George HC Chong, PhD  
莊香泉博士

#### **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

- (1) have launched our official congress website [www.iccp2014.com](http://www.iccp2014.com);
- (2) are finalizing the list of keynote speakers from around the world;
- (3) are finalizing the list of pre-Congress and In-Congress workshops;
- (4) have completed our promotional work both in the 4<sup>th</sup> China CBT Conference in Beijing and the WCBCT 2013 in Lima;
- (5) are putting together Local Organizing Committees in Hong Kong and China to coordinate promotion and participation in Hong Kong and the Mainland.

We are receiving tremendous support from renowned individuals and organizations world-wide in promoting the event, including IACP, the Beck Institute, AICT, AACBT, and LaPICC in Brazil, amongst many other people and associations that have approached us and volunteered to spread the news around. We have also touched-base with the organizers of WCBCT 2016 in Melbourne, and the organizers of ICCP 2017 in Rio. With such a global presence, we are confident that the ICCP 2014 will be a historical event in consolidating CBT in Asia.

### **Local Workshops**

- (1) A one-day workshop by Dr. Frank Ryan on “*CBT for Addiction: Motivation and Change*” was conducted on 26 January 2013. The event was sponsored by the Department of Psychology, The Chinese University of Hong Kong.
- (2) A two-day workshop on “*Cognitive Therapy of Personality Disorders*” by Dr. Arthur Freeman was conducted on 31 May and 1 June 2013. The event was sponsored by the Department of Psychology, The Chinese University

of Hong Kong. This successful workshop was attended by over 150 clinicians, university faculty members and clinical psychology trainees. Dr. Arthur Freeman received a standing ovation at the end of the workshops for his captivating, informative and exemplary teaching.

### **Conferences**

- (1) Dr. CW Wong was invited as a keynote speaker in the Annual China Anxiety Disorder Conference in Jinan, Shandong Province. On 17 August 2012, he chaired a luncheon Round Table Meeting entitled: "*Psychological Treatments for PTSD*". On 18 August 2012, he delivered a plenary lecture entitled "*CBT for PTSD: Theoretical underpinnings and case conceptualization*".
- (2) On 20 October 2012, Dr. Calais Chan was invited to present in the 10<sup>th</sup> Annual Conference of Chinese Psychiatric Association held in Nanjing. He served as one of the chairs in the Psychotherapy Symposium and took the opportunity to introduce ICCP 2014 to the participants.
- (3) Dr. CW Wong was an invited speaker in the Third Joint International Conference of The Hong Kong College of Psychiatrists and The Royal College of Psychiatrists (UK). His talk delivered on 9 December 2012 at the Hong Kong Academy of Medicine was entitled: "*Competency-based Training in Cognitive Behaviour Therapy*".
- (4) On 25 April 2013, Dr. Roger Ng gave a half-day workshop on "*The Use of Imageries in CBT*" in the Third China CBT Conference in Beijing. On 26 April 2013, Dr. CW Wong gave a half-day workshop on "*CBT for*

*Psychosis*” in the same conference. Promotional pamphlets for ICCP 2014 were included in the sachets of all participants.

- (5) CACBT and ICCP 2014 made a conspicuous presence at the 7<sup>th</sup> WCBCT in Lima, Peru. A total of 3,500 promotional pamphlets for ICCP 2014 were included in the sachets of all participants. On behalf of CACBT, Dr. CW Wong gave a keynote address on 23 July 2014 entitled: “*The application of Cognitive Behaviour Therapy across cultures: Western recipes work well with Chinese dishes*”. The lecture was introduced by Prof. Stefan Hofmann and was attended by over 200 participants. Dr. CW Wong also acted as moderator to two keynote addresses, one by Dr. Nikolaos Kazantzis and one by Dr. Shishir Palsapure. Dr. CW Wong was the discussant on a symposium chaired by Prof. Li Zhanjiang of Anding Hospital, Beijing. On 22 July 2013, Dr. CW Wong had a video interview by Dr. Henrik Tingleff and the interview will be posted in the IACP website along side with other prominent CBT figures. Dr. CW Wong also participated in the IACP Board Meeting on 23 July 2013 as President of ICCP 2014.

### **Work in Mainland China**

- (1) A 12-day basic CBT training was conducted for clinical staff of Xinchong Psychiatric Hospital in Dongguan, Guangdong Province.
- (2) A 12-day advanced CBT training was conducted for senior clinicians who have completed the basic CBT course in 2011. The training which took place in Guangzhou, Guangdong Province, adhered to the IAPT competency training model and trainees were required to do case

presentation, theoretical presentation and skills demonstration. Live treatment sessions of 5 real clinical cases over a time span of 6 months were conducted by Dr. Calais Chan and Dr. CW Wong. All treatment sessions were video-taped for teaching and discussion purposes.

- (3) In May 2013, both Dr. CW Wong and Dr. Calais Chan were appointed as Honorary Professors to the Gangnan Medical University, Jiangxi Province, for a period of three years. On 4 May 2013, Dr. CW Wong and Dr. Calais Chan gave inaugural lectures on CBT to over 300 faculty staff and students who attended the ceremony.
- (4) On 15 June 2013, both Dr. CW Wong and Dr. Calais Chan were invited speakers in the 5<sup>th</sup> Hunan Province Mental Health Association Congregation in the Second Xiangya Hospital of Central South University, Changsha.

### **Publications**

The Research Consortium on Intrusive Fear (RCIF) [www.intrusivefear.com](http://www.intrusivefear.com) headed by Professor David A. Clark and Professor Adam Radomsky submitted the following publications to the *Journal of Obsessive Compulsive and Related Disorders* (JOCARD) in which Dr. CW Wong is one of the co-authors:

- (1) *Part 1. You can run but you can't hide: Intrusive thoughts on six continents*
- (2) *Part 3. A question of perspective: The association between intrusive thoughts and obsessionality in 11 countries*

Authors:

Adam S. Radomsky, Gillian M. Alcolado, Jon Abramowitz, Pino Alonso, Amparo Belloch, Martine Bouvard, David A. Clark, Meredith E. Coles, Guy Doron, Hector Fernández-Álvarez, Gemma Garcia-Soriano, Marta Ghisi, Beatriz Gomez, Mujgan Inozu, Richard Moulding, Giti Shams, Claudio Sica, Gregoris Simos, and Wing Wong.

**Epilogue**

We are all looking forward to the success of ICCP 2014 next year. Please frequent our official website [www.iccp2014.com](http://www.iccp2014.com) and take note of the dates when paper submission and registration will be open. Mark your diaries and be part of history!

Yours,



**Wing WONG, PsychD**

Chairman

CACBT

Website: [www.cacbt.org](http://www.cacbt.org)

E-mail: [cwwong@cacbt.org](mailto:cwwong@cacbt.org)



[www.iccp2014.com](http://www.iccp2014.com)

President

8<sup>th</sup> International Congress of Cognitive Psychotherapy

[www.iccp2014.com](http://www.iccp2014.com)

15 August 2013