



**Chinese Association of Cognitive Behaviour Therapy
Annual General Meeting 2015**

Report from the Chairman

Preamble

I take pleasure in compiling this Chairman's Report covering the period between 1 August 2014 and 31 July 2015.

8th International Congress of Cognitive Psychotherapy (ICCP 2014)

The success of hosting the 8th International Congress of Cognitive Psychotherapy (ICCP 2014) on 24-27 June 2014 at the Hong Kong Convention and Exhibition Centre was reported in my last Chairman's Report.

To date, we still have a consistent traffic of visitors to our official congress website www.iccp2014.com and our Facebook page. I have received quite a number of requests from keynote speakers and congress participants for a copy of my presentation slides of the President's Keynote Address "*The Quest for Innovative Approaches in the Application of Cognitive Behavioural Therapies in Non-Western Cultures: New frontiers or re-inventing the wheel?*".

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

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Chee-wing Wong, PsychD
黃熾榮博士

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Honorary Legal Advisor

Raymond ML Chak
翟文禮先生

Dr. Nikolaos Kazantzis, who coordinated and chaired the Clinical Roundtable *“The use of Socratic Dialogue for Guided Discovery in Cognitive Behavior Therapy”*, has prepared a transcribed manuscript of the panel discussion for review and possible publication in the IACP journal *“International Journal of Cognitive Therapy”*. Discussants in the panel included Judith Beck, David A. Clark, Keith Dobson, Stefan Hofmann, Robert Leahy and myself.

Local Workshop

CACBT organized a two-day workshop *“Uniting Head and Heart: Behavioural Experiments and Imagery as Key Strategies in Effective CBT”* by Dr. James Bennett-Levy on 10-11 July 2015. This workshop was attended by over 130 clinicians, university faculty members and clinical psychology trainees. Once again, we wish to thank the Department of Psychology, The Chinese University of Hong Kong for their co-organization and sponsorship. With their unfailing support in the past years, we succeeded in bringing to Hong Kong prominent world-renowned speakers and trainers in CBT including Tom Borkovec, Art Freeman, Ann Hackmann, Cory Newman, Christine Padesky and Paul Salkovskis.

Promulgation of CBT in Mainland China after ICCP 2014

- (1) Dr. CW Wong and Dr. Calais Chan were invited to give keynote speeches in the *2014 Guangdong Province Psychiatry Annual Conference (2014 廣東省精神科年會)* on 1-3 August 2014 at the Guangzhou Baiyun International Congress and Exhibition Centre. Dr. CW Wong’s speech was entitled: *“A Look at CBT Development in China: Perspectives from the 8th International Congress of Cognitive Psychotherapy (ICCP 2014)”* (從 2014 年「第八屆國際認知心理治療會議」看 CBT 在中國的發展). Dr. Calais Chan’s speech was entitled: *“CBT for Obsessive Compulsive Disorders”* (強迫症的認知行為治療). Both addresses were delivered in Putonghua.

- (2) Dr. CW Wong was invited by Professor Xin Yu, President of the Chinese Society of Psychiatry, to give a keynote address in the 12th *Chinese Society of Psychiatry Annual Conference* (第十二次全中國精神科學會年會) held in Xi'an on 12-14 September 2014. The speech was a modified version of the ICCP 2014 President's Opening Address, and was re-titled: "*The Evolution and Innovations in CBT*" (認知行為治療的蛻變和創新技巧). The address was delivered in Putonghua.
- (3) Dr. CW Wong and Dr. Calais Chan were invited to give plenary lectures in the 4th *National Summit Meeting for Clinical Psychology Building, Management & Development cum Summit Meeting of Two Shores and Four Locations for Sleep Medicine*" (第四屆全國臨床心理科建設管理與發展高峰論壇暨兩岸四地睡眠醫學發展高峰論壇) on 21-23 November 2014 in Shenzhen, Guangdong Province. Dr. CW Wong's lecture was on "*Evidence Based Psychotherapy: Past and Future*" (循証心理治療：回顧與前瞻). Dr. Calais Chan's lecture was on "*CBT on the Road to Evidence Based Therapies*" (認知行為治療踏上循証治療之路). Both lectures were delivered in Putonghua.
- (4) A 10-day basic CBT training course for senior clinicians and medical doctors of the Second Xianya Hospital of Changsha, Hunan Province was commissioned under the auspice of the Central South University in early 2015. On 16-20 March 2015, Dr. CW Wong and Dr. Calais Chan conducted an intensive 5-day competency-based CBT training at the hospital. The second half of the 10-day training will take place in early 2016. Approximately 100 participants attended the first training module. The focus covered in the five days included the essence of evidence based psychological practices (EBPP), principles and application of CBT to the common mental disorders

of anxiety and depression, basic CBT techniques with demonstrations and role-play practices, and an information-sharing evening on clinical trainings in Hong Kong and overseas.

- (5) On 21 March 2015, Dr. CW Wong was invited to give a keynote address in the *2015 Academic Meeting of the Hunan Province Mental Health Association cum Inauguration Ceremony of the Professional Committee on Psychotherapy* (湖南省心理衛生協會 2015 年學術交流大會暨臨床心理治療專業委員會成立大會). The title of the address was “*The Future of Psychiatric Diagnosis*” (精神病診斷的前瞻). In the meeting, Dr. CW Wong shared with colleagues in psychiatry recent developments in the West that go beyond the DSM nosology, including NIMH’s Research Domain Criteria (RDoC), the Complex Network Perspective (Hoffman, 2014) and the fresh-from-the-oven Generic Cognitive Model (Beck & Haigh, 2014).
- (6) Dr. CW Wong and Dr. Calais Chan were invited to give a one-day Pre-Congress Workshop in the *5th Asian Cognitive Behavior Therapy Conference* held on 15-18 May 2015 in Nanjing. The workshop was a new approach focusing on “*Transdiagnostic Cognitive Behaviour Therapy for Emotional Disorders*” (情緒障礙的「跨診斷」認知行為治療). Over 40 participants attended the workshop which was conducted in Putonghua.
- (7) During the *5th Asian Cognitive Behavior Therapy Conference*, Dr. CW Wong was a speaker in an Invited Symposium entitled “*Application, Research and Training of CBT in Hong Kong*” coordinated by Professor Samuel Ho of City University Hong Kong. Dr. CW Wong gave a talk on “*The Cognitive Behavioral Approach: A new look at the diagnostic system*”. Other speakers in the symposium included Professor Daniel Wong,

Dr. Freedom Leung and Dr. Daniel Young. The symposium was conducted in English, and the moderator was Professor Keith Dobson.

- (8) During the 5th *Asian Cognitive Behavior Therapy Conference*, Dr. CW Wong was invited by Professor Wang Jianping of Beijing Normal University to participate in a Roundtable Discussion on “*How to handle structure and the efficient use of time in a session*” (如何把握會談結構，有效地利用每次的會談時間). Other discussants in the Roundtable included Professor Keith Dobson, Professor Wang Jianping, Professor Zhang Lan, and Professor Jenny Or. The session was conducted in Putonghua with instantaneous interpretation for Professor Keith Dobson.
- (9) On 13-14 July 2015, Dr. CW Wong assisted Dr. James Bennett-Levy in running a one-and-a-half day workshop entitled: “*Integrating Imagery Work into your CBT Clinical Practice*” (將意象整合入你的CBT臨床實踐) to 80 clinicians in the Second Xianya Hospital, Changsha, Hunan Province. In the afternoon of 14 July 2015, Dr. CW Wong chaired a Supervision Case Conference on a complex OCD case in the Psychiatry Department of the Second Xianya Hospital. The Supervision Case Conference was co-chaired with Professor Liu Zhening.
- (10) In January 2015, Dr. Calais Chan was appointed as an advisor to the Baiyun Mental Hospital at Guangzhou (廣州白雲心理醫院), one of the largest private mental hospitals in China. Dr. Chan has been providing systematic training and clinical supervision to both medical doctors and psychological counsellors on the use of CBT for the management of drug abuse and related problems in the hospital.
- (11) A 12-day basic CBT training course, conducted by Dr. CW Wong and Dr. Calais Chan, commenced in July 2015 at the Institute of Mental Health in Guangzhou, Guangdong

Province. The course will take place on six 2-day training modules during weekends, and will be completed in December 2015.

Epilogue

We continue to pledge for the delivery of affordable and high quality training workshops to our members. We also take upon ourselves the mission to promulgate CBT in China. With the roll-out of the new *Mental Health Ordinance* in 2013 which empowered psychiatrists but restricting counsellors in the delivery of psychotherapy to psychiatric patients, there is an urgent need for EBPP trainings in the hospital-based mental health services. To date, CBT still remains as the most efficacious, effective and efficient psychological treatment for a wide spectrum of mental health disorders. Our vision and mission in CBT training cannot be achieved without the collaboration and commitment of like-minded colleagues both in and out of China.

With this note, I wish you Happiness, Health and Prosperity.



Wing WONG, PsychD

Chairman

CACBT

Website: www.cacbt.org

E-mail: cwwong@cacbt.org

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