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Chinese Association of Cognitive Behaviour Therapy

Uniting Head and Heart: Behavioural Experiments and Imagery as Key Strategies in Effective CBT

2-Day Workshop by James Bennett-Levy, Ph.D.

Date: **10 - 11 July 2015 (Friday and Saturday)**

Time: **9:00 am - 5:00 pm**

Venue: **Lecture Theatre 1, Esther Lee Building,**

             Chung Chi College,

             The Chinese University of Hong Kong,

             Shatin, New Territories

CE/CME Pending   Co-organizer:

- Division of Clinical Psychology,
  Hong Kong Psychological Society
- Hong Kong College of Psychiatrists
- Hong Kong College of Family Physicians
- MCH CME Programme

Department of Psychology
The Chinese University of Hong Kong

Biosketch

James Bennett-Levy is Associate Professor in Mental Health at the University of Sydney, Australia. He is one of the most published researchers on the training of CBT therapists; his DPR model of therapist skill development and his Self-Practice/Self-Reflection (SP/SR) training program are highly cited and have proved influential in the development of contemporary training approaches. James has co-edited/co-authored three Oxford University Press guides to CBT: the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (2004), the *Oxford Guide to Low Intensity CBT Interventions* (2010) and the *Oxford Guide to Imagery in Cognitive Therapy* (2011). His new co-authored book, Experiencing CBT from the Inside Out: *A Self-Practice/Self-Reflection Workbook for Therapists* (Bennett-Levy, Thwaites, Haarhoff & Perry, 2015) features the SP/SR approach to training.

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Workshop Description

This two-day workshop will lead practitioners through the design, construction, application, observation and evaluation of two key strategies in doing effective cognitive behavioural therapy (CBT), namely, behavioural experiments and imagery. In clinical work, these two strategies are used innovatively and flexibly, sometimes in a conjoint and complimentary way.

Behavioural experiments are a key component of most effective CBT packages and one of the most powerful methods to bring about change. They also represent one of the most creative and fascinating aspects of being a CBT therapist. Behavioural experiments require sophisticated understanding, flexibility and initiative on the part of the therapist and the ability to elucidate the principles simply and enthusiastically to the client. Based on the strategies outlined in the *Oxford Guide to Behavioural Experiments in Cognitive Therapy*, Dr. Bennett-Levy will provide an A to Z of behavioural experiments: how to design and set them up; how to carry them out; how to observe the results without distortion; and how to reflect on the meaning of the experience so that the client may gain maximum benefit.

Another important strategy, imagery-based interventions, represents one of the newer frontiers in CBT. Although practitioners often show a reluctance to use imagery, research indicates that the use of imagery can be one of the most effective strategies in the toolkit of CBT therapists. Dr. Bennett-Levy will provide a roadmap for using imagery in CBT practice, based on the principles and practices outlined in *The Oxford Guide to Imagery in Cognitive Therapy* (Hackmann, Bennett-Levy & Holmes, 2011). We shall focus on imagery interventions to change negative imagery, including: assessment and formulation of patients' negative imagery; manipulation, discrimination, transformational and emotional bridge strategies. We shall then move on to examine positive imagery strategies to enhance performance and create new ways of being.

Participants will find the style of the workshop practical and experiential. In line with Dr.Bennett-Levy's recent book, *Experiencing CBT from the Inside Out* (2015), participants will have the opportunity to try some of these techniques on themselves as a way to provide a more three-dimensional understanding of the therapeutic process. A certain amount of amusement can be expected along the way!

Workshop Objectives are:

1. Improving understanding of the place of behavioral experiments and the use of imagery in CBT
2. Incorporating into clinical practice a set of coherent frameworks for creating behavioral experiments and imagery
3. Having an experiential understanding of behavioural experiments and imagery 'from the inside'
4. Developing an enhanced set of skills in using behavioural experiments and imagery in a range of clinical situations
5. Developing enhanced confidence in using behavioural experiments and imagery in clinical practice

Key References:

Bennett-Levy, J., Butler, G., Fennell, M.J.V., Hackmann, A., Mueller, M. & Westbrook, D. (Eds.) (2004): **The Oxford guide to behavioural experiments in cognitive therapy.** Oxford University Press, Oxford.

Bennett-Levy, J., Thwaites, R., Haarhoff, B. & Perry, H. (2015). **Experiencing CBT from the inside out: A self-practice/self-reflection workbook for therapists.** Guilford, New York.

Hackmann, A., Bennett-Levy, J. & Holmes, E.A. (2011). **The Oxford guide to imagery in cognitive therapy.** Oxford University Press, Oxford.

Holmes, E.A. & Hackmann, A. (eds.) (2004). Special issue on mental imagery and memory in psychopathology. **Memory, vol.12.**

McMillan, D. & Lee, R. (2010). A systematic review of behavioural experiments vs. exposure alone in the treatment of anxiety disorders: A case of exposure while wearing the emperor's new clothes? **Clinical Psychology Review 30, 467–478.**

Ronen, T. (2011). **The positive power of imagery.** Chichester: Wiley-Blackwell.

Stopa L. (ed.) (2009): **Imagery and the damaged self: Perspectives on imagery in cognitive therapy.** London: Routledge.

Stott, R. (2007). When head and heart do not agree: A theoretical and clinical analysis of rational-emotional dissociation (RED) in cognitive therapy. **Journal of Cognitive Psychotherapy: An International** Quarterly, 21, 37-50.

Stott, R., Mansell, W., Salkovskis, P., Lavender, A., and Cartwright-Hatton, S. (2010). **Oxford Guide to metaphors in cognitive therapy.** Oxford: Oxford University Press.

Wells, A. (1997). **Cognitive therapy of anxiety disorders.** New York: Wiley.

2015 Two-day Workshop by James Bennett-Levy, 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):

	Whole workshop	*10 July 2015*	*11 July 2015*
CACBT Member	☐ HK$2,400	☐ HK$1,200	☐ HK$1,200
Non-member	☐ HK$3,000	☐ HK$1,500	☐ HK$1,500
Full-time student#	☐ HK$1,200	☐ HK$600	☐ HK$600

 # 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
> Room 302 Tesbury Centre
> 28 Queen's Road East
> Hong Kong
> (Re: CACBT July 2015 Workshop)

Total Payment Enclosed: Cheque No._____ HK$ _____

Deadline of Enrolment: 3 July 2015

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.*