



**Chinese Association of Cognitive Behaviour Therapy
Annual General Meeting 2017**

Report from the Chairman

I take pleasure in compiling this Chairman's Report covering the period between 1 August 2016 and 31 July 2017.

Local Workshops

There were no local workshop activities during the reporting period.

During his attendance in the 8th *World Congress of Behavioural and Cognitive Therapies (WCBCT)* held at the Melbourne Convention and Exhibition Centre between 22-25 June 2016, Dr. CW Wong touched base with a few potential speakers with a view of inviting them over to run workshops in Hong Kong between 2016-17.

In 2017, the Hong Kong SAR Government imposed stringent enforcements on Regulation 2(1) of the Immigration Regulations (Chapter 115A), Laws of Hong Kong, which forbids visitors from being remunerated at speaking events other than the provision of accommodation, passage, meals, etc. Contravention to such Immigration Regulations shall be liable under Section 41 of the Immigration Ordinance (Chapter 115), Laws of Hong Kong.

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

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Chee-wing Wong, PsychD
黃熾榮博士

Vice-Chairman

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陳乾元博士

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Roger MK Ng
FHKAM (Psychiatry)
吳文建醫生

Michael GC Yiu
FHKAM (Psychiatry)
姚家聰醫生

Honorary Legal Advisor

Raymond ML Chak
翟文禮先生

The enforcement of visitor policy will impose grave challenges to organizing training workshops by overseas speakers. The CACBT Executive Committee will continue to explore legal and practical solutions before inviting speakers to Hong Kong.

International Conferences

The 9th *International Congress of Cognitive Psychotherapy (ICCP 2017)* was held in Cluj-Napoca, Romania, between 29 June 2017 and 1 July 2017. Executive Committee Members of CACBT did not make a presence in the Congress.

Promulgation of CBT in Mainland China

2016 – 2017 Training Courses

- (1) Dr. CW Wong and Dr. Calais Chan completed a 12-day “**Advanced Training Course in CBT for Psychotherapists**” between July and November 2016 at the *Institute of Mental Health* in Guangzhou, Guangdong Province. 廣東省精神衛生研究所，廣州市舉辦「**2016 粵港臨床心理治療師進階培訓班**」。
- (2) Dr. Calais Chan conducted a “**Basic CBT Training Workshop**” in Zhongshan, Guangdong Province. 廣東省中山市舉行，「**認知行為治療培訓班**」。
- (3) Dr. Calais Chan conducted a “**Workshop for CBT Techniques in Depression**” at the Fifth People’s Hospital in Jiujiang, Jiangxi Province. 江西省九江市第五人民醫院，「**抑鬱症的認知行為治療技術**」。
- (4) Dr. CW Wong and Dr. Calais Chan commenced a 12-day “**Advanced Training Course in CBT for Psychotherapists**” in July 2017 at the *Institute of Mental Health* in Guangzhou, Guangdong Province. The course is due to complete in November 2017. 廣東省精神衛生研究所，廣州市舉辦「**2017 粵港臨床心理治療師進階培訓班**」。
- (5) Dr. Calais Chan conducted a “**Professional Training Course in CBT**” in Tianjin. 天津市舉行，「**認知行為治療專業培訓課程**」。

2016 – 2017 Keynote Addresses

- (6) Dr. Calais Chan was invited to give a keynote address on **“Treatment for Anxiety Disorders: From CBT to ACT”** at the *2016 National Congress of Anxiety Disorders* in Changsha, Hunan Province. 全國焦慮障礙學術會議，長沙市舉行，題目：「**治療焦慮症：從 CBT 到 ACT**」。
- (7) Dr. Calais Chan was invited to give a talk on **“New Era on Transdiagnostic Treatment Approaches for Substance Abuse”** at the *Chinese Association for Substance Abuse Prevention and Treatment* in Changsha, Hunan Province. 中國藥物濫用防治協會，長沙市舉行，題目：「**藥物依賴—跨診斷心理治療的新里程**」。
- (8) Dr. Calais Chan was invited to give a talk on **“Stress Management”** at the *Professional Committee for Psychosomatic and Behavioral Medicine, Hunan Medical Association* in Changsha, Hunan Province. 湖南省醫學會身心醫學與行為醫學專業委員會，長沙市舉行，題目：「**身心處方**」。
- (9) Dr. Calais Chan was invited to give a keynote address on **“Mindfulness-Based Cognitive Therapy”** in the Xianya Academic Forum organized by the *Hunan Mental Health Association in Changsha, Hunan Province*. 湖南省心理衛生協會，湘雅學際論壇，長沙市舉行，題目：「**正念認知治療**」。

Looking Ahead

As a professional association charged with the mandate of promoting cognitive behaviour therapy (CBT) locally, nationally, and internationally, we are pleased to witness the firm hold of CBT in Hong Kong; and the flourishing of CBT in China. We now see a marked increase of CBT training courses around the country, signifying the acceptance of evidence-based psychological interventions by the new generation of mental health professionals.

We have the duty to re-examine all psychological treatment modalities in the light of updated postulations and research findings. While CBT is still regarded as a treatment approach with the most extensive empirical support, we are now witnessing a gradual shift from a purely syndromal

focus to a process focus in psychotherapy (Hayes & Hofmann, 2017). The new Process-Based Therapy (PBT) will encompass a much wider context of human psychological propensity, drawing closer evidence-based care and person-centered care.

As good scientist-practitioners, we must embrace changes supported by evidence with a view to align psychotherapy with the philosophies of precision medicine for people under our care.

I wish you Safety, Health and Happiness.

A handwritten signature in black ink, appearing to read 'Wing Wong'.

Wing WONG, PsychD

Chairman

CACBT

Website: www.cacbt.org

23 October 2017

Reference

Hayes, S.C. & Hofmann, S.G. (2017). The third wave of cognitive behavioral therapy and the rise of process based care. *World Psychiatry, Vol. 16, No. 3, October 2017, Pp. 245-246.*