



**Chinese Association of Cognitive Behaviour Therapy
Annual General Meeting 2018**

Report from the Chairman

I take pleasure in compiling this Chairman's Report covering the period between 1 August 2017 and 31 July 2018.

Local Workshops

There were no local workshop activities during the reporting period. A two-day workshop in December 2018 by Professor David A. Clark is being planned since the beginning of July 2018.

As a non-profit professional association, we continue to face challenges in organizing quality training workshops by world-renowned experts. Enforcements on Immigration Regulations, increasingly stringent over-sight by the University Grants Committee (UGC) over venue usage and limited departmental funding for extra-curricular learnings combined to make well-intended knowledge promulgation less and less sustainable. These road-blocks had not dampened CACBT's mission to promulgate the most up-to-date innovations and developments in evidence-based psychological interventions,

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
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Honorary Legal Advisor

Raymond ML Chak
翟文禮先生

focusing on the refinement and evolution of cognitive behaviour therapy (CBT). Our attempt to bring Professor David A. Clark to Hong Kong in December 2018 is a testimonial to our long-term commitment in professional development.

Promulgation of CBT in Mainland China

- (1) Dr. CW Wong and Dr. Calais Chan completed a 12-day “*Basic Training Course in CBT for Psychotherapists*” between July and December 2017 at the *Institute of Mental Health* in Guangzhou, Guangdong Province.
- (2) Dr. CW Wong and Dr. Calais Chan commenced a 12-day “*Advanced Training Course in CBT for Psychotherapists*” in July 2018 at the *Institute of Mental Health* in Guangzhou, Guangdong Province. The course is due to complete in December 2018.

Our collaboration with the *Institute of Mental Health* in Guangzhou in running annual 12-day training workshops in CBT had proven to be a sustainable venture. The courses which has been streamed into three 12-day modular tiers of basic, intermediate and advanced have been successfully conducted since 2011. In recognition of our contribution in promulgating evidence-based psychological treatments to the Guangdong Province, Dr. C.W. Wong and Dr. Calais Chan were appointed as Visiting Professors of the Guangdong Mental Health Centre in 2017.

Looking Ahead

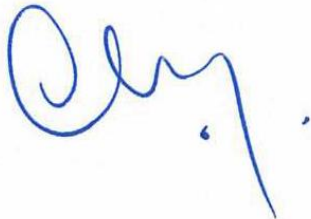
I am pleased to let you know that Dr. Calais Chan was appointed as Adjunct Professor to the Department of Psychology, The University of Hong Kong. He was also appointed as Adjunct Professor to the Mental Health Institute, Central South University of Hunan.

After years of unrelenting efforts in promoting CBT as a core evidence-based psychological treatment approach in Hong Kong and China, we feel gratified to witness a firm footing of CBT in

a wide spectrum of local mental health related services. This transcends from public services to private services to the educational system. A case in point is the Education Bureau's *Mental Health In-Depth Course* for all primary and secondary school teachers using primarily a CBT framework and approach. Dr. C.W. Wong is also involved in this worthwhile project.

As I had intimated in my previous Chairman's Report, CBT is flourishing in China with clinicians increasingly cognizant of the importance of evidence-based treatments. Training needs are tremendous since the enactment of the 2013 Mental Health Law in China. Furthermore, we are immensely excited by the prospects of the Big Bay Area development right at our door steps. This will no doubt be a potentially advantageous platform for CACBT to further promulgate scientifically-based and effect-proven treatments for those in need.

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



Chee Wing WONG, PsychD

Chairman

CACBT

13 October 2018

Website: www.cacbt.org