



Dear Colleagues,

**A Transdiagnostic Treatment for Persistent Anxiety,
Depression and Obsessions: Boosting CBT Effectiveness with
Self-Regulation**

A Two-Day Workshop by Professor David A. Clark, Ph.D.

CACBT is proud to announce a 2-day workshop by a world-renowned expert in anxiety disorders, Professor David A. Clark from the University of New Brunswick, Canada.

Professor Clark co-authored “*Cognitive Therapy for Anxiety Disorders*” with Dr. Aaron T. Beck which remains a classic and an important reference for those treating various forms of anxiety disorders. Professor Clark is also known for his research and expertise in OCD and intrusive thoughts. He has recently published practical workbooks on the subject.

The workshop will take place on 1-2 December 2018 (Saturday and Sunday) at the Education University of Hong Kong. The event is co-organized with the Integrated Centre for WELLbeing (I-WELL) of the Faculty of Education and Human Development. The venue has excellent theatre facilities, and convenient amenities such as eateries and coffee shops. There will be free shuttle coaches departing from and to Kowloon Tong MTR and CUHK MTR for your travel convenience.

It is indeed a hard-to-come-by opportunity to meet Professor David A. Clark, and to hear his innovative treatment approaches dealing with challenging persistent common mental disorders including Anxiety, Depression and OCD.

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
Chee-wing Wong, PsychD
黃熾榮博士

Vice-Chairman

Calais KY Chan, PhD
陳乾元博士

General Secretary

Mike TP Wong, PsyD
王得寶博士

Treasurer

Alice WY Kwok, PhD
郭慧儀博士

Scientific Secretary

George HC Chong, PhD
莊香泉博士

Membership Secretary

Amy PL Kwok, PhD
郭佩玲博士

Professional Consultants

Wah-fat Chan
FHKAM (Psychiatry)
陳華發醫生

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

Information on the workshop is contained in the attached flyer, as well as in the publicity pamphlet and enrolment form. Please do not hesitate and enrol now to take advantage of the early-bird discount. I can assure you that it will be a weekend well-spent.

For current CACBT members and for those whose membership expired on or after July 2016, you can still take advantage of registration at the CACBT Member's rate. Our Secretariat will inform those eligible for this offer individually. For those who wish to join CACBT and take advantage of the membership rate, application forms can be downloaded from our website www.cacbt.org

I look forward to seeing you at the workshop.

A handwritten signature in blue ink, appearing to read 'Chee Wing Wong', with a small flourish at the end.

Chee Wing WONG, PsychD

Chairman

CACBT

13 October 2018

Website: www.cacbt.org