

## 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.

1-2 DECEMBER 2018 (SATURDAY AND SUNDAY)  
9:30 A.M.— 5:30 P.M.

LECTURE THEATRE D1-LP-03 (BLOCK D1, LOWER PODIUM LEVEL, ROOM 03)  
THE EDUCATION UNIVERSITY OF HONG KONG



**PROFESSOR DAVID A. CLARK, PH.D.**

**Professor David A. Clark** is Professor Emeritus with the Department of Psychology, University of New Brunswick Fredericton, where for 26 years he taught, conducted research and trained dozens of graduate students in clinical psychology. After receiving a PhD in psychology from the Institute of Psychiatry, University of London, UK in 1984, he obtained further training in cognitive therapy under Aaron T. Beck, MD. He has published over 150 scientific articles and papers on cognitive theory and therapy of depression and anxiety disorders with funding obtained from the Social Sciences and Humanities Research Council of Canada, Canadian Institutes of Health Research, and the Foundation for Cognitive Therapy. He has coauthored several peer-reviewed papers and books with Dr. Beck including “Scientific Foundations of Cognitive Theory and Therapy of Depression” (Wiley, 1999), Cognitive Therapy for Anxiety Disorders (Guilford, 2010), and The Anxiety and Worry Workbook (Guilford, 2012), as well as single authored works such as Cognitive Behavioral Therapy for OCD (Guilford, 2004) and The Mood Repair Toolkit (Guilford, 2014). He continues to offer training workshops worldwide and maintains a part-time private practice. He is a Founding Fellow of the Academy of Cognitive Therapy, Fellow of the Canadian Psychological Association and recipient of the Aaron T. Beck Award for Significant and Enduring Contributions to Cognitive Therapy in 2008. His most recent publication is a workbook on distressing intrusive thoughts called The Anxious Thoughts Workbook published this year by New Harbinger Publications, California, USA.

### Workshop Description

#### Day 1: Unwanted Mental Intrusion: A Transdiagnostic Treatment for Persistent Anxiety and Depression

Over 50% of our mental activity involves spontaneous, undirected thought. Clinical researchers have identified a special type of emotion laden spontaneous thought called unwanted mental intrusions, which can take the form of obsessions, worry, rumination, traumatic intrusions and the like. Unwanted intrusions are unique in their spontaneity and uncontrollability. Because this form of distressing cognition often goes unrecognized in conventional CBT protocols, it can contribute to poor treatment response. This workshop presents a form of CBT that has been modified to specifically target unwanted mental intrusions. After a brief discussion of theory and research on intrusive thinking, cognitive assessment and case formulation of intrusions are presented that guide treatment goal-setting and planning. This is followed by instruction in specific cognitive and behavioral intervention strategies that address distinct aspects of unwanted, repetitive intrusive thoughts such as faulty appraisals, dysfunctional control beliefs, and futile mental control. Much of this work is based on the presenter's research and clinical experience treating obsessions and other types of negative repetitive thought.

#### Day 2: The Problem of Obsessions: How to Boost CBT Effectiveness with Self-Regulation Strategies

In many respects, the treatment of obsessive compulsive disorder (OCD) has been one of the great success stories in cognitive behavior therapy (CBT). Most individuals experience clinically significant symptom reduction when treatment includes exposure and response prevention (ERP), although even then, only one-quarter of treatment completers achieve symptom-free status. Moreover, the effectiveness of ERP declines when the OC symptom presentation is predominantly obsessional and overt compulsions are less prominent. This workshop presents a new perspective on treatment of obsessive thinking based on self-regulation interventions derived from theory and research on self-control. It begins by examining the limitations of conventional ERP approaches to obsessions. Next the cognitive-behavioral (CB) self-regulation theory of obsessions is presented along with case formulation and treatment planning based on the CB self-regulation model. Specific interventions are described such as normalization of unwanted thoughts, meaning detoxification, letting go of excessive control, focused distraction, and behavioral experimentation. Case illustrations and role plays as well as an interactive didactic teaching approach will explain how to apply self-regulation strategies within the therapy session. Throughout the workshop emphasis is placed on how to integrate self-regulation intervention with conventional CBT in order to improve the effectiveness of standard ERP.

CE/CME Pending  
Division of Clinical Psychology, HKPS  
Hong Kong College of Psychiatrists  
Hong Kong College of Family Physicians  
MCHK CME Programme

CO-ORGANIZED  
WITH:

整全成長 I·WELL  
發展中心  
INTEGRATED CENTRE FOR WELLBEING  
DEDICATED TO 致力於研究與發展  
RESEARCH AND DEVELOPMENT

## 2018 TWO-DAY WORKSHOP BY PROFESSOR DAVID A. CLARK, PH.D.

Title\*(Dr./Mr./Mrs./Ms./Miss): \_\_\_\_\_

Surname\*: \_\_\_\_\_ Given Name\*: \_\_\_\_\_

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):*

	<u>Whole workshop</u>	<u>01 Dec 2018</u>	<u>02 Dec 2018</u>
CACBT Member	<input type="checkbox"/> HK\$2,800	<input type="checkbox"/> HK\$1,400	<input type="checkbox"/> HK\$1,400
Non-member	<input type="checkbox"/> HK\$3,200	<input type="checkbox"/> HK\$1,800	<input type="checkbox"/> HK\$1,800
Early Bird (Before 31/10)	<input type="checkbox"/> HK\$3,000	<input type="checkbox"/> HK\$1,600	<input type="checkbox"/> HK\$1,600
Full-time Student#	<input type="checkbox"/> HK\$1,600	<input type="checkbox"/> HK\$900	<input type="checkbox"/> HK\$900

# Please attach a copy of Student ID.

I  need  do not need free coach pickup at:  Kowloon Tong MTR  CUHK MTR at 08:30

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”

The Secretariat  
Chinese Association of Cognitive Behaviour Therapy  
Room 302, 3/F, Tesbury Centre,  
28, Queen's Road East, HONG KONG.  
(Re: CACBT December 2018 Workshop)

Total Payment Enclosed: Cheque No. \_\_\_\_\_ HK\$ \_\_\_\_\_

**Deadline of Enrolment: 23 November 2018 (Friday)**

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](mailto:info@cacbt.org) or visit our website at [www.cacbt.org](http://www.cacbt.org).