



Cognitive-behavioural therapy (CBT) techniques (4 days workshop)

Learning Objectives

Many mental health professionals have read classic textbooks on CBT and might have attended many CBT workshops. However, they remain uncertain or not confident about how the CBT techniques described in these textbooks and workshops are to be implemented in local clinical practice. The current series of workshops is intended to equip the participants with four key CBT techniques: (1) Developing and sharing case formulation; (2) Socratic dialogue and collaborative empiricism; (3) activity scheduling; and (4) thought records and related cognitive techniques

Target participants

Mental health professionals who have undergone basic training in CBT with good knowledge about CBT in common mental disorders

Speaker: Dr Roger MK NG, Specialist in Psychiatry

Topics	<u>Day One:</u> 7/5/2021	Developing and sharing case formulation
	<u>Day Two:</u> 14/5/2021	Socratic dialogue and collaborative empiricism
	<u>Day Three:</u> 21/5/2021	Activity schedules
	<u>Day Four:</u> 28/5/2021	Thought records and related cognitive techniques
(attend the whole series of 4 workshops to obtain a certificate)		
Time	0930-1230 & 1400-1700 (on 4 Fridays)	
Venue	The Alpha Wellbeing Centre, Unit 402, Printing House, 6 Duddell Street, Central, HK	
Course Fees	HK\$8,800 (for 4 workshops) enjoy early bird offer: HK\$8,000 before 31/3/2021 HK\$2,000 (for any 1-day workshop) early bird offer: HK\$2,100 before 31/3/2021	

Online registration <https://forms.gle/Tit6DBUPwiEXikbHA>
(Registration Deadline: 30/4/2021)



Pending CME approval from:

HK Social Workers Association, HK Psychological Society, HK Clinical Psychologists Association
HK Academy of Medicine, HK Nursing Council

Course enquiries or registration: 2151 8009 / info@alphawellbeing.com.hk

Centre website: <http://alphawellbeing.com.hk/>



Students & Youth Mental Health Short Training Course for Professional Staff: Youth Counsellors, Teachers, Guidance Teachers, School Social Workers, Educational Psychologists

Course Content

A 4-session short course to provide a practical approach in a trouble shooting platform, enabling you to deal with day-to-day cases of students and youth with mental health challenges. Offering practical and hands-on tips on assessment, evidence-based intervention and skills in engaging youth with various mental health problems.

An Interactive online Zoom course with lots of Q & A, cases sharing opportunities. Equipping you to provide the best care and support for your students and cases.

Course Director & Teacher: Dr May Lam, Specialist in Psychiatry

MBBS (UNSW), FRCPsych (UK), FHKCPsych, FHKAM (Psychiatry)

Topics	<p><u>Session One:</u> Youth Emotional Problems and Mental Health Wellbeing under COVID-19 21/4/2020 (Tues)</p> <p><u>Session Two:</u> Supporting & Maximizing the ability of students with Attention Deficit Hyperactivity Disorder (ADHD) 23/4/2020 (Thurs)</p> <p><u>Session Three:</u> Identifying, Coaching and Maximizing potentials of students with Autistic Spectrum Disorder (ASD) 27/4/2020 (Mon)</p> <p><u>Session Four:</u> Mood Problems, Youth Suicide & Deliberate Self-Harm 28/4/2020 (Tues)</p> <p>(attend all 4 sessions to get a Certificate)</p>
Time	7pm - 9pm
Venue	Zoom online (link will be sent out one week before each session)
Course Fees	HK\$300 (1 session) or HK\$1,000 (4 sessions with Certificate)

Online registration <https://forms.gle/KDpk1r9d35Ax7uqv9>



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