



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 <u>Day Two:</u> 14/5/2021 <u>Day Three:</u> 21/5/2021 <u>Day Four:</u> 28/5/2021 (attend the whole series of 4 workshops to obtain a certificate)	Developing and sharing case formulation Socratic dialogue and collaborative empiricism Activity schedules Thought records and related cognitive techniques
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) early bird offer: HK\$8,000 before 31/3/2021 HK\$2,200 (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 / CPD approval from:

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

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

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