

Three Core Components of Our Professional Training Services

1. **Two to Three Day Cognitive Therapy Clinical Training Workshop** – The content of the workshop is based on Dr. Aaron Beck's cognitive therapy approach to understanding targeted clientele. The presentation format includes videotapes, case conceptualization, a case demonstration, skills practice, exercises, and role play, among other offerings. One to five day training workshops are also available, and designed to serve the needs of individual organizations.

2. **Coaching/Supervision** – Our clinical supervisors provide regular individual and/or group supervision of case work. Coaching of CBT groups is also offered. The main objective is to facilitate agencies to incorporate CBT into their services to meet the specific needs of their target populations. The number of supervision and/or coaching sessions varies with the needs of the organization.



3. **Clinical Research** – We facilitate the development and implementation of clinical research to evaluate client outcomes through the counseling performed by our trainees in their organization. Both process and outcome evaluation are emphasized. Data are shared between the agency and the Institute. Questionnaire and data analysis designs are provided.

* Agencies can choose one or more core components to match their service development needs.



Application/Referral for Case or Group

Counseling Service

Name of Applicant: _____

Contact Number : _____

Sex : _____ Age : _____

Referrer's Name : _____

(If applicable)

Referring Agency : _____

Contact Number : _____

Applicant is consent of the referral.



認知治療學會
Institute of Cognitive Therapy

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Introduction

Our Institute aims to provide a knowledge environment for professionals who are interested in learning how to use cognitive therapy (CBT) to help Chinese people suffering from emotional and mental distress. Beck's cognitive therapy approach is adopted as the major theoretical framework to facilitate our understanding and treatment of various kinds of mental health problems.



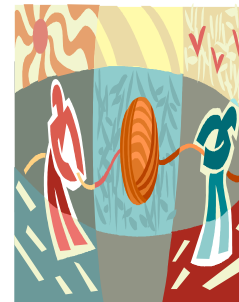
Aims of Our Institute

1. To provide continuing education and / or training for professionals to apply CBT in their workplace;
2. To develop an indigenous and culturally relevant CBT approach to working with Chinese people.
3. To establish a platform for international communities to exchange information and experience concerning the practice of CBT



FIVE Major Service Areas

1. **Agency-based professional training**– Facilitate organizations to integrate CBT into their services. Program and outcome evaluation are also conducted.
2. **Certificate Course in Cognitive Therapy Training** – Provide training in both the theory and practice of CBT to professionals and organizations.
3. **Continuing Professional Enhancement Programs** – Provide continuous support for our graduates and other professionals in their ongoing learning and application of CBT.
4. **Counseling Services** – Provide individual and group counseling and workshops for people experiencing emotional distress.
5. **Public Lectures** – Conduct public talks to disseminate information on how CBT can help people suffering from different types of emotional and mental distress.



Background

More than 18 units in 13 agencies have received CBT training from our trainers. All projects follow the SET (services, evaluation and training) model. Agency trainees receive not only two to three days' training in CBT, but also regular supervision in the application of CBT to their specific client groups. In addition, we help agencies to develop study designs for clinical outcome research to collect evidence of the efficacy of their practice.

We serve people with mental and emotional concerns and in the last few years, have focused on:

1. Adults with depression
2. Adults with anxiety problems (e.g., social phobia, generalized anxiety disorders)
3. Parents with parenting stress and emotional issues
4. Elderly with depression and pain issues
5. Teachers with stress and emotional issues
6. Youth with mental health problems