

Course Code / 課程編號：1718/10

Low Intensity CBT (LI CBT): Treating Common Mental Disorders in a form of Guided Self-Help

JOCKEY CLUB
**New Life
Institute**
OF PSYCHIATRIC REHABILITATION
賽馬會新生精神康復學院

Trainer

Ms. Candy Ling 凌悅雯 女士

Clinical Psychologist, New Life Psychiatric Rehabilitation Association

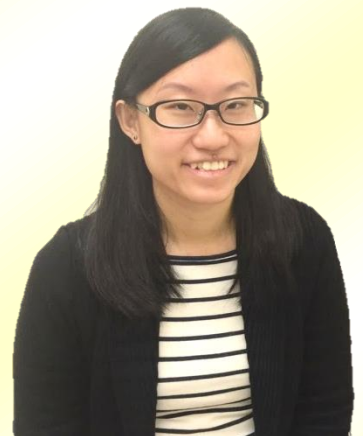
Ms. Ling graduated from the double masters of Trauma Psychology and Clinical Psychology from The Chinese University of Hong Kong, is the clinical psychologist of New Life Psychiatric Rehabilitation Association. She offers psychological assessment, individual and group treatment for adults in needs. She participates in various research including mental health recovery and treatment approaches, presents outcome findings in both local and international conferences, offers training and consultation to other professional staffs. She is specialized in Transdiagnostic Cognitive Behavioral Therapy (TCBT).



Ms. Gladys Yeung 楊翠兒 女士

Clinical Psychologist, New Life Psychiatric Rehabilitation Association

Ms. Yeung graduated from Master of Clinical Psychology from The Chinese University of Hong Kong. She is the clinical psychologist of the New Life Psychiatric Rehabilitation Association. She offers psychological assessment, individual and group treatment for adults in needs. She participates in various research including mental health recovery and treatment approaches, offers training and consultation to other professional staffs.



Course Description

Low intensity psychological intervention is part of the stepped care model for mental health service. It was developed to improve access to psychotherapy for individuals with mild to moderate anxiety and mood problems. Low intensity cognitive behavioral therapy (LI CBT), conducted in the form of guided self-help, will be introduced in this course. This course will introduce the theory, assessment structure and treatment modality of LI CBT for common mental health disorders.

Course Objectives	<ol style="list-style-type: none"> 1. To understand the role of low intensity intervention in psychotherapy 2. To learn about structured assessment in low intensity intervention 3. To learn about the low intensity treatment of common mental health disorders
Course Outline	<ul style="list-style-type: none"> ● Why do we need low-intensity psychological intervention – Background, theory and researches ● How to conduct structured assessment within a low intensity CBT framework ● Introduction of LICBT for common mental health disorders ● Who are eligible to conduct LICBT ● Local application and research
Medium of Instruction	Cantonese
Training Format	Lecture, analysis of case vignettes, small group discussion

Date	June 16, 2017 (Friday)
Time	9:00am – 5:30pm (7 hours)
Venue	JCNLIPR, 332 Nam Cheong Street, Kowloon
Target Participants	Counsellors, psychologists, social workers and other helping professionals
Fee	HK\$1,080
Special Offer	<ul style="list-style-type: none"> - Group of 2 persons: HK \$900 per person - Early Bird Enroll on/before May 16, 2017: HK\$980 - JCNLIPR Member: HK \$980
Quota	40
Certificate	“Certificate of Attendance” issued by JCNLIPR
Accreditation	CNE - 7 points CPD (Social Worker) - 7 points

Enquiry / Enrollment:

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