



New Life

Psychiatric Rehabilitation Association
新生精神康復會

JOCKEY CLUB
**New Life
Institute**
OF PSYCHIATRIC REHABILITATION

賽馬會新生精神康復學院

Tackling mild to moderate depression and anxiety: Low Intensity CBT

Course Code: 2425/52



8 & 10 October 2024 (Tuesday and Thursday)
9:30 – 17:00

HK\$2,380

Discount for Two

HK\$1,980



Jockey Club New Life Institute of Psychiatric Rehabilitation
332 Nam Cheong Street, Kowloon, Hong Kong

Early Bird

HK\$1,980



Quota
50

Counsellors, Psychologists, Social Workers and other Helping Professionals

Before 13 August 2024

Register Now



Course Objective

To learn about theory and treatment modality of low intensity cognitive behavioral therapy (LICBT) for common mental health disorders.

1. To understand the role of low intensity intervention in psychotherapy
2. To learn about LICBT model for depression and generalized anxiety disorder.
3. To learn about the low intensity treatment of common mental health disorder

Course Trainer

Ms. Gladys Yeung



Clinical Psychologist
New Life Psychiatric Rehabilitation Association

Dr. Aled Tang



Clinical Psychologist
New Life Psychiatric Rehabilitation Association

Dr. Olivia Ma



Clinical Psychologist
New Life Psychiatric Rehabilitation Association



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Tackling mild to moderate depression and anxiety: Low Intensity CBT



Date	8 October 2024 (Tuesday) 10 October 2024 (Thursday)
Time	9:30am–12:30pm ; 2:00pm–5:00pm
Venue	Jockey Club New Life Institute of Psychiatric Rehabilitation 332 Nam Cheong Street, Kowloon, Hong Kong
Course Outline	<p>To learn about theory and treatment modality of low intensity cognitive behavioral therapy (LICBT) for common mental health disorders</p> <ol style="list-style-type: none"> To understand the role of low intensity intervention in psychotherapy To learn about LICBT model for depression and generalized anxiety disorder. To learn about the low intensity treatment of common mental health disorder <ul style="list-style-type: none"> Why do we need low-intensity psychological intervention – Background, theory and researches Introduction of LICBT conceptualization of depression and generalized anxiety disorder Introduction of LICBT intervention including behavioral activation and dealing with worry Local application and researches
Training Methodology	Lecture, analysis of case vignette, small group discussion
Medium of Instruction	Cantonese supplementary with English Handout
Target Participants	Counsellors, Psychologists, Social Workers and other Helping Professionals
Quota	50
Fee	<p>HK\$2,380 (Normal Price)</p> <p>HK\$1,980 (Promotional Price)</p> <ul style="list-style-type: none"> Discount for Two Early Bird - Enroll on or before 13 August 2024
Enrollment Deadline	24 September 2024
Certificate	A "Certificate of Attendance" will be issued by JCNLIPR to participants with at least 75% attendance rate
Accreditation	CNE : 1 point per hour CPD (CP/OT) : To be Confirmed
For Enquiry	Tel : 3552 5290 Email : institute@nlpra.org.hk