

Jockey Club eGPS Psychological Support Project

Low-intensity CBT Practitioner / Supervisor Certificate Course 2022-23



Course Objective

The certificate courses provide intensive training essential to deliver low-intensity cognitive behavioural therapy (LICBT) or to provide supervision. The training will cover knowledge and skills of assessment, psycho-education, evidence-based low-intensity psychological intervention, telecare delivery, and LICBT supervision.

Dates

- (a) Practitioner training Aug to Nov 2022
- (b) Supervisor training Aug to Nov 2022 (Core LICBT knowledge and skills)
Jan to July 2023 (LICBT supervision)

Target Participants

- (a) Practitioner course Individuals with a psychology degree or a minimum of 2 years of working experience in mental health setting
- (b) Supervisor course Clinical psychologists

Trainers



Prof. Suzanne SO
Associate Professor,
The Chinese University
of Hong Kong

Dr. Candice POWELL
Clinical Psychologist,
New Life Psychiatric
Rehabilitation Association

Ms. Gladys YEUNG
Clinical Psychologist,
New Life Psychiatric
Rehabilitation Association

Mr. Keith WONG
Clinical Psychologist,
New Life Psychiatric
Rehabilitation Association




[For supervisor training]

Please scan for
more details &
registration



cutt.ly/wbmdr6w

Contact us

-  Miss Charmaine Tsoi
-  3188-2550
-  egps@nlpra.org.hk

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Organised by:



New Life
Psychiatric Rehabilitation Association
新生精神康復會

**New Life Psychiatric Rehabilitation Association
 Jockey Club eGPS Psychological Support Project
 Low-intensity Cognitive Behavioural Therapy Practitioner Certificate Course 2022-23**

Course Objective

The practitioner certificate course provides intensive training essential to deliver low-intensity cognitive behavioral therapy (LICBT). The training is a combination of online lecture and supervised role-play practice. The training will enable participants to conduct client-centred CBT assessments, deliver evidence-based LICBT psycho-education and intervention for common mental health problems via face-to-face format or telecare, and be equipped with knowledge about the use of effective clinical supervision in LICBT service.

Course Details

The practitioner course consists of three modules with a combination of online self-learning modules as well as in-person skill drilling workshops.

- Self-learning online lecture for 23 hours
- Self-practice role-play for 16 hours (16 practices)
- Skill drilling workshop in the form of group role-play supervision for 78 hours (12 days) (face-to-face/ zoom)
- Submission of short reflection articles

Enquiry session about the course

Date: 17/5/2022 (Tuesday)

Time: 6:00-6:30pm

Format: Zoom (<https://nlpra.zoom.us/j/91300615983?pwd=SVJ6d3RoTkowOEI5KzFsQkpFMTFrdz09>)

Briefing session for those who have successfully enrolled in the course

Date: 15/7/2022 (Friday)

Time: 10:00-10:30am

Format: Zoom

Module 1 Assessment	Module 2 Treatment – depression, anxiety & phobia	Module 3 Treatment 2 – other anxiety- related problems
1. Introduction to LICBT 2. Behaviour change models 3. Information gathering 4. LICBT psycho-education 5. Provision of probable diagnosis	1. Behavioural activation 2. Dealing with worries 3. Exposure and habituation	1. Behavioural experiment and cognitive restructuring 2. Exposure and response prevention 3. Preparation of supervision
7 online modules	8 online modules	5 online modules
Skill drilling: 13 [#] , 19 & 26 [#] August 2022 3 September 2022	Skill drilling: 16 [#] , 24 & 30 [#] September 2022 8, 14 [#] & 22 October 2022	Skill drilling: 4 & 11 November 2022

*Two one-hour examinations on intake and intervention will be arranged on 9 & 13 September and 25, 26, 28 & 29 November 2022

*Back-up dates: 18 & 19 November 2022

#Please note that the skill drilling workshops will be co-run with part of the supervisor course

Language

Cantonese and English

Course completion requirement

1. Complete ALL online self-learning lectures; and
2. Submit ALL assignments; and
3. Attend 80% or above of module 1's skill drilling workshops; and
4. Attend 80% or above of module 2-3's skill drilling workshops; and
5. Pass role-play examination for intake and intervention.

Practice certificate requirement

1. Fulfilled the above course completion requirement; and
2. Complete intake and treatment for 2 individuals, each treatment consisting of at least 4 sessions with ongoing supervision*; and
3. Submit a portfolio of treating 3 individuals using LICBT approach, using at least 2 approaches of guided self-help.*

*To be completed within 6 months after training, ie. June 2023

Target participants

1. Holder of psychology undergraduate degree with courses of psychopathology, and any counselling related courses; OR
2. Degree holder with a minimum of 2 years of working experience in mental health setting, providing direct service to individuals suffering from mental illness

Fee

\$9,000/ person

*team application: \$8,100/ person

*Participants who join as a team (i.e. with at least one supervisor and two practitioners) can enjoy a 10% off discount.

*Fee will be collected after application is confirmed.

Venue (for face-to-face class)

Jockey Club eGPS Psychological Service and Training Centre

Room 601-602, Kimberley House, 35 Kimberley Road, Tsim Sha Tsui, Kowloon

Application Deadline

6 June 2022

**New Life Psychiatric Rehabilitation Association
Jockey Club eGPS Psychological Support Project
Low-intensity CBT Supervisor Certificate Course 2022-23**

Course Objective

The supervisor certificate course provides intensive training essential to deliver low-intensity cognitive behavioral therapy (LICBT) supervision. The training is a combination of online lecture and supervised role-play practice. The training covers core elements of LICBT assessment and intervention, stepped-care model as well as provision of LICBT supervision.

Course Details

The practitioner course consists of four modules with a combination of online self-learning modules as well as in-person skill drilling workshops.

Module 1-3 (Core LICBT knowledge and skills)

- Self-learning online lecture for 22 hours
- Self-practice role-play for 16 hours (16 practices)
- Skill drilling workshop in the form of group role-play supervision for 32.5 hours (5 days) (face-to-face/ zoom)

Module 4 (LICBT supervision)

- Face-to-face lecture for 32.5 hours (5 days)
- Individual and group supervision for 12 sessions

Enquiry session about the course

Date: 17/5/2022 (Tuesday)

Time: 6:00-6:30pm

Format: Zoom (<https://nlpra.zoom.us/j/91300615983?pwd=SVJ6d3RoTkowOEI5KzFsQkpFMTFrdz09>)

Briefing session for those who have successfully enrolled in the course

Date: 15/7/2022 (Friday)

Time: 10:00-10:30am

Format: Zoom

Module 1 Assessment	Module 2 Treatment – depression, anxiety & phobia	Module 3 Treatment 2 – other anxiety-related problems	Module 4 Becoming an LICBT supervisor
<ol style="list-style-type: none"> 1. Introduction to LICBT 2. Behaviour change models 3. Information gathering 4. LICBT psycho-education 5. Provision of probable diagnosis 	<ol style="list-style-type: none"> 1. Behavioural activation 2. Dealing with worries 3. Exposure and habituation 	<ol style="list-style-type: none"> 1. Behavioural experiment and cognitive restructuring 2. Exposure and response prevention 3. Preparation of supervision 	<ol style="list-style-type: none"> 1. Clinical supervision as a professional competency for psychologists 2. Supervisory activities for LI services 3. Reflective supervision on LI assessment 4. Reflective supervision on LI intervention 5. Clinical supervision as an interpersonal activity
6 online modules	8 online modules	5 online modules	/
Skill drilling: 13 & 26 August 2022	Skill drilling: 16 & 30 September 2022 14 October 2022		5-day whole day workshop 12, 13, 19 & 20 January 2023 3 February 2023 <i>Individual and group supervision</i> 12 sessions between February to July 2023

*Two one-hour examinations on intake and intervention to be arranged on 9 & 13 September and 25, 26, 28 & 29 November 2022

*Back-up dates: 18 & 19 November 2022

#Please note that the skill drilling workshops will be co-run with part of the practitioner course

Language

Cantonese and English

Course completion requirement

1. Complete ALL module 1-3 online self-learning lectures; and
2. Attend 80% or above of module 1-2's skill drilling workshops; and
3. Attend 80% or above of module 4's 5-day lecture; and
4. Attend 80% or above of module 4's individual and group supervision of supervision; and
5. Pass role-play examination for LICBT intake and intervention.

Practice certificate requirement

1. Fulfill the above course completion requirement; and
2. Submit 1 CMS video and 1 CSS audio/video, accompanied each by a respective reflective piece: the recordings and reflective pieces will be graded as pass/fail; and
3. Obtain a pass for the materials submitted in the above requirement; and
4. Complete a supervision log (record of provision of LI supervision for no less than 15 hours).

Target participants

Clinical psychologists

Fee

\$9,600/ person

*team application: \$8,640/ person

*Participants who join as a team (i.e. with at least one supervisor and two practitioners) can enjoy a 10% off discount.

*Fee will be collected after application is confirmed.

Venue (for face-to-face class)

Jockey Club eGPS Psychological Service and Training Centre

Room 601-602, Kimberley House, 35 Kimberley Road, Tsim Sha Tsui, Kowloon

Application Deadline

6 June 2022