

# Cognitive Behavioural Therapy is a Powerful Tool for Client Outcomes

## Cognitive Behavioural Therapy Training Event Offerings for 2017

By popular demand, CBT Australia will return in October 2017 to provide Hong Kong's therapist, coaching and health alliance professionals the unique opportunity to master and consolidate cognitive behavioural therapy (CBT).

Cognitive Behaviour Therapy (CBT) is a school of psychological therapies based on the premise that it is not what happens that causes how we feel but how we think about what happens. While this is a simple concept to understand it is not always simple to put the theory into practice. With a strong empirical base, CBT is becoming one of the most effective psychological interventions now in use. It has been shown to be effective in coaching contexts with a current groundswell in Cognitive Behavioural Coaching (CBC).



**Dr Monica O'Kelly** – B Sc (Hons), Dip Ed, MB Sc, PhD, FAPS (CCLin, CEDP)

Dr Monica O'Kelly is Director of Cognitive Behaviour Therapy Australia, Director of the Australian Institute for Rational Emotive Behaviour Therapy and an adjunct senior lecturer in the School of Psychology and Psychiatry at Monash University. She has trained at the Albert Ellis Institute in New York and is an Associate Fellow of the Institute and has completed the Extramural Training Program at the Beck Institute in Philadelphia. She is a fellow of the Academy of Cognitive Therapy. Monica has published many articles in the area of CBT. In the thirty years Monica has been working as a psychologist, she has worked with clients suffering a range of problems.

She has been involved in training mental health professionals in CBT for over 20 years. She has presented courses throughout Australia and in New Zealand, Singapore, Vietnam, Hong Kong, Myanmar and Malaysia.



**Dr. Dom DiMattia** – BA, M Ed, Ed D

Dr Dom DiMattia is a Human Relations Consultant who has been Executive Director and Senior Staff Supervisor at the Albert Ellis Institute. He was previously Vice President of Human Resources for a restaurant group in New York. He is Professor Emeritus of Counselling and Human Resources at the University of Bridgeport. Dom has co-authored books, written numerous journal articles, and conducted hundreds of workshops as a consultant and mental health trainer. A member of the American Psychological Association, he has presented papers, lectures, and workshops in Australia, the United States and Europe.

### Certificate in CBT: 19th to 22nd of October

*CBT has been proven to be one of the more effective treatment for a variety of psychological conditions including depression, generalized anxiety, OCD, ADHD, chronic fatigue, conduct and oppositional defiant disorder [extracted from "Evidence Based Psychological Intervention in the Treatment of Mental Disorders: A Literature Review"]*

A comprehensive and practical 4 day course that provides the fundamental framework and foundations of CBT practice. Developed by Dr Monica O'Kelly, this is the preferred CBT Workshop for mental health practitioners in Australia.

#### What you will Learn

You will develop a thorough theoretical understanding of cognitive behaviour therapy and the skills specific to this mode of therapy.

Areas covered:

- Introduction to CBT
- CBT with Anxiety
- CBT with Depression
- CBT with Anger

#### Structure

You will learn through theory, lectures, modelling with a strong emphasis on skills practice, supervision and feedback in small groups.

Lecturer Input (9:00am – 12:30pm)

Lunch and Practice Session with Partner (12:30pm – 2:00pm)

Skills Supervision and Development including modeling, role-play, discussion or reviewing audio tapes recording during lunch break (2:00pm – 5:30pm)

#### What does the Certificate consist of?

- Course Manual Workbook developed by Dr. O'Kelly
- 12 hours of clinical skills supervision with a low student to supervisor ratio
- CBT in Action: A Practitioner's Toolkit Book by Dr. O'Kelly

#### Who can Register?

- The workshop is suitable for the beginner and for those wishing to refresh their skills
- A qualification or experience in the health, education and helping professions is a prerequisite

#### Award on Completion

- Certificate in Cognitive Behaviour Therapy, provided that all requirements are met
- This course in addition to completion of a test at the end of the course, that is set by the Albert Ellis Institute in New York, entitles eligibility for the Primary Certificate in Rational Emotive and Cognitive Behavioural Therapy". Participants can then take further courses associated with the Albert Ellis Institute
- This course can also be the start of the pathway to becoming a member of the Academy of Cognitive Therapy which is associated with the Beck Institute

#### Venue

The COLLAB, 20/F OfficePlus @Sheung Wan, 93-103 Wing Lok Street, Sheung Wan, Hong Kong

#### Enrolment

Further details are available on the attached application or from either websites [www.pathwayslimited.com](http://www.pathwayslimited.com) and [www.psychcentralhk.com](http://www.psychcentralhk.com)  
You can also contact +852 9474 7581

### CBT IN ACTION: Principles and Applications

18th of October 2017

*'In dealing with cognitions, Coachees are able to change how they view situations and stumbling blocks to change, such as procrastination, indecisiveness and self-doubt are removed' (Grant, 2006).*

Based on the approaches of Beck and Ellis, this workshop bridges the gap between theory and practice. In particular, this workshop will look at how the cognitive model can be integrated into shorter term, client focussed and goal orientated practices (e.g. cognitive behavioural coaching), in a manner that flows naturally and productively without reliance on a manual and checklists.

After outlining key principles, the workshop will focus on putting CBT into action with clients. Participants will be taken through the steps in the CBT sequence with live and video demonstrations before the participants practice the skills. There will be time for questions to clarify and process the learning of skill.

Topics include:

- Assessment issues in CBT
- Philosophical assumptions underlying CBT
- The importance of structuring a CBT session
- The CBT sequence
- The Socratic rather than didactic style



ICF Continuing Coach Education Units 6.5

#### Structure

This workshop is an active training experience which includes pre-reading, practice exercises and assessment. It incorporates a didactic presentation of material, discussion, demonstrations, either live or video, and includes practice of the skills discussed.

#### Learning Outcomes

At the end of the workshop the participants will:

- Have an understanding of the characteristics of behavioural assessment
- Have an understanding of the philosophical assumptions underlying CBT
- Be able to structure a CBT session
- Be able to work through the CBT sequence
- Have an understanding of the socratic vs the didactic style

#### Who Can Register?

This workshop is designed to teach basic skills of CBT and to give a fresh approach for experienced coaches, psychologists or health alliance practitioners who feel they have become stale in their practice

#### Award on Completion

- Certificate of Attendance

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To enrol please email this completed application with a 'request for invoice and payment details' to [karen@pathwayslimited.com](mailto:karen@pathwayslimited.com). Numbers are limited to 20 for the Certificate in CBT so please apply and pay early to guarantee a place.

**I would like to register and pay for the following:**

Certificate in Cognitive Behavioural Therapy | 19th to 22nd of October 2017

The program fee is HK\$16,995 per participant.

CBT in ACTION | 18th of October 2017

The program fee is HK\$5,500 per participant.

**I would like to apply for the following discount:**

Super Early Bird (HK\$15,800). For applications received prior to the 30th of June 2017

Early Bird (HK\$16,200). For applications received prior to the 15th of August 2017

Early Bird (HK\$4,900). For applications received prior to 15th of August 2017

Super Early Bird (HK\$4,500). For applications received prior to 30th of June 2017

Group Rates (HK\$4,200). Three or more participants from the same organisation who register and pay together

Surname:

First Name:

Name to appear on Certificate/s:

Address:

City:

Email:

Phone:

Mobile Phone:

How did you hear about this program?

Qualifications:

Current Employment:

Previous CBT experience:

Food Preferences/Allergies:

**Terms:**  
Applications will be taken on a first-come, first served basis. This form MUST be accompanied with full payment to reserve a place. Confirmation of place will be sent via email once payment is received. PsychCentral/Pathways Ltd reserves the right not to process an application if applicant is not from health, education and helping professions. Cancellations must be received in writing to [karen@pathwayslimited.com](mailto:karen@pathwayslimited.com). Refunds are given (less 10%) for cancellations received by 5pm on 15th of September 2017.

Due to limited places, we do not offer refunds beyond this date. By applying to this course the participant agrees to the above terms and fully release and discharge PsychCentral/Pathways Limited and CBT Australia from any and all claims for injuries, damages or loss which may accrue as a result of this training. Early bird applications are only valid if payment is received by the deadline date. Bring a friend applications are only valid if application is made at same time. In the event of cancellation due to Typhoon, the seminar will be cancelled and PsychCentral/Pathways Limited will provide an alternative date for the course to be run within a 12-month period. A full refund will be issued if the course is not run within a 12-month period.

By signing this Agreement you are certifying that you have carefully read the above terms relating to release of liability and assume of risk. You have read the complete terms and conditions outlined in this document, including notification of cancellation penalties.

Name:

Date: