

Certificate in Cognitive Behavioural Therapy 7-10 June 2013

Developed by a Leading Expert in the field - Dr. Monica O'Kelly from CBT Australia

Cognitive Behavioural Therapy can help your clients.

"CBT has been proven to be one of the more effective treatments 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 (3rd Edition) 2010'



Dr. Monica O'Kelly BSc (Hons), Dip Ed, MBSoc, PhD, FAPS (CClin, CEDP)

Dr. O'Kelly is Director of CBT Australia and an adjunct senior lecturer at Monash University. She has trained at the Albert Ellis Institute and the Beck Institute and is a Fellow of the Academy of Cognitive Therapy. Dr. O'Kelly has published many articles in the area of Cognitive Behaviour Therapy and is author of 'CBT in Action: A Practitioner's Toolkit'.

She worked as a psychologist with children, adolescents and adults in a variety of settings before going into private practice. Dr. O'Kelly has been training professionals in CBT for over 20 years throughout Australia and Asia. Her workshops have a very active, skills based approach.



Dr. James Collard DPsych

James Collard DPsych, is a practitioner, lecturer and research supervisor. He has undergone extensive training in CBT, both from a traditional perspective of Beck's Cognitive Therapy and Ellis' Rational Emotive Behaviour Therapy, and in the 'third wave' forms of CBT - including ACT, mindfulness and Meta-Cognitive Therapy. Dr. Collard works in private practice in Melbourne, Australia for Cognitive Behaviour Therapy Australia (CBT Australia). In his practice he provides clinical services for children through to adults, and for couples and families. He assists with running training courses on CBT provided across Australia by CBT Australia. Dr. Collard also currently holds the position of lecturer at the Cairnmillar Institute in Melbourne, where he provides training in CBT and is a research supervisor for Masters level students.

We are proud to welcome back CBT Australia to give Hong Kong's therapeutic community a unique opportunity to master and consolidate the basic foundations of Cognitive Behavioural Therapy. Developed by Dr. Monica O'Kelly, this course is the preferred CBT skills workshop for mental health practitioners in Australia.

What you will learn

This is a one of a kind accreditation 4 day intensive course. You will develop a thorough theoretical understanding of cognitive behaviour therapy and the skills specific to this mode of therapy. It will cover the following four key areas:

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

What does the Certificate consist of?

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

Who can register?

- Suitable for the beginner and for those wishing to refresh their skills
- A qualification in the health / helping professions is a prerequisite

Cost

- HK\$14,995 - 'Early Bird' or 'Bring a Friend' discount until 25 April 2013
- HK\$15,595 - after 25 April 2013

What is the structure of the course?

The following daily structure enables you to learn through theory, lectures, modelling and a strong emphasis on skills practice in small groups.

Supervision is a strong component enabling you to receive feedback where you can develop your practice skills.

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|---|-------------------|
| • Lecturer Input | 09:00am - 12:30pm |
| • Lunch and Practice Session with Partner | 12:30pm - 02:00pm |
| • Skills Supervision | 02:00pm - 05:00pm |

Award on Completion

- Provided that all requirements are met, the 'Certificate in Cognitive Behaviour Therapy' will be awarded at the conclusion of the course
- This certificate course is the prerequisite for the Certificate in Cognitive Behavioural Therapy Advanced course to be tentatively offered in Hong Kong in November 2013

Location

- Cyberport 1, 100 Cyberport Road, Pokfulam, Hong Kong Level 4, Meeting Room 1-3

For further information please contact us on:

+852 9220 5081 or +852 9474 7581.

Enrolment

Please complete and return the form with a cheque made payable to 'PsychCentral' to: 'PsychCentral', New Victory House, Suite 1303, 93-103 Wing Lok Street, Central, Hong Kong.

A booking form can also be downloaded from:

www.psychcentral.com.hk and www.pathwayslimited.com

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Application Form

Certificate in Cognitive Behavioural Therapy

7-10 June 2013



The program fee is HK\$15,595 per participant.

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

Please note, only one discount available per application:

'Early Bird' - \$14,995. Applicable for applications received prior to 25th April 2013.

'Bring a Friend' - \$14,995. Apply together with a friend and receive a 5% discount.

Your Details:

Surname: First Name:

Name to appear on Certificate:

Address:

City:

Email:

Phone: Mobile:

How did you hear about this program?

Qualifications:

Current Employment:

Previous CBT experience:

What part of CBT are you interested in learning about?

Food Preferences/Allergies:

Applications will be taken on a first-come, first served basis. This form should be accompanied with payment. Cheques should be made payable to 'PsychCentral'. Your cheque will be returned immediately if there are no places available. Confirmation of place will be sent via email. PsychCentral/Pathways Ltd reserves the right not to process an application if applicant is not from a mental health background.

Cancellations must be received in writing to training@psychcentralhk.com. Refunds are given (less 10%) for cancellations received by 5 pm a minimum of 14 days prior to the commencement of a course. Cancellations received AFTER this date, are ineligible for a refund, however may be transferred to a future course and will incur a 10% transfer fee. Registrations are transferable to another person upon notification. By applying to this course the participant agrees to fully release and discharge PsychCentral/Pathways Limited 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 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.

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