

# Cultivating Self-esteem: A Transdiagnostic Cognitive-behavioural Perspective

2-3 February 2018



## Dr. Melanie Fennell

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Oxford Mindfulness Centre,  
Department of Psychiatry, University of  
Oxford  
Warneford Hospital, UK

### Date & Time

2 - 3 February 2018  
(Friday & Saturday),  
9:00a.m. – 5:00p.m.

### Venue

Lecture Theatre, 2/F, Block S  
Castle Peak Hospital, Tuen Mun

### Target Participants

Mental health professionals  
with some knowledge of Beck's  
model of CBT and emotional  
disorder

### Course Fee

HK\$2,900 per person  
(HK\$2,500 per person for  
early bird registration on or  
before 15 December 2017)

Special price for full-time  
students of mental health  
related subjects:  
HK\$1,700

*\*Limited seats are available on a first-  
come, first-served basis.*

### Application Deadline

12 January 2018

Please visit IMH website [www.imh.org.hk](http://www.imh.org.hk) for more details and enrolment form.

### Enquiry

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## **Course Description**

Low self-esteem is one of the most common problems encountered in clinical practice. It is associated with a wide range of emotional, interpersonal, and psychiatric problems, and can make it hard for people to benefit from psychological treatment or to remain well after treatment ends.

In many clients with low self-esteem, persisting negative views of the self seems to provide fertile ground for a whole range of difficulties. It can be hard to decide how to formulate the client's difficulties, where to start or which intervention to choose.

This workshop offers a cognitive model of how low self-esteem develops, and of the vicious cycle of anxious predictions, self-critical thinking and hopelessness that keeps it going in the present day. This allows therapists to work with their clients to make sense of what may appear a confusing mix of multiple and unrelated problems, and to work effectively with people with low self-esteem whose difficulties cross diagnostic boundaries or are not readily encapsulated within them.

## **Course Content**

- Introduction: What is low self-esteem?
- A cognitive model of low self-esteem: How does it develop? And what maintains it?
- Treatment overview and recommended order of events
- Enhancing 'metacognitive awareness': Helping clients to decentre from unhelpful cognitive and behavioural patterns
- Creating effective behavioural experiments: Design, execution and review
- Questioning old, unhelpful beliefs about the self: A systematic approach
- Establishing, reinforcing and acting on new and kinder views of the self

## **Medium of Teaching**

Both lecture and handouts are in English.

## **Accreditation**

CME/CNE/CPD/CE accreditation in application.

Certificate of attendance will be issued with 75% or above attendance.



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## **About Dr. Melanie Fennell**

Dr. Fennell is a Chartered Clinical Psychologist and a Founding Fellow of the Oxford Cognitive Therapy Centre. She has rich experience of using cognitive-behavioural therapy (CBT) not only for depression, but also for panic disorder, health anxiety, social phobia, generalised anxiety disorder and PTSD.

She joined the Department of Psychiatry, the University of Oxford in 1979 to work on one of the first clinical trials of cognitive therapy for depression. Most recently, she has been working on a substantial 10-year project to develop Mindfulness-based Cognitive Therapy (MBCT) for people who, when they experience depression, also become suicidal.

As a Founding Fellow of the Oxford Cognitive Therapy Centre, Dr. Fennell has extensive experience of teaching, training and supervising CBT and MBCT, both in the UK and abroad. She was voted the “Most Influential Female UK Cognitive Therapist” by the membership of the British Association for Behavioural and Cognitive Psychotherapies and is an Honorary Fellow of the Association, the lead organisation for CBT in the UK.

Her book “Overcoming low self-esteem” (2016, 2nd edition) has been translated into many languages and sold more than 750,000 copies. It has become a classic of self- help literature, recommended by the UK NHS’s “Books on Prescription” scheme.

