



EVIDENCE-BASED  
COGNITIVE BEHAVIOURAL STRATEGIES FOR  
**Depression and Anxiety**  
2-Day Workshop

**Date & Time**

23 – 24 February 2017 (Thursday & Friday)  
9:00a.m. – 5:00p.m.

**Venue**

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

**Target Participants**

Mental health professionals working with clients  
with common mental health disorders

**Course Fee**

2 days: HK\$2,400 per person  
(HK\$2,000 per person for early bird registration  
on or before 6 January 2017)  
1 day: HK\$1,300 per person  
(HK\$1,200 per person for early bird registration  
on or before 6 January 2017)



**Dr. Suzanne So**

**HKPS Registered Psychologist  
(Clinical Psychology)**

**Assistant Professor,**

**Department of Psychology,  
The Chinese University of Hong Kong**

**Programme Details & Enrolment**

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

**Application Deadline**

3 February 2017

**Enquiry**

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Website: [www.imh.org.hk](http://www.imh.org.hk)



青山醫院精神健康學院  
Institute of Mental Health  
Castle Peak Hospital



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## Course Description

The two-day workshop will provide practitioners with up-to-date knowledge about evidence-based low-intensity cognitive behavioural strategies for depression and anxiety. Strategies used to systematically assess and treat patients with mild depression and anxiety problems will be introduced and practised.

## Course Content

<b>Day 1 AM</b>	A brief introduction to patient-centred assessment for depression and anxiety
<b>Day 1 PM</b>	Low-intensity cognitive behavioural intervention for mild depression: Behavioural activation
<b>Day 2 AM</b>	Low-intensity cognitive behavioural intervention for panic disorder and phobias: Exposure and habituation
<b>Day 2 PM</b>	Low-intensity cognitive behavioural intervention for generalised anxiety disorder: Dealing with worry

## Medium of Teaching

Cantonese supplemented with English (with English handouts)

## Accreditation

CME/CNE/CPD/CE accreditation in application.

Certificate of attendance will be issued with full attendance.



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**About Dr. Suzanne So**

Dr Suzanne So was trained as an experimental psychologist at the University of Oxford, and then clinical psychologist at the Chinese University of Hong Kong (CUHK). As a clinical psychologist for an early psychosis assessment and treatment project at the Hospital Authority, she has served hundreds of patients suffering from psychosis and associated distress, as well as their families. Dr So wrote a PhD on delusions and associated psychological processes at King's College London. She returned to the CUHK in 2012 as Assistant Professor at Department of Psychology.

Dr So's research interests are cognitive model of psychosis, cognitive-behavioural therapy, and the use of experience sampling methodology. She has completed several psychological intervention trials for psychosis, bipolar disorder, and depression.

Dr So is the Clinical Tutor of the M.S.Sc. programme in Clinical Psychology at the CUHK, and lectures on cognitive behavioural therapy and intellectual assessment. She also runs a small clinic at the Department.