



Evidence-based Low-intensity Cognitive Behavioural Strategies for Depression and Anxiety

Two-day Workshop (Re-run)

DR. SUZANNE SO

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

*Registered Psychologist (Clinical Psychology),
Hong Kong Psychological Society*



Date & Time

13 – 14 December 2019 (Friday & Saturday)

- Day 1 (13 Dec): 9:00a.m. – 5:30p.m.
- Day 2 (14 Dec): 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\$3,000 per person
(HK\$2,500 per person for early bird
registration on or before 23 October 2019)
- 1 Day – HK\$1,500 per person
- Special price for full-time students on
mental health-related subjects: HK\$1,500
(for 2 Days)*

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

Application Deadline

22 November 2019

Please visit IMH website www.imh.org.hk for more details
and download the enrolment form.

Enquiry

Tel: 2456 7773 (Ms Man) Fax: 2455 9330

Email: cph_imh@ha.org.hk

Website: www.imh.org.hk



Evidence-based Low-intensity Cognitive Behavioural Strategies for Depression and Anxiety Two-day Workshop (Re-run)

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.

** This is a re-run of the workshop in 2017.*

Course Content

- Day 1 AM** A brief introduction to patient-centred assessment for depression and anxiety
- Day 1 PM** Low-intensity cognitive behavioural intervention for mild depression: Behavioural activation
- Day 2 AM** Low-intensity cognitive behavioural intervention for panic disorder and phobias: Exposure and habituation
- Day 2 PM** 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.

Evidence-based Low-intensity Cognitive Behavioural Strategies for Depression and Anxiety

Two-day Workshop (Re-run)

About Dr. Suzanne So

Dr. Suzanne So Ho-wai (蘇可蔚博士) is Associate Professor at Department of Psychology, the Chinese University of Hong Kong (CUHK). Dr. So obtained her BA in Experimental Psychology at the University of Oxford, followed by MSSc in Clinical Psychology at CUHK, and PhD in Psychology at King's College London. She has served as clinical psychologist at the Hospital Authority, specialising in early psychosis.



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

She teaches undergraduate and postgraduate psychology courses, serves as Clinical Tutor for the MSSc program in clinical psychology, and maintains a clinic practice at the university. She is recipient of the 2016 CUHK Young Researcher Award, the 2016 University Education Award, and the 2017 UGC Teaching Award.