

Unified Protocol for Transdiagnostic Cognitive Behavioural Treatment for Emotional Disorder

Introductory Workshop (Online)



Dr. Candice Ling Yuet-man POWELL
(凌悅雯博士)

- » Practicing Clinical Psychologist
- » Trainer of Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders

Date & Time

Session 1: 10 June 2022 (Friday)
Session 2: 24 June 2022 (Friday)
Time: 2:00 p.m. – 6:00 p.m.

Platform

Online (via Zoom)

Target Participants

Mental health professionals
working with clients with common
mental health disorders

Course Fee

- » HK\$ 2,000 per person
- » Early bird registration on or before 4 May 2022:
HK\$ 1,600 per person
- » Special price for full-time students
of mental health related subjects:
HK\$ 1,000 per person *

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

Application Deadline

31 May 2022

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



Enquiry

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Course Description

This workshop briefly reviews evidence supporting the development of transdiagnostic Cognitive Behavioural Therapy (CBT) interventions. This will be followed by a description and demonstration of how to apply core Unified Protocol treatment strategies, along with the similarities and differences between the Unified Protocol and traditional CBT for anxiety and mood disorders.

Case studies/ transcripts of core treatment interventions (e.g. mindful awareness, emotion exposures) will be presented, along with detailed case examples involving comorbidity. Attendees will be invited to participate in exercises as part of these demonstrations.

Objectives

- » Equip knowledge of emotion-focused cognitive behavioural approach
- » Apply core Unified Protocol treatment strategies of Unified Protocol
- » Understand the development of cognitive behavioural interventions

Medium of Teaching

Cantonese supplemented with English (with English handouts)

Accreditation

CME/CNE/CPD/CE accreditation in application

Certificate

Certificate of attendance will be issued with FULL attendance

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Course Rundown (tentative)

Session 1 – 10 June 2022 (Friday)

- » Functional model of disordered emotion
- » Empirical support of Unified Protocol
- » Initial session – functional analysis and rationale
- » Step-by-step learning
 1. Setting goals and maintaining motivation
 2. Understanding emotions

Session 2 – 24 June 2022 (Friday)

- » Step-by-step learning
 3. Mindful emotion awareness and practice
 4. Cognitive flexibility
 5. Confronting physiological sensation and practice
 6. Emotional behaviour
 7. Emotion exposures
 8. Review and relapse prevention
- » Q&A

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About Dr. Candice POWELL

Dr. Candice Ling Yuet Man POWELL (凌悅雯博士) is a practicing clinical psychologist in a community mental health organization. She is also an honorary lecturer at The University of Hong Kong. She is diversely trained in psychological intervention including Cognitive Behavioral Therapy (CBT), Dialectic Behavioral Therapy (DBT), Mindful Parenting (MP), Acceptance Commitment Therapy (ACT), Emotion-focused therapy and Seeking Safety.

Dr. POWELL specializes in working with adults with depression and anxiety, and other mental health issues including insomnia, grief, caregiver stress and trauma. She has also devoted herself to the research-informed practice of psychological intervention and well-being promotion for the community. She is one of the pioneers of adapting transdiagnostic cognitive behavioral therapy, low-intensity psychological intervention, mindful parenting, and internet therapy in Hong Kong.