

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

Prof. Suzanne SO

- Professor, Department of Psychology, The Chinese University of Hong Kong
- PhD, AFBPsS, AFHKPS, HKPS Reg Psychol (Clin Psych), Clinical Psychologist in Accredited Register



Course fee

- HK\$4,200 per person
- HK\$3,300 per person for early-bird registration on or before 11 April 2025

Application Deadline

- 2 May 2025
- Based on a first-come, first-served basis

Date & Time

- 23 – 24 May 2025 (Friday & Saturday)
- Day 1 (23 May): 9:00a.m. – 5:30p.m.
- Day 2 (24 May): 9:00a.m. – 5:00p.m.

Venue

- Lecture Theatre, 2/F, Block S, Castle Peak Hospital

Platform

- Face-to-Face

Please visit IMH website www.imh.org.hk for the full version of the poster and download the enrolment form



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Castle Peak Hospital



青山醫院精神健康學院

Institute of Mental Health

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Course Description

The two-day workshop will provide participants 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 2019.**

Target Participants

Mental health professionals working with clients with common mental health disorders

Medium of Teaching

Cantonese supplemented with English (with English handouts)

Accreditation

CME/CNE/CPD/CE(HKPS) accreditation in application

Certificate

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

**Important notes:

Please note that this two-day training workshop provides basic foundational concepts of low-intensity cognitive behavioural therapy (LI-CBT), which offers a good opportunity for participants to see whether they wish to pursue this therapy further. This workshop **does not** constitute any formal certification in LI-CBT.



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Course Content

Day 1 - 23 May 2025 (Friday)

Day 1 - AM

A brief introduction to patient-centered assessment for depression and anxiety

Day 1 - PM

Low-intensity cognitive behavioural intervention for mild depression: Behavioural activation

Day 2 - 24 May 2025 (Saturday)

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

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About Prof. Suzanne SO



Prof. Suzanne So Ho-wai (蘇可蔚教授) is a Professor at the Department of Psychology, The Chinese University of Hong Kong (CUHK). Prof. So obtained her BA in Experimental Psychology at the University of Oxford, MSSc in Clinical Psychology at CUHK, and PhD in Psychology at King's College London. Before joining the university, she served as a clinical psychologist at Hospital Authority, specialising in early psychosis.

Prof. 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 provides clinical supervision for therapists. She is the recipient of the 2016 CUHK Young Researcher Award, the 2016 University Education Award, and the 2017 UGC Teaching Award.

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