

Cognitive Behaviour Therapy

One Year Training for Professionals



怡康全人發展中心
Centre for Holistic Health

This package will provide in-depth and practical training in cognitive-behaviour therapy for professionals who are engaged in providing counselling for Chinese clients with psychological issues.

Trainers:

Qualified CBT trainer

Ada Fung Yin Poon , social worker

Office: Level 1, Whitehorse Community Resource Centre, 79 Mahoneys Road, Forest Hill 3131

Tel: 03 8806 7532 / 0401 718 043

Email: admin@chh.org.au

Website: www.chh.org.au

Part 1 : Self - Development Laboratory

Trainees will form into one group (maximum 8 persons) and led by experienced CBT therapist. In the group, trainees will experience, first-hand, the process of change using cognitive-behaviour therapy techniques.

Part 2 : Skill Laboratory

Trainees will be taught the different CBT techniques in working with people with psychological issues. They will have plenty of opportunity to role-play and practice the various techniques in and outside of the classes

Part 3 : Group Supervision

Trainees will go through 10 group supervision sessions, 3-hours per session. During the session, group facilitators will help trainees to consolidate their CBT techniques and skills. All trainees must have direct access to clients and must rotate to present their cases in supervision.

Schedule

Part 1	Part 2	Part 3
14 hrs workshop 5/8, 7/8 (6:30pm - 9:30pm) 8/8 (9:00am - 5:00pm)	22 hrs workshop 14/8, 21/8 (6:30pm - 9:30pm) 15/8, 22/8 (9:00am - 5:00pm)	10 x 3-hr group session (on a monthly basis) To be decided with trainees

Selection Criteria

The professional must be:

- (1) Degree holder,
- (2) with qualifications in health care, social work, psychology, counselling and others,
- (3) currently providing support and/or counseling for people with psychological issues,
- (4) at least one year post-qualification experience, and
- (5) some basic knowledge of cognitive-behaviour therapy

Qualification to Be Obtained:

Equivalent to Level I training provided by Institute of Cognitive Therapy (Hong Kong, www.icthk.org.hk). However, trainees must complete the whole course and fulfil at least 80% attendance.

Fee Charging:

Part 1: \$500 Part 2: \$700 Part 3: \$1,000 Parts 1+2+3 : \$2,000 (can be paid by four instalments)

Language: English and Chinese

Quota:

8 people (minimum 6 people)

Registration close:

31st July 2015

Enquiries:

Please contact: Ms. Ada Poon at adapoonfy@gmail.com / 0497 700 485

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Registration Form

Name: _____	Gender : M / F
Contact number : _____	Email: _____
Address: _____	
Education Background: _____ _____	
Employment status: Full-time / Part-time / Self-employed / unemployment	
Role and job nature in your workplace over the last 5 years: _____ _____ _____ _____ _____	
Name of your current employer : _____	

Return this form by closing date (31/7/2015) to:

**Centre for Holistic Health
Level 1, Whitehorse Community Resource Centre,
79 Mahoneys Road, Forest Hill 3131
or
email to : admin@chh.org.au**