

# 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:

Prof. Daniel Wong , clinical psychologist

Ada Poon , social worker

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

Tel: 03 8806 7532 / 0401 718 043

Website: [www.chh.org.au](http://www.chh.org.au)

## Program Contents

### 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   |
|--|--|--|
| 18 hrs workshop<br>14/12, 17/12 (9pm - 5pm)<br>19/12 (6:00pm - 9:00pm) | 18 hrs workshop<br>21/12, 28/12 (9:00pm - 5:00pm)<br>30/12 (6:00pm - 9:00pm) | 10 x 3-hr group session<br>(on a monthly basis)<br>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.ictkhk.org.hk](http://www.ictkhk.org.hk)). However, trainees must complete the whole course and fulfil at least 80% attendance.

### Fee Charging:

Part 1: \$600 Part 2: \$600 Part 3: \$1000

Discount fee for joining all 3 parts AUD\$2,000 dollars (can be paid by four instalments)

### Quota:

8 people (minimum 6 people)

### Enquiries:

Please contact: Ms. Ada Poon at [adapoonfy@gmail.com](mailto:adapoonfy@gmail.com)

**Cognitive Behavior Training  
One Year Training for Professionals**

Registration Form

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

**Return this form by the registration closing date 30/11/2016) to:**

**Centre for Holistic Health  
Level 1, Whitehorse Community Resource Centre,  
79 Mahoneys Road, Forest Hill 3131**

or

email to : [admin@chh.org.au](mailto:admin@chh.org.au)