



4-day Workshop of Cognitive Therapy **For People with Pain**

What is Cognitive Behavior Therapy?

- It was developed by Dr Aaron Beck, MD in 1960s.
- CBT is a well-established, systematic and evidence-based psychotherapy for both clinical and non-clinical uses.
- The techniques aim at alleviating psychological distress by restructuring dysfunctional thoughts – to bring enduring emotional and behavioural change.

Course objectives: To train participants in the basic concepts of CBT and its application in pain management.

Target participants: doctors, nurses and allied health professionals

Date: 8, 15, 29 Feb & 7 Mar 2020 (Saturdays)

Time: 09:00 – 17:00 (28 Contact hours)

Venue: Education Room, 6/F, Block T, Queen Elizabeth Hospital

Organizers: Department of Anaesthesiology & OT Services, QEH & Hong Kong Pain Society

Speaker: Ms. Annie Yip, Fellow of Academy of Cognitive Therapy, USA

<u>Date</u>	<u>Content</u>
8 Feb 2020	Introduction to the training schedule <ul style="list-style-type: none"> ◆ Principles and effectiveness of CT ◆ Therapeutic communication and relationship ◆ Cognitive model & case conceptualization ◆ Cognitive model of depression
15 Feb 2020	◆ Cognitive model of health anxiety and generalized anxiety disorders
29 Feb 2020	◆ Cognitive model of Pain <ul style="list-style-type: none"> ◆ Practical sessions of CBT (from session 1 to 2)
7 Mar 2020	◆ Practical sessions of CBT (from session 3 to 4)

Course fee: \$2,500 (regular price)
 \$2,000 (Hong Kong Pain Society Members and HA staff - Sponsored by HKPS)

Capacity 30
 (CNE, CME, CPD are pending)

Details and Registration Please fill in the [registration form](#) and mail a cheque payable to:
“The Hong Kong Pain Society Limited”

Certificate for participants having at least 80% of workshop attendance

For enquiries, please contact Ms. Fok at 3506 7595 or

email to fyy220@ha.org.hk or <http://www.hkpainsociety.org/>

Enrollment deadline: 6 Feb 2020