

Cognitive Behavioral Therapy Training Leading To Accreditation

(Academy of Cognitive and Behavioral Therapies USA)

(10-day intensive training program)

Introduction

Cognitive therapy (CT/CBT) has been a well-known evidence-based psychotherapy for various mental health problems such as mood disorders, substance abuse, psychotic disorders across the world since 1970s. The founder, Dr. Aaron Beck initially applied this concept to people with depression, particularly to those who had suicidal ideas. The approach has obtained encouraging results in massive academic studies on both healthy and unhealthy populations with different mental health conditions over the years. Recently, both NICE (UK) and APA (USA) have recommended CT/CBT, as an effective neuroscience approach, to the clinical guidelines that are widely adopted by mental health professionals in clinical practice.

Benefits to frontline mental health care professionals and the service delivery

Frontline mental health care professionals are the key people to handle clients' mood and behavioral problems in different service settings daily. Perseveration is always a great difficulty for people with mental health problems to make a functional recovery. CT/CBT is an effective tool to alleviate such perseveration to increase the level of recovery and resilience as well to facilitate independence of clients in response to distress in future. As such, wide use of CT/CBT in clinical/service areas would be able to enhance mental health care professionals' job satisfaction, competency and efficacy, in addition to uplift the standard of service delivery.

Speaker

Annie Yip RMN

Diplomate, Beck Institute of Cognitive Therapy and Research, USA

Fellow, Academy of Cognitive and Behavioral Therapies, USA

International Trainer Consultant, Academy of Cognitive and Behavioral Therapies (ACBT), USA

Content and Schedule

Aims:

1. To introduce the developmental milestone of cognitive therapy
2. To brief the pathways to accreditation of cognitive therapy (Academy of Cognitive and Behavioral Therapies USA)
3. To share the evidence base of cognitive therapy
4. To facilitate the concepts of cognitive therapy applied to various mental illnesses, such as mood disorders, anxiety disorders, psychotic disorders, personality disorders etc.
5. To learn practical skills of cognitive therapy and to apply to various mental illnesses
6. To enable effective skills through regular case supervision
7. To facilitate the accreditation as appropriate

Mode of teaching

Face-to-face / online mode

Lecture; demonstration; small group discussion; return demonstration; case discussion.

Number of full-day activity

10 days

Qualification

E-certificate of completion will be issued to those participants who will complete 80% of attendance by *Institute of Mindfulness and Cognitive Therapy (IMCT)*

Registration and payment

HK\$ 20,000 paid to A/C: 128-836-0-709157-3 (Fubon Bank)

Deadline: 19 December 2025

Valid Registration must be accompanied by payment, a copy of the receipt and a registration form (Please find the attached).

Contact person

Ms. Annie Yip, email address: imcthk@hotmail.com; WhatsApp: 6771 5611

Training date & time

Time: 9:30 am to 4:30 pm (including one hour lunch)

Day	Content	CBT skills related information
Day 1 (27 Feb 26) Friday (Online mode)	Introduction to the training schedule 1. The history of cognitive therapy 2. The pathways to accreditation of cognitive therapy (Academy of Cognitive and Behavioral Therapies USA) 3. The evidence base of cognitive therapy 4. Principles and effectiveness of CT 5. Therapeutic communication and relationship 6. Cognitive model & case conceptualization 7. Cognitive model of depression	Worksheet: W1. Cognitive model W2. Elicit automatic thought W3. Emotion status W4. Cognitive conceptualization W5. Presenting problems W6. Therapy goals W7. Dysfunctional thoughts record W8. Evaluation of ATs W9. Thoughts distortion W10. Daily activities schedule Assessment: 1. Beck Depression Inventory (BDI) 2. Beck Anxiety Inventory (BAI) 3. BDI & BAI rating scale

		<p>Record: R1. BDI Chart R2. BAI Chart R3. Initial assessment report and treatment plan</p> <p>Guidelines: 1. Case formulation</p>
<p>Day 2 (28 Feb 26) Saturday (Online mode)</p>	<p>Cognitive model of anxiety disorders</p>	<p>Worksheet: W11: Anxiety management W12: Anxiety monitoring sheet W13: Fear hierarchy W14: Your imagery exposure record W15: My achievements W16: Cause and effect W17: Goals setting chart W18: Problems solving W19: Pros and cons</p> <p>Information for clients: F1. The uncertainty cycle F2. How to become a worrier F3. Where your fear comes from and why it persists</p>
<p>Day 3 (6 March 26) Friday (Online mode)</p>	<p>Cognitive model of bipolar disorders Cognitive model of personality disorders Cognitive model of OCD</p>	<p>Information for clients: F5. Early signs and symptoms of bipolar affective disorders (BAD) F6. Manic phase</p>
<p>Day 4 (7 March 26) Saturday (Online mode)</p>	<p>Cognitive model of psychosis Cognitive model of anger Cognitive model of substance abuse</p>	<p>Worksheet: W20. Anger management</p>
<p>Day 5 (8 March 26) Friday (Online mode)</p>	<p>Competence of a cognitive therapist Structured approach of cognitive therapy Management of challenging behaviors Ethical concerns</p>	<p>Worksheet: W21. Preparation for today's session W22. Core belief evaluation W23. Functional core beliefs</p>

	Briefing on skills practice	<p>W24. Functional intermediate beliefs W25. Coping cards W26. Failure/success continuum W27. Achievement/pleasure scale W28. Benefits to decrease the CBT sessions.</p> <p>Information for clients: F7. Self-help cognitive therapy</p> <p>Guidelines: 2. Cognitive Therapy Rating Scale (CTRS)</p> <p>Record: R4. Therapy notes</p>
Day 6 (27 March 2026) Friday (face-to-face)	Case formulation and CT for people with depression	Initial interview; session 1 to 3
Day 7 (13 April 2026) Monday (face-to-face)	Case formulation and CT for people with depression	Session 4 to relapse prevention / termination
Day 8 (14 April 2026) Tuesday (face-to-face)	Case formulation and CT for people with anxiety disorders	Initial interview; session 1 to 3
Day 9 (24 April 2026) Friday (face-to-face)	Case formulation and CT for people with anxiety disorders	Session 4 to relapse prevention / termination; exposure exercises
Day 10 (25 April 2026) Saturday (face-to-face)	<ul style="list-style-type: none"> ➤ Cognitive Therapy Scale (CTRS) ➤ Briefing on ACBT certification. ➤ Wrap up the training content ➤ Briefing on one-year case supervision and coaching ➤ Arrangement of free individual case supervision for each participant with regard to accreditation ➤ Q&A 	



Institute of Mindfulness and Cognitive Therapy Limited
Registration And Payment

Course: Cognitive Behavioral Therapy Training Leading To Accreditation **Code:** IMCT2602

Applicant: (English) _____ (Chinese) _____

Age: _____ **Gender:** _____ **Profession:** _____

Contact No.: _____ **Email:** _____

Correspondence Address: _____

Signature: _____

Date: _____

Payment Details:

1. Full payment **HKD 20,000**
2. Payment shall be made on or before the deadline.
3. Bank details: Fubon Bank account 128-836-0709157-3.
4. Available payment options:
 - bank in cheque payable to “Institute of Mindfulness and Cognitive Therapy Limited”
 - bank in cash/bank transfer
5. A copy of the transfer/bank-in slip together with the registration form shall be sent to imcthk@hotmail.com