

## **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, and 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. This 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 uplifting 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 skill 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**

1. HK\$ 20,000 paid to HSBC bank account: 521-392217-838 (Institute of Mindfulness and Cognitive Therapy Limited) or
2. By PayMe

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Deadline: 31 October 2026

Valid Registration must be accompanied by payment, a copy of the receipt and a registration form.

**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 (11 Dec 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	Worksheet: W1. Cognitive model W2. Elicit automatic thought W3. Emotion status W4. Cognitive conceptualization W5. Presenting problems W6. Therapy goals W7. Dysfunctional thoughts record

	<p>4. Principles and effectiveness of CT</p> <p>5. Therapeutic communication and relationships</p> <p>6. Cognitive model &amp; case conceptualization</p> <p>7. Cognitive model of depression</p>	<p>W8. Evaluation of ATs</p> <p>W9. Thoughts distortion</p> <p>W10. Daily activities schedule</p> <p>Assessment:</p> <p>1. Beck Depression Inventory (BDI)</p> <p>2. Beck Anxiety Inventory (BAI)</p> <p>3. BDI &amp; BAI rating scale</p> <p>Record:</p> <p>R1. BDI Chart</p> <p>R2. BAI Chart</p> <p>R3. Initial assessment report and treatment plan</p> <p>Guidelines:</p> <p>1. Case formulation</p>
<p>Day 2 (12 Dec 26) Saturday (Online mode)</p>	<p>Cognitive model of anxiety disorders</p>	<p>Worksheet:</p> <p>W11: Anxiety management</p> <p>W12: Anxiety monitoring sheet</p> <p>W13: Fear hierarchy</p> <p>W14: Your imagery exposure record</p> <p>W15: My achievements</p> <p>W16: Cause and effect</p> <p>W17: Goals setting chart</p> <p>W18: Problems solving</p> <p>W19: Pros and cons</p> <p>Information for clients:</p> <p>F1. The uncertainty cycle</p> <p>F2. How to become a worrier</p> <p>F3. Where your fear comes from and why it persists</p>
<p>Day 3 (18 Dec 26) Friday (Online mode)</p>	<p>Cognitive model of bipolar disorders</p> <p>Cognitive model of personality disorders</p> <p>Cognitive model of OCD</p>	<p>Information for clients:</p> <p>F5. Early signs and symptoms of bipolar affective disorders (BAD)</p> <p>F6. Manic phase</p>
<p>Day 4 (19 Dec 26) Saturday (Online mode)</p>	<p>Cognitive model of psychosis</p> <p>Cognitive model of anger</p> <p>Cognitive model of substance abuse</p>	<p>Worksheet:</p> <p>W20. Anger management</p>

<p>Day 5 (29 Dec 26) Tuesday (Online mode)</p>	<p>Competence of a cognitive therapist Structured approach of cognitive therapy Management of challenging behaviors Ethical concerns Briefing on skills practice</p>	<p>Worksheet: W21. Preparation for today's session W22. Core belief evaluation W23. Functional core beliefs 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>
<p>Day 6 (8 Jan 2027) Friday (face-to-face)</p>	<p>Case formulation and CT for people with depression</p>	<p>Initial interview; session 1 to 3</p>
<p>Day 7 (15 Jan 2027) Friday (face-to-face)</p>	<p>Case formulation and CT for people with depression</p>	<p>Session 4 to relapse prevention / termination</p>
<p>Day 8 (16 Jan 2027) Saturday (face-to-face)</p>	<p>Case formulation and CT for people with anxiety disorders</p>	<p>Initial interview; session 1 to 3</p>
<p>Day 9 (25 Jan 2027) Monday (face-to-face)</p>	<p>Case formulation and CT for people with anxiety disorders</p>	<p>Session 4 to relapse prevention / termination; exposure exercises</p>
<p>Day 10 (26 Jan 2027) Tuesday (face-to-face)</p>	<ul style="list-style-type: none"> <li>➤ Cognitive Therapy Scale (CTRS)</li> <li>➤ Briefing on ACBT certification.</li> <li>➤ Wrap up the training content, Q&amp;A</li> <li>➤ <b>Briefing on one-year case supervision and coaching</b></li> <li>➤ Arrangement of free individual case supervision for each participant with regard to accreditation</li> </ul>	



**Institute of Mindfulness and Cognitive Therapy Limited**

**Registration Form and Payment**

**Course:** Cognitive Behavioral Therapy Training Leading to Accreditation **Code:** IMCT2612

**Applicant: (English)** \_\_\_\_\_ **(Chinese)** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Occupation:** \_\_\_\_\_

**Mobile phone 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: HSBC bank account: 521-392217-838 (Institute of Mindfulness and Cognitive Therapy Limited) or
4. By PayMe

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5. Available payment options:
  - bank in cheque payable to “Institute of Mindfulness and Cognitive Therapy Limited”
  - bank in cash/bank transfer
6. A copy of the transfer/bank-in slip together with the registration form shall be sent to [imcthk@hotmail.com](mailto:imcthk@hotmail.com)