



# Certificate in Foundation Training in Cognitive Behavioral Therapy (Level I)

Module 2 to 4 (Aug 2018 to May 2019)

## Module 2 *Experiential Learning Group*

- ◆ 8 sessions, 3 hours per week, provide participants with first hand experience of cognitive behavioral therapy

	Group A	Group B
<b>Date :</b> <b>Year 2018</b>	8/8, 15/8, 22/8, 29/8, 5/9, 12/9, 26/9, 3/10 (every Wednesday, except 19/9)	1/9, 8/9, 15/9, 29/9, 6/10, 13/10, 20/10, 27/10 (every Saturday, except 22/9)
<b>Time :</b>	7-10p.m.	2:30-5:30p.m.

## Module 3 *Skills Laboratory*

- ◆ 3 full days skills training, small group practice, coached by Professor Daniel Wong.
- ◆ To learn how to use different cognitive behavioral therapy techniques and tools in providing counseling service.

**Date:** 10/11/18 (Sat), 17/11/18 (Sat), 24/11/18 (Sat)

**Time:** 10a.m. – 6p.m.

## Module 4 *Clinical Supervision*

- ◆ 15 hours of individual supervision will be offered by experienced CBT practitioners to each trainee on case work, group work or workshop within 6 months.
- ◆ 6 times 3 hourly group consultation, provided by Professor Daniel Wong.

**Duration:** December 2018 to May 2019

### Trainers

**Professor Daniel Fu Keung Wong (Board Chairman, Certified Cognitive Therapist)**

**Ms. Winnie Lui (Clinical Supervisor, Institute of Cognitive Therapy)**



認知治療學會  
Institute of Cognitive Therapy

# Certificate in Foundation Training in Cognitive Behavioral Therapy (Level I)

Module 2 to 4 (Aug 2018 to May 2019)

## *Target Participants*

- Human service professionals: nurse, occupational therapist, psychologist, teacher, counselor, social worker, psychiatrist, physiotherapist.
- Participants are required to hold the following qualifications:
  1. a bachelor degree, and
  2. completion of the '3-DAY FOUNDATION TRAINING WORKSHOP IN CBT offered by Institute of Cognitive Therapy (ICT), Centre for Cognitive Behavioral Therapy (CCBT), Centre of Cognitive-Behavioral Therapy Education and Training for Chinese People; or an equivalent qualification from comparable institutions.

## *Admission Quota*

8-10 persons per group, maximum 2 groups

## *Course fee*

HKD19,500 (To be paid upon acceptance)

## *Venue*

All programs will be held at ICT

## *Application procedures*

1. Complete the application form and provide all relevant supporting documents by post or fax.
2. Please show your preference of group A or B in the application form. Final decision will be arranged by ICT with reference to all candidates' choices.
3. Interview is required.
4. **The closing day of application is 10 July 2018.**

### **Recommended Reading:**

Beck, J.S. (2011). New York: Guilford  
Cognitive Behavior Therapy:  
Basics and Beyond (2nd edition)

**Tel:** (852)2868 3820  
**Fax:** (852)2868 3996  
**Email:** [icthk.info@gmail.com](mailto:icthk.info@gmail.com)  
**Website:** [www.icthk.org](http://www.icthk.org)  
**Address:** 19/F, Shanghai Centre  
No.473-475, Shanghai Street  
Mong Kok, KLN

**Certificate in Foundation Training in CBT (Level I)**  
**(Aug 2018 to May 2019)**



**1. Personal Information**

Name in English: Mr. /Ms. \_\_\_\_\_ Name in Chinese: 先生/ 女士 \_\_\_\_\_

Contact No.: (Office) \_\_\_\_\_ Contact No.: (Mobile) \_\_\_\_\_

Email : \_\_\_\_\_ Fax No.: \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

Please ✓ the box if you would like to receive our courses information by email.

**2. Academic Background**

From (mm/yyyy)	To (mm/yyyy)	Name of College / University	Program of Study

**3. Professional Membership (If any)**

Title	Institute / Board

Please ✓ the box if you are a registered social worker.

**4. Work**

Working Organization: \_\_\_\_\_

Position: \_\_\_\_\_

Years of Work: \_\_\_\_\_

Service Nature:

- |   |  |                                  |
|---|--|----------------------------------|
| <input type="checkbox"/> Children & Family    | <input type="checkbox"/> Clinical Psychology | <input type="checkbox"/> Medical |
| <input type="checkbox"/> Rehabilitation       | <input type="checkbox"/> Elderly             | <input type="checkbox"/> Youth   |
| <input type="checkbox"/> Employee Development | <input type="checkbox"/> Others _____        |                                  |

**Training in Cognitive Behavioral Therapy:**

- Have completed ‘3-day Workshop in Foundation training in CBT’ by our Institute on \_\_\_\_\_ (Date)
- Have received training from other institute:

Program title: \_\_\_\_\_

Name of the Institute: \_\_\_\_\_

Date: \_\_\_\_\_

**Preference of Group A or B in “Certificate in Foundation Training in CBT (Level I)”:**

Please refer to the date and time of Module 2 in the pamphlet and show your preference (1<sup>st</sup> and 2<sup>nd</sup>) below.

- Group A
- Group B

Final decision will be arranged by ICT with reference to all candidates’ choices after shorted-listed candidates are confirmed.

- 
1. An interview is required. For candidate who did not complete the ‘3-day Foundation Training Workshop in CBT’ offered by our Institute, please provide document(s) to support your claim.
  2. The program fee for July 2018 intake is set at **HKD19, 500**. Short-listed candidates will be notified by email of the payment procedures.
  3. The program fee is non-refundable except that the program is cancelled by our Institute.
  4. This program is complied with Our Policy on the arrangement of Typhoon and Rainstorm Signal.  
(Please refer to our Website at [http://www.icthk.org/tc/download/files/adverse\\_weather\\_arrangement\\_tc.pdf](http://www.icthk.org/tc/download/files/adverse_weather_arrangement_tc.pdf))
  5. The personal data collected is strictly for this application only.

Declaration  I declare all personal data and information given in this application form are true and correct.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_