

2010 Joint World Conference on Social Work and Social Development: The Agenda
Pre- and Post- Conference Skills Training Workshop –

**Indigenization of cognitive therapy in working with
Chinese clients: Sharing of and reflecting on
our clinical experience**

Time: 9:30 – 12:30
Date: 9 June, 2010 (Wednesday)
Fee: US\$50 / HK\$400
Venue: Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong
Trainer: Dr Daniel WONG

Description:

Beck's cognitive therapy (CT) is widely accepted and practiced in many countries among people of diverse cultural backgrounds. However, there is a paucity of documentation about the effectiveness and practice of CT for Chinese people. Our team at The Centre of Cognitive Behavioural Therapy Education and Training for Chinese People of The Department of Social Work and Social Administration at The University of Hong Kong has been actively involved in indigenizing CT for Chinese people, through the provision of individual and group counseling and workshop for clients suffering from depression, anxiety and other mental health issues. In this workshop, our team will share with the participants our clinical experience in using CT in working with Chinese people, highlighting some of the cultural issues and skills that we have used in the therapeutic process. We shall also introduce to the participants the various CBT worksheets and exercises that we have developed. We shall demonstrate how these materials can be used to facilitate cognitive and behavioural changes in our clients.

Trainer:

Dr. Daniel Fu Keung Wong and colleagues of the Centre of Cognitive Behavioural Therapy Education and Training for Chinese People

Brief Bio:

Daniel Fu Keung Wong is Associate Professor of Department of Social Work and Social Administration, The University of Hong Kong. He is a qualified cognitive therapist and engages in practice research in experimenting and indigenizing different clinical approaches in working with Chinese people with mental health concerns. Dr. Wong is the founder of the Centre for Cognitive-Behavioral Therapy (CBT) Education and Training for Chinese People of The University of Hong Kong. This centre provides training on CBT for professionals who are interested in developing clinical skills in CBT in working with people with mental health problems. Dr. Wong has received numerous awards such as The Fulbright Fellowship and The Universitas 21 Fellowship. He has also written over 50 refereed articles and 6 books. Four of these books are written in Chinese concerning the application of CBT for Chinese people with depression and anxiety.