Summary of the workshop

This workshop will briefly consider the clinically relevant aspects of the incidence and nature of social anxiety before going on to look at Clark & Wells’ (1995) cognitive model of social phobia. The majority of the workshop will focus on the cognitive therapy protocol arising from this model (Clark et al., 2003; 2006). The workshop will be highly interactive and practical. It will integrate experiential exercises, role-play and video demonstration to enable participants to learn how to:

- Use the cognitive model of social phobia (Clark & Wells, 1995) to collaboratively construct formulations for patients with social phobia
- Identify a range of therapeutic interventions that can be used in cognitive therapy for social phobia
- Plan effective behavioural experiments for use in cognitive therapy for social phobia
- Learn to use techniques specific to the treatment of social phobia such as carrying out a dropping safety-behaviours and self-focus intervention and using video feedback to correct distorted self-impressions in social phobia
- Widen their repertoire of cognitive and behavioural methods to use in the treatment of social phobia

Emphasis will be placed on implementing the treatment in routine clinical practice and participants will be encouraged to discuss the difficulties they have experienced in implementing such treatment strategies in social phobia. The workshop will conclude with a brief review of the evidence base for the use of CBT in the treatment of social phobia. The overall aim of the workshop is to increase participants’ skill and confidence in carrying out cognitive therapy for social phobia.

The workshop is aimed at an intermediate level. It is aimed at participants with knowledge of basic cognitive therapy techniques, but specialist knowledge of social phobia is not necessary.

References


Cognitive Therapy for Social Phobia
Implementing the protocol and problem solving difficulties

Speaker
Dr Freda McManus
Consultant Clinical Psychologist
Oxford Cognitive Therapy Centre
Clinical Research Fellow
Department of Psychiatry University of Oxford

Details
Date 12 May 2013 (Sun)
Time 9:00 a.m. - 5:00 p.m.
Venue Lecture Theatre 2, G/F., Yasumoto International Academic Park, The Chinese University of Hong Kong, Shatin
Registration fee DCP member: $200 / Non-DCP member working as CP in Hospital Authority: $400 Full-time CP trainee / Program staff of CUHK or HKU: Free of charge
CE CE Pending
Enrollment deadline 5 May 2013 (Sun)

Biography of Speaker
Dr Freda McManus is a Consultant Clinical Psychologist. She is currently the Director of the University of Oxford’s Postgraduate (Masters level) Diploma in Cognitive Therapy, Acting Director of the Oxford Cognitive Therapy Centre, and a Clinical Research Fellow in the University of Oxford’s Department of Psychiatry. She has a range of experience in developing and evaluating CBT interventions for anxiety disorders as part of Professors David Clark and Anke Ehlers’ research team in Oxford and at the Centre for Anxiety Disorders and Trauma, at the Institute of Psychiatry, Kings College, London. She has recently been awarded grants to carry out experimental studies and randomised controlled trials evaluating cognitive behavioural and MBCT interventions for low self-esteem and for severe health anxiety. She has published widely in both clinical and academic text, in the areas of CBT for anxiety disorders, and on training in CBT.
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