



**The 23rd Malaysian Conference of Psychological  
Medicine (MCPM) &  
1st International Meeting of the World  
Psychiatric Association Psychotherapy  
Section (WPA)**



**Date: 11 - 13 July 2019 Venue: Hilton, Kuala Lumpur, Malaysia**

Theme (MCPM): Cutting Edge Evidence-Based Treatments in Psychiatry

Theme (WPA): Evidence-Based Psychotherapies

## **Principles of Evidence-Based CBT:**

### **A boot camp for Beginners**

#### **Workshop**

Reham Aly (EGY), Afzal Javed (GBR), Roger Ng (HKG) &

Nutturn Pityaratstian (THA)

*"It's not the power of positive thinking," Beck says. "It's the power of realistic thinking. People find that when they think more realistically, they usually feel better."*

Almost everyone has dark thoughts when his or her mood is bad. With depression & anxiety, though, the thoughts can be extremely negative. They can also take over and distort your view of reality. Cognitive therapy can be an effective way to defuse those thoughts.

When used for psychological disorders, cognitive therapy provides a mental tool kit that can be used to challenge negative thoughts. Over the long term, cognitive therapy can change the way a depressed person sees the world.

During regular cognitive therapy sessions, a trained therapist teaches the tools of cognitive therapy. Then between sessions, the patient often does homework. That homework helps the person learn how to apply the tools to solve specific life problems.

*"They make small changes in their thinking and behavior every day," Beck says. "Then over time, these small changes lead to lasting improvement in mood and outlook."*

Several studies have shown that cognitive therapy works at least as well as antidepressants in helping people with mild to moderate severity psychological disorders. Treatment with medication and/or psychotherapy can shorten depression's course and can help reduce symptoms such as fatigue and poor self-esteem that accompany those disorders.



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### **Learning Objectives**

On completion of this workshop attendees will be able to

- 1- Identify basic cognitive & behavioral theory.
- 2- Formulate a case based on the CBT Model.
- 3- Design a therapeutic program based on fundamentals and theory of CBT.

### **Workshop Schedule;**

<b>8:00 – 8:30</b>	<b>Registration</b>	
<b>Time</b>	<b>Topic</b>	<b>Facilitator</b>
8:30 – 9:30	<b>CBT theory &amp; historical background</b>	<b>Reham Aly (EGY) &amp; Roger Ng (HKG)</b>
9:30 -10:00	<b>Questions</b>	
<b>10:30 – 11:00</b>	<b>Coffee Break</b>	
11:00-12:00	<b>Cognitive Techniques</b>	<b>Reham Aly (EGY) &amp; Roger Ng (HKG)</b>
12:00 – 13:00	<b>Practice &amp; Role Play</b>	
<b>13:00 -14:00</b>	<b>Lunch</b>	
14:00 -14:45	<b>Behavior Theory &amp; Techniques</b>	<b>Reham Aly (EGY) &amp; Roger Ng (HKG)</b>
14:45 – 15:45	<b>Practice &amp; Role Play</b>	
<b>15:45 16; 00</b>	<b>Qs &amp; As</b> <b>Closing</b>	



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**About the facilitators:**

<b>Reham Aly (EGY)</b>	Dr. Reham Aly is a qualified consultant psychiatrist. Currently is Head of External Affairs Department at the Egyptian Medical Training Authority. Dr. Aly earned her M.B.B.Ch. from Cairo University 2009, Diploma of Psychiatric Practicing, Kings College 2004, M.SC. of Neuro-Psychiatry, Ain Shams University, Cairo 2006, Fellowship of the Arab Board of Psychiatry in 2008. In 2011, she was certified a diplomate of the Academy of Cognitive Behavioral Therapy (Beck's Institute). In 2011, she earned her MD. (PhD) Psychiatry degree. Her work in the field of CBT research in Egypt and the Arab world was pioneered especially in the field of cultural adaptations of CBT manual for different psychological disorders. On that same year; Dr. Aly founded the Egyptian Association of CBT ( <a href="http://www.EACBT.info">www.EACBT.info</a> ). Accordingly, Dr. Aly was assigned the President of the EACBT from then and up till date. She also founded and contribute to the Cognitive Behavior Therapy Clinical Diploma in collaboration with the Egyptian Medical Syndicate since 2013. The Clinical Diploma received her 5 <sup>th</sup> class of graduates by date. Dr. Aly worked at the head of training Department at the General Secretariat of Mental Health, Ministry of Health Egypt prior to joining the Egyptian Medical Training Authority.
<b>Roger Ng (HKG)</b>	Dr Roger MK Ng is the Department Head, Department of Psychiatry, Kowloon Hospital, Hong Kong, China. He is currently the President of Hong Kong College of Psychiatrists, and the Chair of the Central Coordinating Committee (Psychiatry), Hospital Authority of Hong Kong. At a regional and international level, he is the Secretary for Science, Asian Federation of Psychiatric Associations and Secretary for Education, World Psychiatric Association. On a clinical level, he received his master and doctorate degrees in University of Oxford, United



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	<p>Kingdom. He is also a certified cognitive therapist and supervisor/trainer of Academy of Cognitive Therapy (United States). He has conducted cognitive therapy workshops in different parts of the world and has published more than 70 peer reviewed papers on cognitive behavioural therapy. He is recently invited to be a member of the International Advisory Board of Beck Institute of Cognitive Therapy and Research (United States).</p>
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**References & Recommended Reading:**

- Mind Over Mood: Change How You Feel by Changing the Way You Think. Dennis Greenberger, & Christine Padesky.
- Greenberger and Padesky (1995) Mind over Mood
- Bennett-Levy, J. et al (2004) Oxford guide to behavioural experiments in Cognitive Therapy
- Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford.
- Beck, J. S. (2005). *Cognitive therapy for challenging problems: What to do when the basics don't work*. New York: Guilford.
- Corey, G. (2009). *Theory and practice of counseling and psychotherapy*. Belmont, CA: Thomson Brooks/Cole.
- Greenberger, D., & Padesky, C. A. (1995). *Mind over mood: A cognitive therapy treatment manual for clients*. New York: The Guilford Press.
- [www.beckinstitute.org/](http://www.beckinstitute.org/)