



CH028

Professional Certificate in Cognitive Behavioural Therapy for Anxiety Disorders 焦慮症認知行為治療專業證書



資歷架構
Qualifications
Framework

Level 4
Registration Number:
14/002726/L4
Valid From:
01/02/2014

This programme aims to provide students with basic knowledge in anxiety disorders, stress management, and specialised skills in counselling people with anxiety disorders.

Programme Objectives

Upon completion of the programme, participants should be able to:

- Apply the theories and concepts of stress, mental health and anxiety disorders in the practice of self help skills in stress management;
- Identify the needs of, and the resources available for, people suffering from anxiety disorders;
- Demonstrate the use of basic interviewing skills in counselling;
- Evaluate the use of cognitive behavioural therapy; and
- Practise specialised skills in cognitive behavioural therapy for treating anxiety disorders.

Programme Features

- For self management : stress management techniques will be introduced in the course.
- For enhancing professional skills : Specialized training in Cognitive Behavioural Therapy, a proven effective therapy in treating Anxiety and Depression.

Intakes per Year

March and June

Medium of Instruction

Lectures will be conducted in Cantonese supplemented with English terminology as appropriate. Course materials and assessment are in English.

Programme Leader

Mr. LAM Yin-tat Walter
BSc(Hons), MSocSc(HKU), RSW

Information Session

Date : 21 May 2014(Wed)

Time : 7:30pm

Venue: Rm K1104(Lecture Theatre), KHLC

Who Should Attend

This programme is suitable for social worker, nurse, teacher or other helping professions who need to work with people with Anxiety Disorders.

Professional Recognition

Recognition from professional bodies:

- 90 CNE points from the Hong Kong Nursing Council; and
- 90 continuing professional development points from the Hong Kong Social Workers (subject to approval) Registration Board.

Programme Structure and Fees

Course Code / Title	Lecture Hours	Exam Hours	Tuition Fee (HKD)	Commencement	
				Jun 2014	Oct 2014
PSYC3016EP Stress, Anxiety and Mental Health 壓力、焦慮與精神健康	30	0	\$10,200	11-Jun (Wed) 1900-2200	
PSYC4034EP Cognitive Behavioural Therapy for Anxiety Disorders 焦慮症認知行為治療	60	2			30-Oct (Thu) 1900-2200

Teaching Venue: Kwai Hing Learning Centre

Admission Requirements

Applicants are normally required to have :

- Level 2 in 5 HKDSE subjects (including English and Chinese); or
- Satisfactory completion of Yi Jin Diploma, or
- 5 passes in HKCEE (including English and Chinese at level 2 or grade E) or equivalent plus 1 year of relevant working experience, or
- Satisfactory completion of Yi Jin Certificate plus 1 year of relevant working experience, or
- Other acceptable equivalent qualifications (at QF level 3); or
- Mature applicants aged 21 or above with 3 years' relevant working experience may also be considered.