

## Problem Solving Therapy (PST) Workshop

By Dr CHEN, Shu lin, MD; PhD



### Co-organized by:



Hong Kong Psychogeriatric  
Association (HKPGA)



Department of  
Psychiatry,  
The Chinese University of  
Hong Kong (CUHK)

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Date:	December 16, 2011 (Friday)
Time:	9:30am - 5:30pm
Venue:	Lecture Theatre, The Alice Ho Miu Ling Nethersole Hospital (AHNH), NT
Fee:	Free of charge

Strong evidences back the **therapeutic efficacy of Problem Solving Therapy (PST) in the treatment of a depression in later life as it particularly addresses the executive dysfunctions commonly associated with the condition.** Depression executive dysfunction syndrome is associated with resistance towards conventional pharmacotherapy and PST has been shown to be a specific form of psychotherapy that effectively overcomes this treatment barrier in elderly. It has been also be demonstrated in a number of studies that it is of superior efficacy over other forms of psychotherapies in late life (e.g. Alexopoulos et al, 2003; Areán et al, 2010) and is comparable to antidepressants in its ability to prevent depression in elderly after cerebrovascular accidents (e.g. Robinson et al, 2008; Alexopoulos et al, 2003). Through its systematic processes PST generates a repertoire of effective, adaptive and enduring coping responses towards problematic situations that might otherwise be perceived as impasses in life. PST evolves from a cognitive behavioral model and the ability for effective problem solving has been verified to be both a mediator and moderator in the relationship between stressful life events and mental outcomes. This treatment could be conducted on group or individualized bases.

**The HKPGA and the Department of Psychiatry, CUHK has the pleasure of inviting you to join this full day PST workshop** led by Dr Shu lin CHEN who has had rich experience in delivering and teaching this form of psychotherapy both in Chinese and United States communities. Aside from oral presentations on its theories, attendees would be guided on the use of a Chinese manual for PST specifically designed for its protocol-driven delivery in their own areas of practice.

**This workshop is free-of-charge** and would be held at the Lecture Theatre of the Alice Ho Miu Ling Nethersole Hospital (AHNH), New Territories on **Dec 16, 2011 (Friday). Seats are limited (60 only)**; act now and register by completing the enclosed application form (which could also be downloaded at [www.hkpga.org](http://www.hkpga.org)) and send to Miss Annie Wong: [yuenlingwong@cuhk.edu.hk](mailto:yuenlingwong@cuhk.edu.hk) via email or by fax (2635 8950).

Don't miss the chance and see you then!

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### Register now (60 seats only)!

Title: Professor          Doctor          Mr.          Mrs.          Ms.          Miss

Name: (English) \_\_\_\_\_ (Chinese) \_\_\_\_\_

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

Mailing Address: \_\_\_\_\_

Phone: (Mobile) \_\_\_\_\_ (Office) \_\_\_\_\_ Fax No: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

HKPGA Member:      Yes          No

### Registration Procedures:

1. Please complete this registration form and EMAIL to Miss Annie Wong: [yuenlingwong@cuhk.edu.hk](mailto:yuenlingwong@cuhk.edu.hk) or send to us by fax (2635 8950)
2. Participants will be notified via e-mail on whether their registrations were successful. Please bring along your confirmation email on the date of workshop. You could also contact us at 2607-6025 to enquire on whether your registration was successful should you not receive a confirmation e-mail within 2 week before the workshop
3. Lecture notes (in pdf form only) and an electronic attendance certificate will be sent to the registered attendees by e-mail after the lecture.
4. Public parking spaces are usually available at the AHNH at a standard fee.
5. Lunch will not be provided.

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

### For Official Use only

Date of confirmation: \_\_\_\_\_ Handled By: \_\_\_\_\_