

# Hong Kong Psychogeriatric Association (HKPGA) Problem Solving Therapy (PST) Workshops on Nov 9 and 11-13, 2012

## Introduction

In view of the **highly favorable response** in the 2011 HKPGA Problem Solving Therapy (PST) Workshop and the fact that **numerable professional colleagues could not attend the workshop then because of its limited capacity**, the HKPGA is pleased to announce that Dr Shulin Chen would come again to Hong Kong together (and this time with Ms Grace Niu, another expert on formulation of PST program in Chinese elderly) to lead a **re-run of the 1-day basic course**, and for the first time and for a limited number of attendees, a **3-day advanced certificated course** for in-depth learning on this unique tool for treating depression in the elderly for your career development

PST is a specialized form of cognitive behavioral therapy and strong evidences back the therapeutic efficacy of this technique in the treatment of a wide range of physical, mental and behavioral disorders (Arean et al, 2008; Bell and D'Zurilla, 2009; Malouff, et al, 2006). In old age, the "depression executive dysfunction syndrome" afflicts a considerable number of depressed elderly patients is associated with resistance towards conventional pharmacotherapy; **PST has been shown to be a specific form of psychotherapy that effectively overcome this treatment barrier in elderly** (Alexopoulos, et al, 2008). 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; Arean 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).

**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.

## Apply now as again seats are limited!!

### Workshop details

#### 1. Speakers

1. **Dr Shulin CHEN**  
M.D., Ph.D., Certified Problem Solving Therapy (PST) Therapist. Department of Psychology, Zhejiang University, China
2. **Ms Grace NIU**  
M.S., Certified Problem Solving Therapy (PST) Trainer. School of Psychology, Palo Alto University, San Francisco, USA

#### 2. Program

- i. **Basic Course**  
An introduction to PST with emphasis on the scopes of application in older persons, its strengths and limitation, with case illustration. First held in 2011. Quota: 100 persons  
Date: Nov 9, 2012  
Time: 9:30am - 5:00pm
- ii. **Advanced Course**  
A 3-day Advanced Certified Course to provide in-depth knowledge of theoretical and practical aspects of PST through small group teaching; including but not limited to: designs of specific therapeutic programs, role-plays and other methods for attendees to apply this form of psychotherapy in an effective, organized manner. Attendees are expected to have attended the basic course or otherwise had a wealth of knowledge and experience in PST use.  
Quota: 30 persons  
Date: Nov 11-13, 2012  
Time: 9:30am - 5:00pm

3. **Target audience:** Professionals involved in (or those who are interested in) mental health cares

4. **Course venue (for both courses) :** The Boys' and Girls' Clubs Association (BGCA) of Hong Kong, 3 Lockhart Road, Wan Chai, HK

#### 5. Course fee:

- i. Basic Course: HK\$1,000 (HKPGA Life Members: HK\$800)
- ii. Advanced Course: HK\$4,000 (HKPGA Life Member: HK\$3,000)

Crossed cheque(s) should be made payable to "**Hong Kong Psychogeriatric Association Limited**" and please send the cheque(s) to **27/F, 1063 King's Road, Quarry Bay, Hong Kong with attention to Ms. Iris Poon**



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- I shall attend the Basic Course (Nov 9, 2012)  
 I shall attend the Advanced Course (Nov 11-13, 2012)

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

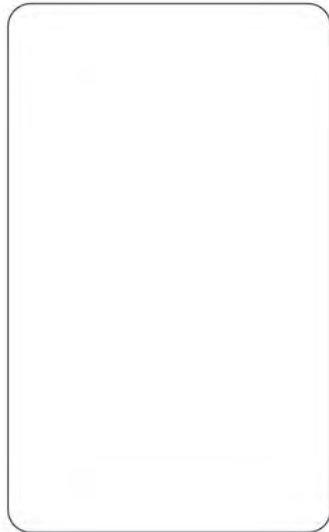
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R.S.V.P. by the reply slip or contacting  
Ms. Iris Poon at  
Tel: 2881 4236 or Fax: 2577 0274  
Please reply on or before Nov 2, 2012

REPLY FORM



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Supported by:



**FOR YOUR URGENT ATTENTION**



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**INVITATION**