

Workshop on Working with End-of-Life Patients and Family: Theory and Practice Integration of Cognitive Behavioral Therapy

End-of-life conditions often instill intense psychological distresses among the individual and his/her family. In the literature, people in end-of-life conditions are more at risk of serious mental health problems such as depression, anxieties, and increased risk of suicide. During this period, people holding different attitudes and beliefs about death and dying will approach their experiences differently, leading to functional or dysfunctional adaptations. Using a culturally attuned cognitive behaviour therapy (CBT) approach, this workshop provides a useful framework for Chinese practitioners to understand the cognitive-emotive-behavioural-physiological experiences associated with end-of-life conditions and to introduce practical CBT strategies for practitioners to facilitate an individual and his/her family to work through the experience and to resolve certain psychological impasses.

Upon the completion of the one-day workshop, the participants will learn: (1) to use the CBT framework to understand the experiences of the individual and his/her family in end-of-life situation, and (2) to begin to learn some practical CBT skills to work with the situation. In the morning, the workshop will focus on introducing the CBT framework and the strategies for facilitating changes among the individuals and their families. In the afternoon, it will be devoted to skills training, allowing the participants to learn and appreciate how some CBT strategies can be used in working with these individuals. Case presentations and role play will be included to facilitate skill learning in the participants.