

Change of longstanding distorted beliefs and dysfunctional behavioural strategies

Kenyan-Norwegian Conference on Cognitive Behavioural Therapy

Nairobi, Kenya Sunday April 11. – Monday April 12. 2010

Sunday April 11th

Moderator: Prof. Ingvard Wilhelmsen

0915-0930 Opening by Norwegian ambassador to Kenya.

0930-1030 Challenges and opportunities of psychiatry and psychotherapy in Kenya
Prof. Ndeti, Dept. of Psychiatry, Kenyatta National Hospital, Nairobi

1100-1200 CBT – basics and beyond
Psychologist, PhD Judith Beck, Beck Institute of Cognitive Therapy

1215-1300 Beck continues

1300-1400 LUNCH

1400-1445 Historical development of Cognitive Therapy
Professor Patrick Vogel, NTNU, Norway

1515-1600 Beck continues

Sunday evening at 0730 pm: Concert with Rhoda Ondeng Wilhelmsen at Lavington for Congress Participants and accompanying persons.

Monday April 12th

0900-1100 Cognitive Therapy for challenging problems
Judith Beck

1115-1200 Beck continues

1215-1300 New developments in Cognitive Therapy: Metacognitive Therapy
Vogel

1300-1400 LUNCH

1400-1445 Beck continues

1500-1600 Application of CBT in Kenya
MD, specialising in psychiatry Violet Okech, Dept. of Psychiatry, Kenyatta National Hospital