Low Intensity Cognitive Behavioural Therapy (LICBT) is an evidence-based intervention to address mild to moderate distress, or improve your psychological well-being. Our trained Psychological Well-being Officers (PWO) will guide you to learn different skill sets and practise self-help materials.

We are offering both individual sessions, as well as workshops in groups. You are invited to join our workshops to learn skills on worry and sleep management to improve your well-being.

For workshops in September, participants can opt to receive a brief phone follow-up (around 10 minutes) offered by our PWO to polish skills and understand more about their suitability for individual LICBT sessions.

Good Night, Sleep Tight

Feeling struggled to adjust your sleep according to course schedule? Having irregular bed time and wake time? Hoping to improve your energy level and focus?

All of us may have experienced sleeping difficulties at different levels, such as difficulty falling asleep, waking up too early, or disturbed sleep during midnight. Join our one-hour workshop to know more about skills for Sleep Management! You will be introduced to mechanisms and myths about sleep. Also, we will discuss various practical tips to modify your sleep-related habits to improve your sleep.

Date: 12 September 2023 (Tue) / 26 October 2023 (Thur)
Time: 1:00 pm – 2:00 pm
Venue: MB122 (12 Sep) / CYM302 (26 Oct)
Language: English
Class size: 40
Trainer: Ms. Joyce Li, Psychological Well-being Officer, CEDARS
Registration for the workshop: 12 Sep 2023 (Tue) / 26 Oct 2023 (Thu)

Master Your Worries

Anxiety and worries happen every day. Do you know how to worry adaptively, so it won’t disturb your study, relationships, or other important aspects of life?

The one-hour workshop will focus on the nature and common symptoms of anxiety. A skill set called Worry Time will be introduced, and you will learn how to analyse your worries and to limit your time on worrying. You will also be guided to use some self-help worksheets to understand your worry content and patterns for better self-understanding.

Date: 19 September 2023 (Tue) / 2 November 2023 (Thu)
Time: 1:00 pm – 2:00 pm
Venue: MB122 (19 Sept) / CYM302 (2 Nov)
Language: English
Class size: 40
Trainer: Ms. Joyce Li, Psychological Well-being Officer, CEDARS
Registration for the workshop: 19 Sep 2023 (Tue) / 2 Nov 2023 (Thu)