

Application of Integrative body-mind- spirit (IBMS) approach on promoting holistic well-being of cancer patients

Course Outline

Date	: 17 & 18 Aug 2020 (Mon & Tue) 2-Day workshop
Venue	: 2/F, The Hong Kong Jockey Club Building for Interdisciplinary Research, The University of Hong Kong, 5 Sassoon Road, Pokfulam, Hong Kong
Time	: 09:30-17:30
Trainers	: Professor Cecilia Chan, Dr. Celia Chan, Dr. YL Fung Department of Social Work and Social Administration, The University of Hong Kong
Target:	Healthcare, Social Work and Allied Health Professionals
No. of participants:	30 persons
Language	Cantonese supplemented by English materials
Format	Lecture, group exercise, qi gong practice, experiential learning, etc.
Fee	Free of charge
Certificate	Awarded by HKACS and HKU for full attendance

Course Learning Objectives

The workshop aims to enhance the knowledge of healthcare professionals on the psychosocial needs of cancer patients, develop a concrete perspective in applying IBMS approach to their own practice, and promote the physical and psychological well-being of cancer patients.

At the end of this workshop, participants will be better able to:

- Organize and give a didactic presentation the IBMS Model
- Experience the techniques in IBMS intervention
- Demonstrate the ability to adopt IBMS model into the service settings for cancer patients.
- Develop a perspective on ways to integrate IBMS into one’s own practice or institution.
- Recognize the ethical and practical consideration in the implementation of IBMS intervention

Specific Themes and Areas of Focus

- Seamless cultivation of personal equanimity through experiential learning.
- Mind-body techniques to the experience and expression of stress, pain, grief, and anxiety within ourselves and when working with patients.
- Examination of the language and methods used for guiding patients in the formal and informal methods of IBMS in various settings.
- Awareness of the psychosocial needs of cancer patients and the application of appropriate IBMS components into disease management and attitude transformation.
- Exploration of the ethical and practical principles and the domains of non-harming, compassion, and wisdom that underlie IBMS.