



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



香港防癌會 - 賽馬會「攜手同行」癌症家庭支援計劃 HKACS-Jockey Club “Walking Hand-in-Hand” Cancer Family Support Project

Capacity Building Workshop for Professionals Mindfulness Based Stress Reduction on promoting the mental and physical health of cancer patients

Course outline

Date	22, 23, 29, 30 Jan & 5, 6 Feb 2021 (Fri & Sat) 6 sessions
Time	2:00 - 5:30 pm
Trainer	Mr. Kenneth Y.K. Wong
Target	Healthcare, social work, and allied health professionals
Objective	Promoting healthcare professionals on experiencing mindfulness-based stress reduction to learn how to facilitate physical and emotional adjustment to cancer life through the cultivation and practice of mindfulness
Language	Cantonese supplemented by Chinese materials
Format	Zoom meeting
Fee	Free
Certificate	Awarded by HKACS for full attendance (only e-Cert will be provided)
Remarks	1. Learners to sign in at the beginning of the class each day to monitor attendance. 2. Participants should wear comfortable clothes and prepare a comfortable mat or yoga mat for practice.

Tentative outline

<p><u>Week 1</u> (22, 23 Jan)</p> <p>MBSR Mindfulness in Life</p>	<p>Mindfulness Preliminary Learning</p> <p>Based on previous study and research shows how MBSR affect the body and mind of cancer patients</p> <p>Body Scan I</p> <p>Mindfulness Eating</p> <p>Mindfulness Stretching</p> <p>Mindfulness Meditation - Watch the mystery of breathing</p> <p>Mindful Yoga – Standing Pose</p> <p>Mindful Walking</p> <p>9 Mindsets of Mindfulness</p> <p>Questions and Share</p>
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<p><u>Week 2</u> (29, 30 Jan)</p> <p>MBSR- The Tranquility and Mobility of Mindfulness</p>	<p>Mindful Meditation - Sitting Pose and preparation work Mindful Yoga - Lie Down Pose Body Scan and Deep Relaxation Poem sharing</p> <p>Mindful Walking I The Feeling of Mindfulness Mindful Stretching–Lie Down Pose Games and Fable Q&A and share</p>
<p><u>Week 3</u> (5, 6 Feb)</p> <p>Mindfulness and Art</p>	<p>Mindful Emotions and Thoughts Mindful Communication Songs: “5 Deep Holes” and “ 7-hearts” The way of how to keep doing mindfulness exercise at home Opened Mindfulness practice Q&A and share</p>

Trainer's Biography

黃耀光(Ken)

1. Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School - Certified MBSR Teacher ;
2. Oxford Mindfulness Centre – Mindfulness Based Cognitive Therapy, Certified Teacher and Mindfulness Based Cognitive Therapy in Life - Certified Teacher.
3. California Institute of Health – The Power of Awareness, Certified Teacher.

傳統與身心醫學正念禪修及古典瑜伽修習二十餘年，師隨班比達尊者、SvamiVeda Bharati，卡巴金教授等多位大師，自 1996 年起於香港講授四念處禪修、正念瑜伽及結合兩者的動靜禪修相關課程。

美國自然療法音訊治療師學會會員

美國自然療法（音訊）博士

社會科學（心理輔導）碩士

美國麻省大學醫學院正念中心(CFM)正念減壓（MBSR）合格導師

牛津大學醫學院正念中心正念認知療法（MBCT）在訓師資；

加州健康研究院（POA）覺知的力量 19 期導師

中國表達藝術治療常務理事

中印瑜伽峰會香港代表

香港正念家庭社工督導

香港正念教研中心創辦人/武漢啟心正念瑜伽培訓中心創辦人，於香港大學/香港理工大學從事研究，參與多個以正念對應帕金森症、癌症、抑鬱症、多動症、學習障礙的研究設計、教學培訓及經發表。

持續為香港/澳門政府機構、部隊、教育、商界、衛生醫療，社會福利界等作正念減壓培訓超過十年。

《靜觀-觀心、知心、療心》-香港心理學會出版，共同創作人及擔任正念歌曲作曲/編曲及主唱。

2006 開始於- 香港癌協，聖雅各延續教育中心，香港東區醫院協網，香港內觀智慧禪學會，城市綠洲正念瑜伽中心等教授 MBSR 全課程超過 50 班。個人及與其他導師指導之 3-4 天退修營十數次，並與各個機構指導全天或半天培訓數十次。

2010 年起為 香港警務處，香港大學家庭研究院，東區醫院聯網癌症服務中心，香港家庭福利會-家庭綠洲計劃 心晴行動 善寧會 明愛向晴軒，Maggie's 癌症服務中心等作「正念瑜伽減壓課程」及「正念哈達瑜伽」導師