

賽馬會「攜手同行」癌症患者支援計劃 Jockey Club Cancer Survivorship Care Project

Capacity Building Workshop for Social Workers, Nurses & Allied Healthcare Professionals on Rehabilitation and Survivorship Integrating Mindfulness into Clinical Practice

Course outline

Date	4 & 11 April 2022 (Mon) 2-day workshop
Time	9:30am - 5:00pm Morning session : 9:30 am-12:30 pm Afternoon session : 2:00 pm-5:00 pm
Trainer	Kenneth Y.K. Wong (黃耀光先生)
Target	Social workers, nurses, and allied health professionals
Objective	Mindfulness training leads to a better mood perception, lower stress perception, promote positive effect on healthcare service. It can be widely implemented by healthcare professionals, and improve their well-being and quality of care they provide. The course aims to help learners on experiencing and learning the techniques of Mindfulness and integrate the theories into counseling and clinical practice.
Language	Cantonese supplemented by Chinese materials
Format	Online platform-Lecture, exercises, small group sharing in Zoom
Number of participants	20 persons
Fee	Free (first-come, first-served basis)
Certificate	Awarded by HKACS for Full attendance (e-Cert Only)
CNE point	11 points
Remarks	1. Learners to sign in at morning and afternoon session 2. 15-minute break in the morning and afternoon session

Day 1

Tentative outline	
Time	Content
4 April Morning session 9:30-12:30am (15-minute break) Lunch break: 12:30pm Afternoon session 2:00-5:00pm (15-minute break)	<ul style="list-style-type: none">✧ The origin of mindfulness Characteristics✧ The characteristic of the two Mindfulness-Based Therapy – MBSR (Mindfulness-Based Stress Reduction) and MBCT (Mindfulness-based Cognitive Therapy)✧ How to Practice Mindfulness Meditation 1✧ How to Practice Mindfulness in Your Life 1✧ Exercise Mindfulness Techniques for Counselling 1

Day 2

Time	Content
11 April Morning session 9:30-12:30am (15-minute break) Lunch break: 12:30pm Afternoon session 2:00-5:00pm (15-minute break)	<ul style="list-style-type: none">✧ How to Practice Mindfulness Meditation 2✧ How to Practice Mindfulness in Your Life 2✧ Clinical application: Mindfulness-based Sound Healing-Singing Bowl, Mindful yoga-Lie Down Pose, EEG headband for stress reduction✧ Exercise Mindfulness Techniques for Counselling 2✧ Requirements for becoming a Mindfulness Therapist✧ The development direction of Mindfulness Therapy

Reminder for the participants

You will attain the best effects from the course if you attend all sessions on time which will enable you to be fully involved in the group and your own process.

Guidelines for attending the online course:

1. Please sign in with your Full name in English in Chat Room for our attendance record.
2. Please open your camera during the class.
3. All learners should need to complete the evaluation questionnaire at the end of the workshop.

What to prepare

- ✧ Prepare your space for the online workshop
- ✧ Please wear comfortable clothes
- ✧ Please bring a blanket or scarf to keep warm during practice
- ✧ Please prepare a yoga mat or seat cushion
- ✧ Please do not eat too full before the class

Trainer's Biography

Kenneth Y.K. Wong (黃耀光先生)

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。