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統籌機構
Coordinated by  香港防癌會
HONG KONG ANTI-CANCER SOCIETY
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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

Body Mind and Spirit Wellness program

Course Outline

Date	14 & 21 June 2022(Tue) 2-day workshop
Time	9:30am – 5:30pm Morning session : 9:30am-1:00pm Afternoon session : 2:00pm-5:30pm
Venue	Centre on Behavior Health, HKU 2/F, The Hong Kong Jockey Club Building for Interdisciplinary Research,5 Sassoon Road, Pokfulam
Trainer	Dr. Adrian H.Y. Wan Centre on Behavior Health, HKU
Target	Social workers, nurses, and allied health professionals
Objective	<ul style="list-style-type: none"> ➤ Understand the concept and importance of holistic wellness ➤ Develop personalized wellness-enhancing repertoire inspired by the evidence-based practice of Integrative body-mind-spirit healthcare practice, and compassion-based psychotherapy ➤ Cultivate self-compassion, and reignite passion at work
Language	Cantonese supplemented by English materials
Format	Face to face Lecture, experiential learning, exercises and group sharing
No. of participants	25 persons
Fee	Free (first-come, first-served basis)
Certificate	Awarded by HKACS for Full attendance (e-Cert only)
CNE point	13 points (Nursing Council of Hong Kong)
Remarks	<ol style="list-style-type: none"> 1. Learners to sign in at morning and afternoon session. 2. 15-minute break in the morning and afternoon session

Introduction

The 2-day program will be structured using the principle of G.R.A.C.E. (Generosity, Reflection, Awareness, Compassion, and Equanimity). The program is designed to give caregivers/ professionals a first-hand experience of the key components of a body-mind-spirit wellness program; as well as to acquire competence in knowledge, practice skills, and the “use of self” in the caregiver process when working with persons with cancer, and their family caregivers.

Day 1

- An experiential workshop on holistic wellness: the workshop will focus on the cultivating of self-compassion and nurturing wellness of the healthcare professionals; selected practices taken from the mind-body medicine repertoires such as Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), and other Traditional Chinese Medicine informed practices (such as qigong, acupuncture, and massage) will be introduced.

Day 2

- Focuses on the principles and practice skills in delivery compassion-based, integrative healthcare service to support patients and their caregivers. Day 2 will introduce the basic of holistic wellness, its scientific underpinning, as well as the essential skills in teaching selected skills to foster wellness for individuals.

Tentative Rundown

Day 1
1. Setting the Intention <ul style="list-style-type: none">✧ How to approach the 2-day training?✧ What is holistic wellness?✧ Holistic wellness and caregiver stress, fatigue, and burnout
2. Soothing the Mind <ul style="list-style-type: none">✧ Mindful breathing✧ Stretching/ Simplified yoga✧ Soothing Touch
Break
3. Embracing Imperfections <ul style="list-style-type: none">✧ Zentangle meditation✧ Mirror meditation
Lunch Break
4. Reconnecting with the Self <ul style="list-style-type: none">✧ Practicing self-compassion✧ Managing difficult emotions
Break
5. Resilience-building <ul style="list-style-type: none">✧ Compassionate Friend Meditation✧ Exploring Core Values
Day 2
1. How to teach the Integrative Holistic Health (BMS) Program? <ul style="list-style-type: none">✧ The essence of BMS✧ Introducing the ENSIT Model✧ Compassion in healthcare: The Use of “Self” in healthcare service
2. Soothing the Mind <ul style="list-style-type: none">✧ Mindful Breathing/ Body Scan/ Soothing Touch✧ Dialogue-based Meditation✧ Mindful Inquiry
Break
3. Healing the Body <ul style="list-style-type: none">✧ Simplified Qigong✧ TCM-inspired wellness techniques
Lunch Break
4. Building resilience for others <ul style="list-style-type: none">✧ Compassionate Friend Meditation/ Compassionate Letter Writing✧ Managing difficult emotions
Break
5. Supporting the caregivers <ul style="list-style-type: none">✧ Exploring core values for cancer patient

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.

香港大學 - 加強校園新冠肺炎防疫措施

大學現推行加強新冠肺炎防疫措施，所有進入校園的人士必須完成接種兩劑新冠疫苗。

****訪客 (已完成接種兩劑疫苗)****

在校園入口出示下列其中一項：

- 新冠疫苗接種紀錄 QR 碼
- 新冠疫苗接種紀錄 正本、副本或屏幕截圖

****訪客 (已接種一劑疫苗)****

- 新冠疫苗接種紀錄 QR 碼
- 新冠疫苗接種紀錄 正本、副本或屏幕截圖
- 請附上當天快速檢測陰性相片

****請於大樓入口處及 2 樓登記處掃描「安心出行」**

What to prepare

- Please wear comfortable clothes for exercises and practice.

Trainer's Biography

Dr. Adrian H.Y.

The Trainer Dr. Adrian H.Y. Wan is a seasoned practitioner and researcher in social work, holistic healthcare, and body-mind medicine. Dr. Wan is currently a Lecturer at the Centre on Behavioral Health, who is also a researcher and practitioner in the field of psycho-oncology, and holistic health practices.

He has years of experience in conducting workshop and seminars on holistic healthcare for a wide population, including individuals with chronic medical conditions and their family caregivers, those struggling with stress, and other mood-related issues, as well as mental health and other allied health professionals. As a researcher, Dr. Adrian Wan conducted one of the first randomized-controlled trials on the effectiveness of Mindful Self-Compassion in cancer coping.

Dr. Wan has also published in the areas of psychooncology, stress management, and palliative care. As a mental health professional, his clinical practices integrate Western scientific rigor, and the wisdom of Eastern philosophies; he received training in Mindfulness-based Stress Reduction (MBSR), and he is qualified trainer in the holistic healthcare social work approach.

Dr. Wan is Hong Kong's first Certified Mindful Self-Compassion Teacher and Compassion-based Psychotherapist. Dr. Wan is concurrently serving as a clinical supervisor of the webbased, Self-Compassion in Psychotherapy (SCIP) training program offered by the Centre for Mindful Self-Compassion and the University of California, San Diego. Over the years, Dr. Wan has been actively involved in the design and teaching of holistic healthcare program for a wide spectrum of professionals including medical practitioners, traditional Chinese Medicine Practitioners, social workers, psychologists, counselors, and other healthcare professionals, as well as school teachers, parents, and the general public