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Capacity Building Workshop for Social Workers, Nurses & Allied Healthcare Professionals on Rehabilitation and Survivorship

Supporting Resilience: Basic understanding and working with traumatic experiences in Gestalt theory

Course Outline

Date	2 & 9 Aug 2022 (Tue), 2-day workshop
Time	9:30am – 5:00pm Morning session : 9:30am-12:30pm Afternoon session : 2:00pm-5:00pm
Venue	Rm 801, 8/F, The Hong Kong Federation of Youth Groups Building, ,North Point (2 mins walk from Quarry Bay MTR Exit C)
Trainer	Ms. Annetta WONG Sau Mei 黃秀薇女士 Senior Training and counselling Consultant of HEAT-Caritas Family Service Gestalt Therapy Supervisor (Istituto di Gestalt HCC Italy)
Target	Social workers, Nurses, and allied health professionals
No. of participants	25 persons
Objective	1.To enhance understanding of human nature and influence of traumatic experiences with gestalt theory 2. To provide an opportunity to experience gestalt therapy and working through gestalt theory 3. To find out alternatives in dealing with trauma in gestalt 4. To build a respecting attitude towards human nature through gestalt
Language	Cantonese supplemented by English materials
Format	Face-to-face experiential learning

Fee	Free (first-come, first-served basis)
Certificate	Awarded by HKACS for Full attendance (e-Cert only)
CNE point	11 points (Nursing Council of Hong Kong)
Remarks	1. Learners to sign in at morning and afternoon session 2. 15-minute break in the morning and afternoon session

Tentative Rundown

Day 1

1. What is Gestalt Theory?

- a. From Intrapsychic to Relational Approach
- b. The 'field' concept : The nature of the Organism/Environment Field, the figure/ground dynamic, the formation of contact boundaries

2. Self-theory in Gestalt and the traumatic field

- a. The theory of self and the functions
- b. The disorders of the functioning of the self- The developmental perspective of psychopathology

Day 2

1. The aim of the Gestalt therapy : Creating adjustment to relational creativity

- a. The attention to the bodily experience
- b. The aesthetic relationship between client and therapist : embodied empathy and resonance
- c. Gestalt as a therapy for trauma: the working on the traumatizing field

2. The organization of parts and wholes in GT

- a. Trauma figure, trauma ground-field, self and others

3. A relational home for trauma

- a. The role of the therapist
- b. The embodied relationship

Reminder for the participants:

- Being punctual is important
- Prepare yourself and fully involve in the 2-day workshop
- Wear comfortable clothes
- Please bring your own drinking water, no eating is allowed in the classroom
- Please prepare a blanket or towel to keep warm during the class

Precautionary measures against COVID-19:

- All participants should wear face mask and maintain good personal hygiene
- Temperature checking and scanning“安心出行” and vaccination record are required when entering the venue
- Anyone who has been in contact in the past 14 days with any person who has confirmed COVID-19 infection and anyone currently having fever / flu-like symptoms persons will **Not** be allowed to attend the class

Trainer's biography

Ms. Annetta WONG Sau Mei 黃秀薇女士

Senior Counselling and Training Consultant

Master of Social Work, Bachelor of Soc. Science (CUHK)

Postgraduate Diploma in Family-centred Social Work (HKPU)

Gestalt therapy Supervisor (Istituto di Gestalt HCC Italy)

Gestalt Therapy Practitioner

Ms Wong is the senior training and counselling consultant in HEAT, Caritas Family Service. She was the Chief Training and Counseling Consultant in the same project from 2004 to 2016. She had worked as family caseworker, school social worker since her career in Caritas Family Service since 1991.

Ms Wong graduated from The Chinese University of Hong Kong in 1989. Ms. Wong received her Post-graduate Diploma in Family-centred Social Work in 1995 and Master of Social Work in 2012 awarded with Dean's List. Ms Wong joined the Brief Therapists' Team in the agency in mid 1990's. She had received extensive training by renowned international trainers on Solution-focused Brief Therapy and system therapy such as Ms Insoo Kim Berg, Dr. Scott Miller and Ms Lee Mo Yee and case supervision by local academics such as Dr. Ho Wui Shing, Dr. Chu Chi Keung and Dr. Yeung Ka Ching.

Ms Wong has extensive clinical experience in counseling especially in marital issues, family relationship work and crisis prevention work. She provides trainings and clinical supervision courses on marital issues to social workers in the field since 2014. Topics on 'How to rebuild trust in marital infidelity' and 'How to engage men in marital counselling' are receiving very positive feedback from participants. She has been invited as guest lecturer on crisis intervention work and family counselling to social work students in university severally.

Ms. Wong received her gestalt therapy trainings from Paula Bottome from 1997 to 2000 and was accredited of therapy practitioner. In 2002, she attended the one-year certificate training program by Dr. John Banmen on Suicide Prevention and Treatment by Centre for Suicide Research and Prevention of University of Hong Kong. She has been learning and adapting different counselling theories in practice but mostly on the existential and experiential approach. Since 2017 onwards, Ms Wong follows Dr Margherita Spagnuolo Lobb in international trainings on Relational Gestalt therapy and accredited as Gestalt Supervisor in 2019.