

統籌機構



捐助機構



夥伴機構



賽馬會「攜手同行」癌症患者支援計劃

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

Body Mind and Spirit Wellness program

Course Outline

Date	June 21 & 28, 2024 (Fri), 2-day workshop
Time	10am – 5pm Morning session : 10am-1 pm Afternoon session : 2pm-5pm
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
CNE point	11 points (Nursing Council of Hong Kong)
Remarks	Learner has to sign in at 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.

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.

What to prepare

- Please wear comfortable clothes for exercises and practice.

Trainer's Biography

Dr. Adrian H.Y. Wan

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.