

Nourishing Ourselves with Mindfulness

One-day Workshop

13 May 2016



Trainer
Dr. Shuk-wah Helen Ma

Target Participants

Health care professionals, social workers, teachers and tertiary students of the above professions who are interested to experience a day of mindfulness.

** No prior mindfulness training is required.*

*** This is a re-run of the workshop held on 6 March 2015.*

Content

Body Scan, Awareness of Breath, Mindful Movements, Mindful Eating, Mindful Communication, Self-care Plan.

Date & Time

13 May 2016 (Friday)
9:30 a.m. - 5:30 p.m.

Venue

Hall, Block F,
Castle Peak Hospital, Tuen Mun

Medium of Teaching

Cantonese

Course Fee

HK\$800 per person
(HK\$700 per person for early bird registration on or before 11 March 2016)

Enrolment

Please download the enrolment form from the IMH website www.imh.org.hk

Enquiry

Tel: 2456 7651 (Ms. Chiu)

Email: cph_imh@ha.org.hk



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Objectives

- ✧ To introduce the basic concepts of stress reactions, mind-body medicine and mindfulness;
- ✧ To teach skills in coping with stress through the practice of various formal and informal mindfulness techniques;
- ✧ To enhance the participants' well-being through the application of mindfulness in their daily lives.

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Enrolment Deadline

Enrolment will be accepted on first-come-first-served basis.

Deadline of enrolment: 13 April 2016

Accreditation

CME/CNE/CPD Accreditation in application.

Certificate of Attendance will be issued with full attendance.

About Dr. Shuk-wah Helen Ma

Dr. Shuk-wah Helen Ma

Registered Clinical Psychologist, HKPS

Registered Psychologist, Australia

Chartered Psychologist, UK

Certified MBSR Teacher (Center for Mindfulness, University of Massachusetts, USA)

Associate Mindfulness Teacher, the Oxford Mindfulness Centre, UK

Founding Teacher, Hong Kong Center for Mindfulness

Dr. Ma received her doctoral degree from the University of Cambridge, UK and her Master's Degree in Social Sciences (Clinical Psychology) from the University of Hong Kong. Her doctoral research at the Medical Research Council, Cambridge, UK was on Mindfulness-Based Cognitive Therapy (MBCT). She received training in MBCT from Dr. John Teasdale, one of the founders of MBCT.

She has been practicing as a clinical psychologist since 1987. She served at the Castle Peak Hospital, Nam Long Hospital and Queen Elizabeth Hospital in Hong Kong as well as the Royal Prince Alfred Hospital in Sydney. She taught at the University of Hong Kong from 2004 to 2014. Since 1997, she has been conducting mindfulness training programmes for hospitals, government departments, public bodies, corporations, schools and voluntary organisations.