

# Parenting: Coaching and Empowering Parents 教養子女：為父母打氣

One-day Workshop



## Dr. Rachel POON

Clinical Psychologist

Adjunct Associate Professor,  
Department of Psychology,  
Chinese University of Hong Kong

Clinical Member & Approved Supervisor,  
American Association of  
Marriage and Family Therapy

### Date & Time

18 January 2019 (Friday),  
9:00 a.m. – 5:30 p.m.

### Venue

Lecture Theatre, 2/F, Block S,  
Castle Peak Hospital, Tuen Mun

### Target Participants

Healthcare professionals,  
Childcare-related professionals,  
Social Workers, Teachers,  
Counsellors, etc.

### Application Deadline

21 December 2018

### Course Fee

- HK\$1,500 per person  
(HK\$1,300 per person for  
early bird registration on or  
before 23 November 2018)
- Special price for full-time  
students of mental health  
related subjects:  
HK\$700 per person\*

\* Limited seats are available on a first-come, first-served basis.

Please visit IMH website [www.imh.org.hk](http://www.imh.org.hk) for more details and enrolment form.

### Enquiry

Tel: 2456 7651 (Ms. Ip) Email: [cph\\_imh@ha.org.hk](mailto:cph_imh@ha.org.hk)

Fax: 2455 9330 Website: [www.imh.org.hk](http://www.imh.org.hk)



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## One-day Workshop

### Course Description

This one-day training programme aims to train professionals to teach parenting skills. It will provide participants with concepts and knowledge related to current parenting practices.

Upon the completion of the training, participants will be able to enhance their skills in interviewing and establishing rapport with parents, as well as their ability in coaching parents to manage their children.

### Course Content

- ◆ Parenting
  - Impact on child development and mental health
  - Theories and approaches
- ◆ Teaching parenting
  - Engaging parents
  - Understanding their limitations and difficulties
  - Skills and practices
  - A systemic perspective

### Medium of Teaching

Cantonese supplemented with English  
(with English handouts)

### Accreditation

CME/CNE/CPD/CE accreditation in application.

Certificate of attendance will be issued with full attendance.

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## About Dr. Rachel POON

Dr. POON MAK Sui-man, Rachel has extensive clinical supervision and direct service experience in issues related to children and families suffering from childhood disorders.

She worked in the Child and Adolescent Mental Health Service of Kwai Chung Hospital for over 20 years, and has left the position of Senior Clinical Psychologist for a limited private practice since 2011. Her expertise lies mainly in children and adolescents families in psychiatric setting with special focus on autistic children.

Dr. POON is experienced in providing training and workshops for professionals. She is a Clinical Member and Approved Supervisor of the American Association of Marriage and Family Therapy (AAMFT), and an Adjunct Associate Professor of the Department of Psychology, Chinese University of Hong Kong (CUHK).

