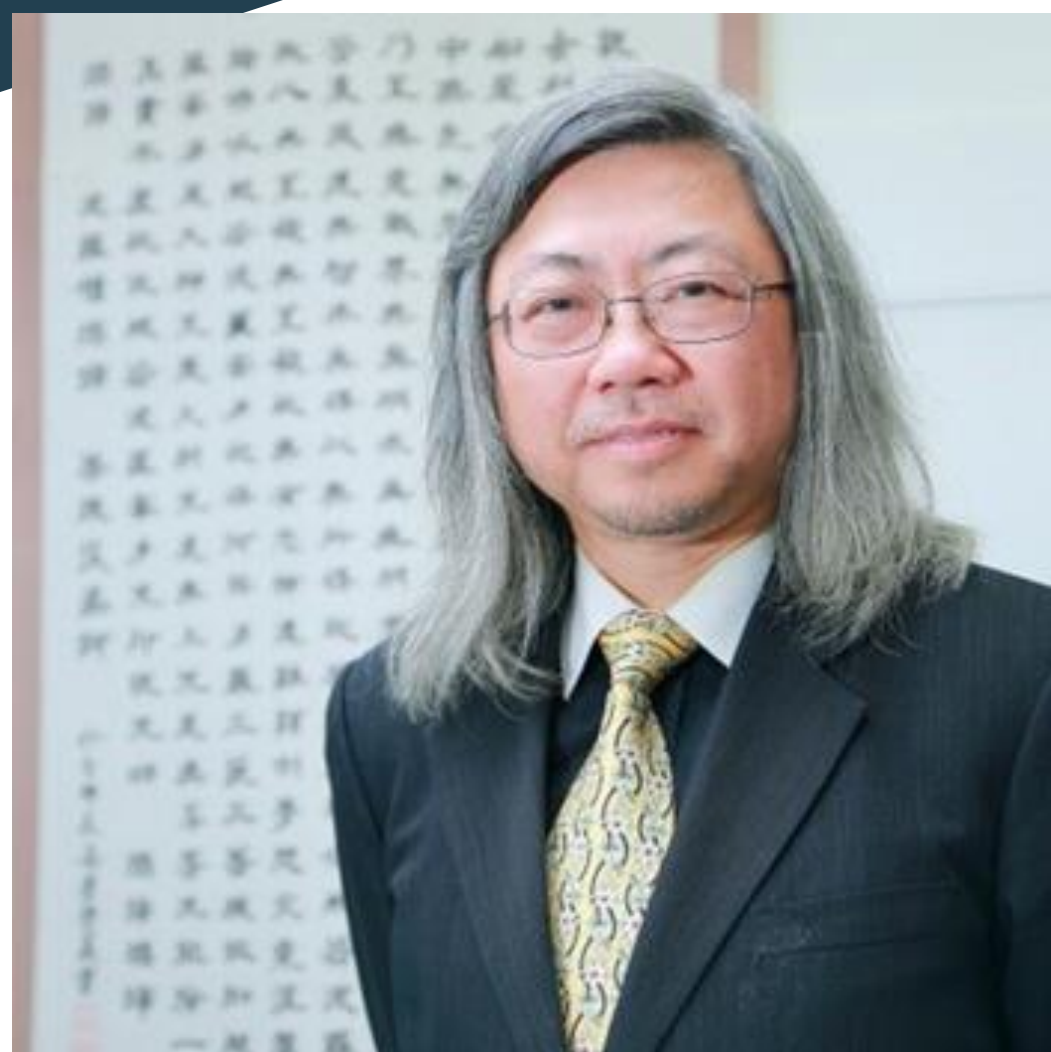


Online Workshop on Treatment Groups for Clients with Mental Illness



Prof. Timothy LEUNG Yuk-ki (梁玉麒教授)

Associate Professor of Practice in Social Work, CUHK
Accredited Gestalt Therapy Practitioner



Date & Time

Session 1: 13 January 2022
Session 2: 20 January 2022
Session 3: 10 February 2022
Session 4: 17 February 2022
(Thursdays)
Time: 9:30 a.m. – 12:30 p.m.

Platform

Online (via Zoom)

Target Participants

Participants who have interest in running groups for clients with mental health issues

Course Fee

HK\$ 3,000 per person
* HK\$ 2,500 per person for early bird registration on or before 14 December 2021

Application Deadline

3 January 2022

Please visit IMH website www.imh.org.hk for more details and download the enrolment form



Enquiry

Tel: 2456 7773 (Ms. HO)
Fax: 2455 9330
Email: cph_imh@ha.org.hk
Website: www.imh.org.hk



Online Workshop on Treatment Groups for Clients with Mental Illness

Course Description

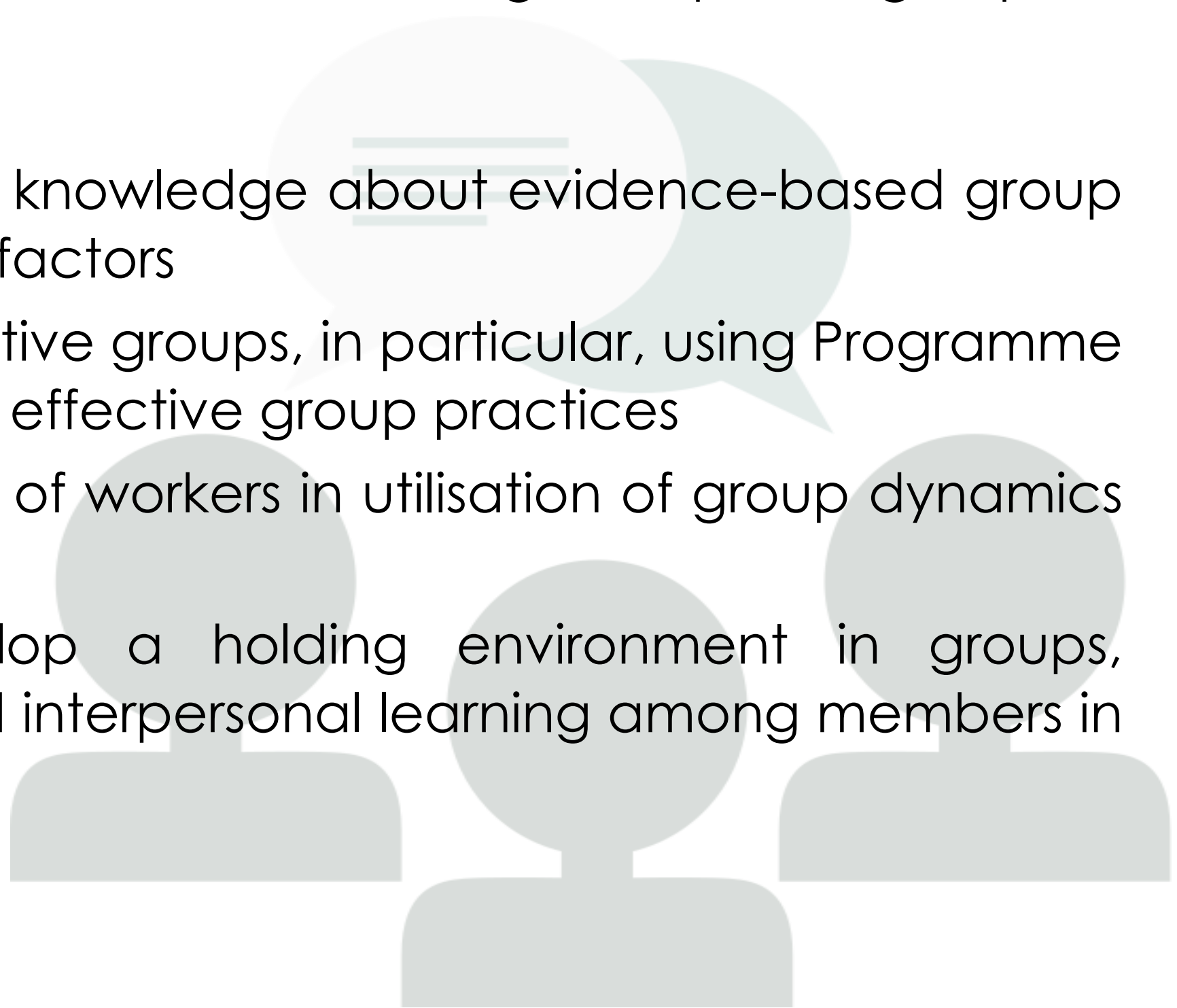
Groupwork is one of major intervention modules with demonstrated effectiveness in enhancing personal and family functioning and reducing the negative impact of environmental stressors and developmental challenges through mutual support, vicarious learning and instillation of hope. Psycho-education in group is effective in changing attitudes, enhancing perspective taking and learning new skills (Gelkopf, Ryan, Cotton, & Berger, 2008).

There will be four half-day sessions in which participants would be equipped with knowledge and skills about evidence-based groupwork practice.

At the end of this workshop, participants will be able to learn the theories of group and group dynamics, and increase their understanding about essential skills in conducting therapeutic groups.

Course Objectives

- ◆ To equip participants with knowledge about evidence-based group practice and therapeutic factors
- ◆ To learn how to plan effective groups, in particular, using Programme Logic Model in enhancing effective group practices
- ◆ To enhance competence of workers in utilisation of group dynamics in running groups
- ◆ To learn how to develop a holding environment in groups, facilitating mutual aid and interpersonal learning among members in groups



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Course Rundown (tentative)

Session 1 – 13 January 2022

- ◆ Evidence-based practices: Theories and skills in leading treatment and developmental groups for clients and families with members suffering mental illnesses
- ◆ Therapeutic factors in enhancing group effectiveness
- ◆ Group design and group programme planning (Pyramid Model)
- ◆ Critical tasks and skills in leading groups in different group stages (pre-group phase)
- ◆ Summary

Interactive activities and case sharing are included in all sessions!

Session 2 – 20 January 2022

- ◆ Critical tasks and skills in leading groups in different group stages (beginning phase and working phase)
- ◆ Summary and debriefing

Session 3 – 10 February 2022

- ◆ Warm up exercises
- ◆ Advanced group planning: Group Programme Logic Model
- ◆ Dealing with critical incidents in groups: Use of Critical Incident Model
- ◆ Summary

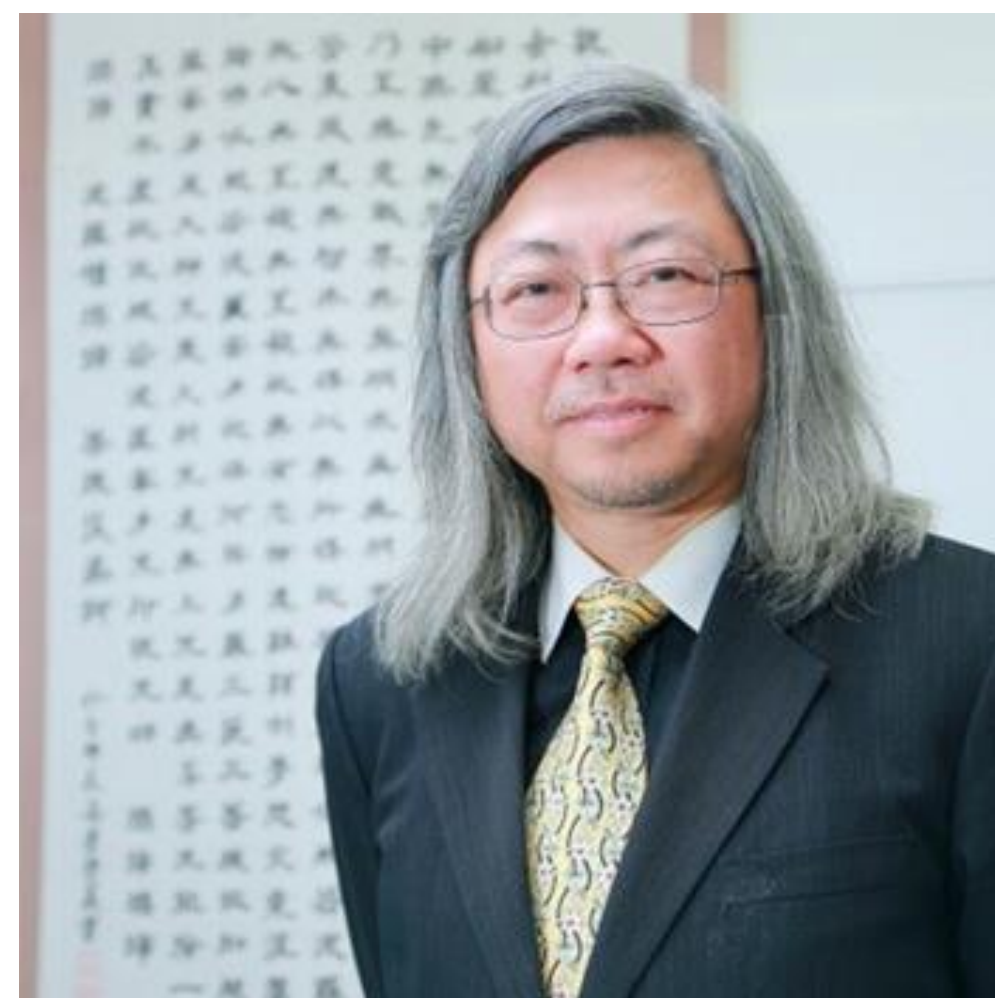
Session 4 – 17 February 2022

- ◆ Dealing with critical incidents in groups (continued)
- ◆ Critical tasks and skills in leading groups in different group stages (termination and post-group phase)
- ◆ Summary and debriefing

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About Prof. Timothy LEUNG

Prof. Timothy LEUNG Yuk-ki (梁玉麒教授), is an Associate Professor of Practice in Social Work at the Department of Social Work, Chinese University of Hong Kong; he is an experienced practitioner, trainer and social worker with extensive experiences in counselling and he has conducted groups/workshops in Hong Kong, mainland China, Japan and the US.



He has utilised art, gestalt therapy, experiential learning and mindfulness practices in working with couples, families, earthquake survivors, cancer patients and clients having pain problems, insomnia, and gambling problems. He is the Chief Editor on Social Work Group Series and published eight books on Social Work Group.

Medium of Teaching

Cantonese supplemented with English (with English handouts)

Accreditation

CME/CNE/CPD/CE accreditation in application

Certificate

Certificate of attendance will be issued with **FULL** attendance

