

**Half-day Workshop on**  
*Exploring the Key Issues in*  
**Counselling Families with Adolescents**

Parenting is a challenging task in the 21<sup>st</sup> century, and parenting adolescents even more challenging! Repeatedly we learn from the media about adolescent schizophrenia, drug addiction, web-addiction, school bullying, homosexuality, sexual abuse, suicide,....etc. Adolescents discover that they are no longer children, and that their parents could no longer “control” them like before. They are ready to explore the world. In their eagerness to fly, they become overconfident about their own abilities, and are very aversive to constraints and supervision. Parents, on the other hand, find their children exposed to different scary outside influences, but at the same time, not as amenable to their supervision and guidance as before. Suddenly they find the previous parenting methods no longer work, but feel at a loss about what to do instead. Tension in the family naturally increases quickly.

As helping professionals, we try to help by educating parents about the developmental characteristics of adolescents, by exhorting parents to spend more time with their adolescents and to demonstrate more care, and by teaching communication skills. Are such help enough? Depending on who we happen to be working with, we may feel confused and may find ourselves alternately take the side of either the parents or the adolescents, but we may not always be able to look at their struggles from both angles. This workshop aims at exploring some common issues and challenges in the relationships and dynamics between parents and their adolescent children, and relevant counseling skills will be introduced. The workshop is suitable for all professionals who work with adolescents and/or their families.

**Format:** Lecture, role plays, discussions

**Language:** Mainly Cantonese

**Venue:** Multi-Function Halls A, Student Residence (Cornwall Street),  
City University of Hong Kong, Kowloon Tong

**Participants:** Professionals working with adolescents and/or their families

**Quota:** 80

**Deadline:** 17<sup>th</sup> October, 2009

**Registration Fee:** HKD\$ 250 for HKPCA Member  
HKD\$ 280 for Non-member  
HKD\$ 180 for Student

**The Trainer:**

**Mrs. Laurene MAN** (文盧麗萍女士) is now in private counseling in her own office in Central. She received her BSW and M.Soc.Sc.(SW) from the University of Hong Kong and studied major family therapy approaches from different teachers, some of them masters of the approaches. She has been in family service and/or family counseling work for 34 years, both in Hong Kong and in Canada. She was the Service Supervisor of the counseling service teams in the Yang Centre and the Hong Kong Christian Service. In addition to her continuous frontline clinical work, she has also actively involved in professional training and clinical/live supervisions throughout her career, both for her own counseling teams, for other social service agencies, taught family Therapy in the HKU-MSW program and conducted counseling workshops for the Hong Kong Social Workers Association. Mrs. Man had been the writer for Ming Pao Weekly column “Parent-child Talk”, was the host-writer for Ming Pao Daily column “Family Letterbox”, and has been a frequently interviewed guest in media features on related topics. She is a mother of two previously adolescent but now grown-up daughters. Mrs. Man has conducted many workshops for the Interventions on Suicide, on Family Violence, and on Counselling Skills for different client groups and received positive feedback.

**Contents :**

1. Understanding adolescent anxieties, needs, struggles and strengths
2. Making it comfortable for adolescents to share their inner selves and their struggles
3. Helping parent understand themselves, e.g. their own anxieties, personalities and styles and overcome their constraints
4. Helping parents explore their roles as parents of adolescents
5. Helping parents get in touch with their adolescents’ experiences
6. Helping parents sort out their own confusions and develop healthy parenting positions
7. Parent-adolescent communication
8. Helping them trust each other and together fight fear and pessimism
9. Questions and Answers and open discussion.

## Registration

- ❖ Please complete the registration form below and mail it together with a cheque made payable to The Hong Kong Professional Counselling Association Ltd. before **17<sup>th</sup> October, 2009**
- ❖ Please make separate cheques for different workshops/ seminars
- ❖ You can make one cheque for several persons who join the same workshop but please fill in separate registration forms for different persons.
- ❖ Confirmation will be sent either by email one week before the date of event after payment being received.
- ❖ Receipts will be distributed on spot.
- ❖ All fees are non-refundable in any circumstances after applications are accepted.
- ❖ Please do not staple the cheque with the registration form.

### Counselling Families with Adolescents (October 31<sup>st</sup>, 2009)

Name: (English) \_\_\_\_\_

(Chinese) \_\_\_\_\_ Membership no:  
(if any) \_\_\_\_\_

**\$180** for Student (Please kindly send us the copy of your student card.)

**\$250** for HKPCA Members

**\$280** for Non-members of HKPCA

Cheque no.: \_\_\_\_\_ Amount \$: \_\_\_\_\_

Bank: \_\_\_\_\_

Occupation: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing  
Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### **Please mail to:**

The Hong Kong Professional Counselling Association  
c/o College of International Education, Hong Kong Baptist University (Shek Mun Campus),  
8 On Muk Street, Shatin, N.T.



香港專業輔導協會

The Hong Kong Professional Counselling Association

## Half-Day Workshop on

### *Exploring the Key Issues in* **Counselling Families with Adolescents**

**The Trainer:**

**Mrs. Laurene MAN (文盧麗萍女士)**

**October 31<sup>st</sup>, 2009**

**09:30 am – 12:30 pm**

**Multi-Function Halls A,  
Student Residence (Cornwall Street)  
City University of Hong Kong**

*Co-organizer:*

**City University of Hong Kong**

Secretariat Address:

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