

Registration

- ❖ Please send the completed registration form together with a cheque payable to **The Hong Kong Professional Counselling Association Ltd.**
- ❖ All applications will be confirmed either by email or by fax. Receipts will be distributed on the day of workshop.
- ❖ All fees are non-refundable.
- ❖ Extra \$30 is required if attendance certificate is requested.

Living with Counselling (29.11.2003)

Name: (English) _____ (Chinese) _____

member (\$400) Membership no.: (printed on envelope) _____

non-member (\$500) full-time student (\$200)

request attendance certificate (\$30)

Cheque no.: _____ Bank: _____

Amount paid: _____

Organisation/position: _____

Telephone: _____ Fax: _____

Email: _____

Please mail to:

The Hong Kong Professional Counselling Association
c/o GH203, Department of Applied Social Sciences,
The Hong Kong Polytechnic University
Hong Kong

Tel.: 23347172
Fax: 23561469

Email: enquiry@hkpca.org.hk
Website: www.hkpca.org.hk



Living with Counselling

Speaker : Ms. Holly Wong
Senior Counsellor, City University of Hong Kong

Date: 29 November 2003 (Sat.)

Time: 9:30am - 5:00 pm

GH201, The Hong Kong Polytechnic University

Co-organized by :
Department of Applied Social Sciences
The Hong Kong Polytechnic University

c/o GH203, Department of Applied Social Sciences,
The Hong Kong Polytechnic University, Hung Hom
Telephone: 23347172 Email: enquiry@hkpca.org.hk
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Living with Counselling

This workshop provides an overview of several counselling approaches emphasizing personal growth dimension and practical aspect. Through examining the theoretical rationales, goals and techniques of each therapy, participants can have deeper self-reflection and introspection in their daily life.

This workshop is suitable for those who are interested in self-growth through counselling and those who would like to acquire and apply the basic counselling skills in their daily life.

Learning Outcomes:

Upon completion of the training, participants can be expected to:

1. Understand the key concepts of each therapy and their implications for practice.
2. Acquire and apply counselling knowledge and skills in self-help and helping others.
3. Increase problem solving ability through reasoning, emotion management, behavior modification and personal care.
4. Enhance sensitivity toward self and others.

Content and Format:

Psychoanalytic Therapy, Person-centered Therapy, Behavior Therapy and Rational-emotive Therapy are introduced through lecture, exercise, group discussion and analysis of cases.

The workshop will also cover micro-counselling skills including attending behavior, observation skill, open communication, hearing the client accurately & dealing with feelings etc.

Participants are expected to participate actively in workshop activities and are encouraged to share their experiences from their professional practice and / or personal life.

Speaker: Ms Holly Wong

As an experienced counselor, Ms Holly Wong has helped numerous youth and adult overcome their problems and develop their potential. Ms Wong is currently working as Senior Counsellor in City University of Hong Kong, Visiting Counsellor in Hong Kong Academy for Performing Arts, Case Supervisor of Counselling Service of Abundant Life Christian Church and Part-time Lecturer in Chinese University of Hong Kong. Ms Wong is experienced in conducting group and individual counselling for various target groups.

Date: 29 November, 2003 (Saturday)

Time: 9:30 – 5:00 pm

Venue: GH201, Department of Applied Social Sciences
The Hong Kong Polytechnic University, Hung Hom
(Direction: next to Core G at podium level)

Format: lecture, case analysis, discussion, role-play

Language: Cantonese, supplemented by English

Fee: \$400 (member) \$500 (non-member)

\$200 (full-time student)

Lunch: at your own expense