**8 - WEEK MINDFUL PARENTING COURSE**

This introductory 8-week mindful parenting course delivered by Ms Doreen Jowharsha and Dr. Elisabeth Wong, was developed by Dr. Susan Bogëls (Professor in Developmental Psychopathology at the University of Amsterdam), and has been specifically adapted for parents from the traditional 8-week mindfulness course (Mindfulness Based Stress Reduction MBSR/ Mindfulness Based Cognitive Therapy MBCT). The aims of the course are to teach the essential skills of mindfulness to support our own health and wellbeing in a way that can strengthen our inner resources as parents. With mindfulness training, we can learn to slow down and attend to our children and ourselves with greater awareness and compassion, so that we better manage our responses and fully appreciate more of the precious moments with our families. Our mindfulness practice can also support us in working with difficult parenting experiences.

As parents, the best way to share mindfulness with our children is to exemplify it in our relationships with them. This, in turn, will teach them how to better manage stress and emotions, and improve their overall sense of self-mastery and well-being.

**About the course**

The mindful parenting course consists of eight, 2-hour sessions and a follow-up session. Each session will be a mixture of mindfulness meditation, group exercises and discussion, movement exercises and psychoeducation exploring the following themes:

Session 1: Automatic Parenting;

Session 2: Beginner’s Mind Parenting;

Session 3: Reconnecting with Our Body as a Parent;

Session 4: Responding Rather than Reacting to Parenting Stress;

Session 5: Parenting Patterns and Schemas;

Session 6: Conflict and Parenting;

Session 7: Love and Limits

Session 8: A Mindful Path Through Parenting

Follow-up Session (approximately 8 weeks later): Each Time, Beginning Anew…

**Home Practice** is an important component in the course. Participants will be provided with written exercises and audio recordings for follow-up at home consisting of formal and informal practices which are expected to be carried out daily and will take up to 45 minutes.

**Criteria for acceptance on to the course:**

All prospective participants will be interviewed and will receive a pre-course phone call prior to acceptance onto the course to ascertain that it’s the best fit to their parenting needs. No previous mindfulness experience is required but participants are advised that the course is not appropriate for anyone experiencing psychosis, physical and emotional abuse, dissociation and trauma processing, Post Traumatic Stress Disorder (PTSD), depression, self-harm & suicidal behaviour or substance misuse. If you are unsure if this course is suitable because of any ongoing psychological distress the trainers will be happy to answer any questions during the pre-course telephone interview.

**Course registration:**

In order to apply for the course **prospective participants must fill in the application form** **and return it to Watchdog no later than 4th April 2019** in order to allow time for processing and for the pre-course interview to take place.

Once participants have been accepted onto the course, they will be expected to make full payment prior to the course commencing in order to guarantee their place. Places on the course are limited to 15.

**Cost:** $3900, which includes all course materials and audio recordings.

**Dates:** Tuesdays (April: 30 May: 7, 14, 21, 28 June: 4, 11, 18)

**Time:** 7:00pm to 9:00pm

**Venue:** The Plaza, LKF; 14th Floor, 21 D’Aguilar Street

**About the teachers:**

Ms. Doreen Jowharsha, is an experienced Mindfulness Teacher for Children (Mindfulness Matters, the Eline Snel method) and has been teaching Mindfulness to children and adolescents since 2013 both in school and in private settings.

She is a Speech and Language Therapist with over 20 years’ experience of working with children with a variety of learning and developmental needs. She has worked as a Assistant Lecturer and Supervisor at Hong Kong University in the Speech and Hearing Division. Currently she works part-time at Kellett, The British International School as a Speech and Language Therapist and Mindfulness Teacher. She is also trained in the Incredible Years programme for parents and children, which is a series of interlocked evidence-based programmes which aim to strengthen the parent-child relationship and reduce challenging behaviours in children.

Her interest in Mindfulness began in 2006 when she undertook the 8-week MBSR course which had a profound effect in all aspects of her life. She undertook teacher training in 2013 and more recently the Advanced Teacher training in Mindful parenting.

Doreen is passionate about bringing Mindfulness practises to families who experience stress due to the developmental issues presented by their children, in an accessible and affordable way. Ultimately, she hopes that Mindfulness will make a difference to people’s lives as it did to her own.

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Dr Elisabeth Wong is a specialist in psychiatry, currently in private practice. She is also Honorary Clinical Assistant Professor at the Department of Psychiatry, Chinese University of Hong Kong. She has 18 years’ clinical experience with a wide range of psychiatric illnesses including neurodevelopmental problems in children, mood and anxiety disorders in adolescents and adults, personality disorders, alcohol and substance misuse and psychotic disorders. Mindfulness practice had reacquainted her with her body, mind and soul, allowing her to practice full-heartedly.

Since 2009, she had continued personal mindfulness practice and teacher training. In 2013 and 2018, she underwent training with the Academy of Mindful Teaching in Mindfulness Matters, the Eline Snel method. In 2014-15, she undertook the Foundation Course for teaching Mindfulness Based Cognitive Therapy (MBCT) co-organized by Oxford Mindfulness Centre and the Hong Kong Center for Mindfulness. In 2015, she underwent MYMInd Advanced Teacher Training in Mindfulness for children and adolescents with ADHD and ASD with parallel Mindful Parenting training. In 2018, she took part in Advanced Teacher Training in Mindful Parenting by Prof Susan Bogëls.

She was responsible for training healthcare professionals in Mindfulness Based interventions and leading regular mindfulness practices. She has experience in teaching MBSR, MBCT, Mindfulness Matters for primary school children and Mindful Parenting. Since being a mother, she had been in a seamless non-silent residential Mindful Parenting retreat. It is her intention to use what she has learnt thus far, to bring more ease to one’s relationship with oneself, one’s child and people near and far.

For enquiries please contact Ms Doreen Jowharsha by email: [djowharsha@gmail.com](mailto:djowharsha@gmail.com)



**application form**

**8 - week mindful parenting course**

Name of participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: M / F Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Child (for Watchdog parents only): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Profession: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child/ren have special educational needs? Yes / No. Please state briefly. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you suffer from any psychological distress or mental health problems? Yes / No. If the answer is yes, please state briefly your condition and whether you are receiving medical care. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you have any prior Mindfulness Experience? Yes / No. If the answer is yes, please state briefly the year, teacher and name of the course attended (e.g. MBSR, MBCT, etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What do you hope to learn from this Mindfulness Parenting course? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I understand there will be no refund for any missed sessions due to personal reasons or sick leave.

Please kindly return the application form by: Fax: 2377 9066 or Email: [infojordan@watchdog.org.hk](mailto:infojordan@watchdog.org.hk)

Application deadline: Apr.4, 2019.