

Mindfulness Based Cognitive Therapy
March to April 2018
Trainer: Dr Elisabeth Wong

Mindfulness is the awareness that arises when we pay attention, moment-to-moment, non-judgmentally, to what is happening within and around us. It is an inherent quality in all of us, but often forgotten in our busy go-getting lives. With mindfulness, one can surf the trials and tribulations of life with more ease and clarity.

The 8-week Mindfulness-based Cognitive Therapy (MBCT) program was designed to help people who suffer from depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize different mood states while simultaneously learning to develop a new relationship to them.

Would it help me if I have not been clinically depressed?

Absolutely. MBCT is now delivered to the general public. Emotional distress is part of being human. Bringing mindfulness to our lives allows us to go beyond our habitual patterns of relating to our pleasant and unpleasant experiences. It is a deliberate act of self-care. We could learn new ways of responding to stress, make wiser and more authentic choices, and enhance our wellbeing.

What is involved in MBCT?

8 weekly 2.5 hour lessons, 1 whole day lesson

Mindfulness practices including body scan, mindfulness of the breath, mindful movements, 3-minute breathing space, mindfulness of daily activities

Inquiry

Home practice of about 45 minutes each day

Course dates and time:

8 weekly Thursday evening lessons: 1st March, 8th March, 15th March, 22nd March, 29th March, 12th April, 19th April, 26th April

Time: 7pm to 9:30pm

Whole day lesson date and time: 5th April (public holiday) 10am to 4pm

Number of participants: 20

Medium of instruction: English

Venue: HK Center for Mindfulness, Room 1701 Far East Consortium Building, 121 des Voeux Road, Central. HK

Fee: Free. Inclusive of mp3 recordings of meditation guidance and course notes.

Certificates of Completion would be issued to participants with over 80% attendance

Free MBCT orientation session will be held on 24th February 2018 (Saturday) 2pm to 5pm at the HK Center for Mindfulness

*all participants must attend the MBCT orientation to ascertain whether the course is suitable for them.

Trainer:

Dr Elisabeth Wong (MBBS MRCPsych FHKCPsy FHKAM(Psy) is a specialist in psychiatry. She is the Associate Consultant at North District Hospital Department of Psychiatry. She oversees the Common Mental Disorder Clinic, which specializes in the treatment of Mood and Anxiety Disorders.

Training and Teaching experience in Mindfulness:

2009 Jon Kabat Zinn, Saki Santorelli MBSR Mind-Body Medicine Professional training retreat

2010 MBSR by Dr Helen Ma at OASIS, Hospital Authority

2013-14 Teacher training for Mindfulness Matters, the Academy for Mindful Teaching, the Netherlands; for teaching mindfulness to children and adolescents

2014 Mindful Practice training with Dr Michael Krasner, University of Rochester

2014-15 Foundation Course for teaching MBCT by HK Center for Mindfulness and Oxford Mindfulness Center

2015 MyMind Advanced Teacher training in Mindfulness for children and adolescents with ADHD and Autistic Spectrum Disorder with parallel Mindful Parenting Training by Dr Susan Boegels, University of Amsterdam

2017 Interpersonal Mindfulness Programme by Dr Helen Ma, the Hong Kong Center for Mindfulness

2010- present Monthly Mindfulness Gatherings for staff at New Territories East Clusters Hospitals

2014 Co-teach MBSR with Dr Peta McAuley, co-lead day retreats for MBSR graduates

2015-16 Delivering Mindfulness Matters program to local primary school students

For enquiry, please contact Dr Elisabeth Wong at mindfulness.breathe@gmail.com

Application for MBCT by Dr Elisabeth Wong
March – April 2018

Personal Information:

Name (Mr/Mrs/Miss): _____

Tel: _____ email: _____

Emergency contact person: _____ Tel: _____

Occupation: _____

Place of Employment _____

Do you suffer from any physical and/or psychological ailments? If Yes, please state:

Any other concerns that you would like to inform the trainer?

What are your expectations of this course?

Any prior experience with MBSR/MBCT? If yes, please state date and trainer

Please send completed form
By email: mindfulness.breathe@gmail.com, or
By post: Dr Elisabeth Wong (re: MBCT application), 9/F Nam Hing Fong, 39 Yiu Wah Street,
Causeway Bay

