

MINDFULNESS-BASED COGNITIVE THERAPY

Mindfulness- based Cognitive Therapy (MBCT) is a therapy developed for depression relapse prevention. It has been promoted to the general public in recent years. The course is about cultivating awareness and concentration in our daily life, enhancing our self-understanding such as where our emotional reactions stem from, in order to take better care of ourselves.. It can also cultivate our self-compassion which can alleviate stress from work, close relationships and chronic pain.

Class Schedule:

8 Consecutive Wednesday Evening, 6:30 - 9 pm
9/5, 16/5, 23/5, 30/5, 6/6, 13/6, 20/6, 27/6
Full day class: 10/6 (10am to 4pm)

Free Introduction class:

2 April 6:30pm - 8:30pm

Venue:

Hong Kong Centre of Mindfulness
Room 1701, 17/F, Far East Consortium Building,
121 Des Voeux Road, Central

Fee:

HKD\$4050 (if payment made before 9 April 2018)
HKD\$4500 (if payment made after 9 April 2018)
Fee includes all audio-recordings, notes and classes.

Targets:

People under chronic stress
People facing family stress, who wish to change interpersonal relationships
People with mood disturbances, anxiety or sleep problems
People who wish to learn different ways to take care of themselves



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(Beatrice)

<https://cpbeatriceng.wixsite.com/mindfully>

Instructors:

Beatrice Ng-Kessler & Cathy Ziengs

Maximum 25 people, late applicants will be put in a waiting list.

All participants are required to join the free introduction class to decide if MBCT is suitable.

NOTE: If you find it unsuitable right after the orientation, immediate refund is possible. Otherwise, no refund will be granted.

Payment Methods:

Cheque payable to: MBH Advisory Limited (post to GPO Box 12150, Central, Hong Kong)

or

PayPal: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=Z4MFCM7SXQ84U

or

Bank transfers, cash deposits, cheque deposits:

Bank of East Asia – # 015-51468019597 (MBH Advisory Limited)

- please provide copy of receipts to MBHmbsr@gmail.com

Application (2 steps):

1 - PLEASE FILL IN AND SUBMIT THE ONLINE FORM: <https://goo.gl/forms/GoelYn0ioDUW4bgg2>

2 -MAKE PAYMENT BY CHEQUE, PAYPAL OR TO BANK OF EAST ASIA (BEA)

Instructors Information:

Beatrice Ng-Kessler

Registered Clinical Psychologist

Master of Social Science (Clinical Psychology), The University of Hong Kong

One-year Foundation course of Mindfulness-based Cognitive Therapy Teacher Training, co-organized by The Oxford Mindfulness Centre and Hong Kong Centre of Mindfulness

Mindfulness-Based Cognitive Therapy (MBCT) Facilitation Certificate (Level 1) The Centre of Mindfulness Studies, Canada

MYMind Advance Teacher Training (Mindfulness Teacher Training for children with ADHD and Autism and their parents)

Cathy Ziengs

CFM Qualified MBSR Teacher

Certified Teacher of all MiSP curriculums (.b Foundations, .b, paws .b)

Center for Mindfulness, University of Massachusetts Medical School, USA

Mindfulness in Schools Project, UK

MBCT Teacher Training (Level 1 & ATTI Advanced Teacher Training Intensive), Center for Mindfulness at UC San Diego Health, California, USA