

Central Commissioned Training Programme 2021/22 - Mindful Parenting
Organized by COC-Grade (Clinical Psychologist) & Institute of Advanced Allied Health Studies

Date: 12, 13, 18, 19 Nov 2021

Time: 14:00 - 18:00

Aim:

To acquire knowledge and skills in application of Mindfulness-based Cognitive Therapy to clients with parenting stress.

Objective/ Intended Learning Outcome:

To provide insight in theories, working mechanism and effect of mindfulness to colleagues and to develop therapeutic skills when caring for client with parenting stress.

Program Design: Lecture

Mode of Delivery: Zoom®

Target Participant(s): Clinical Psychologist

Class Capacity: 140

CPD Points: TBC

Language Medium: English

Completion Criteria: 80 % of attendance

Award:

- Certificate of Attendance
 - no less than 80% of overall program

Program Rundown

Day 1

Schedule	Program content	Speaker / Facilitator
14:00 – 14:35	General Instruction on workshop, types of learning, homework and overviews of workshop. Practicalities in zoom use; ice-breaking exercise	Dr. Susan Bögels
14:35 – 15:30	Meditation, Mindful Movement, Mindful parenting theory, Mindfulness exercise and Parenting rationale	
15:30 – 15:50	Meditation exercise and Parenting skills	
15:50 – 16:20	Application of parenting skills	
16:20 – 16:35	Mindful parenting theory 2	
16:35 – 17:15	Compassionate bodyscan and mindful movement	
17:15 – 18:00	What do I need in mindful parenting, Feedback and homework instruction	

Day 2

Schedule	Program content	Speaker / Facilitator
14:00 – 14:30	Sounds and thoughts meditation and inquiry, Homework sharing with mindful speaking and listening instruction	Dr. Susan Bögels
14:30 – 15:15	Plenary sharing, Theory on Stress and parenting and Mindful movement	
15:15 – 16:15	Mindful parenting theory 3, Breathing Space. Mindful parenting theory 4 & Application of parenting skills	
16:15 – 17:00	Seeing Meditation and discussion, Parental expectation & Mindful movement	
17:00 – 18:00	Research evidence on Mindful Parenting, Homework assignment and rounding up	

Day 3

Schedule	Program content	Speaker / Facilitator
14:00 – 14:30	Walking meditation Homework sharing and discussion	Dr. Susan Bögels
14:30 – 15:35	Skills in Rupture and Repair imagination, apologizing and sharing Mindful Parenting Theory 5, Mindful movement Mindful parenting theory 6 & Loving kindness meditation and discussion	
15:35 – 17:15	Co-parenting, Systemic functioning & inter-being Application of parenting skills, Mindful parenting theory 7 & Mindfulness with attention for limits	
17:15 – 18:00	Mindful movement, Limit feeling and setting, Homework assignment and rounding up	

Day 4

Schedule	Program content	Speaker / Facilitator
14:00 – 14:30	Choiceless awareness meditation & Mindful parenting theory 8	Dr. Susan Bögels
14:30 – 15:35	Guilt and Shame, Mindful movement Mindful parenting theory 9 Sitting with a difficulty meditation	
15:45 – 17:15	Application of parenting skills & Mindful parenting theory 10	
17:10 – 18:00	Parenting ourselves meditation, Rounding up and Q&A	

Enrolment:

- Please send the nomination form via Department Manager or Dept. i/c to IAAHS by email (iaahs@ha.org.hk), quoting “Program Announcement – CCTP 21/22 Mindful Parenting (Ref 041, 036)” **on or before 15 Oct 2021 (Fri)**.
- Enrollment result would **NOT** be notified individually. It should be checked before program commencement via HA IAAHS intranet <http://ah.home/haiaahs/SitePages/Home.aspx> or through e-Learning Centre http://elc.home/myelc/login_pop.aspx **on or after 29 Oct 2021 (Fri)**.

Important Notes:

- Participants are **required to prepare ALL of the following equipment**: (1) individual desktop/ laptop/ tablet/ mobile with stable internet access, (2) headphone/speaker (to hear), (3) microphone (to speak) and (4) webcam (to see your face).
- According to HA's best practice, **only authenticated users** could join the Zoom® training. Participant should register a Zoom® account with his/her **HA internet email** and provide the email account in the nomination form. Sign up of a Zoom® account can be done at: <https://ha-org-hk.zoom.us/signup>
- The Zoom® training link, ID and password would be sent to successful nominees at least 5 days before program commencement. Participants should NOT disclose the zoom details to any non-participants of the program.
- Participants are required to strictly adhere to the below **infection control precautions** when attending the program (for both individual or group registration). See Annex 1.

For enquiry, please contact Dr. Eris HO, TO(AH) at 2300 6139 (program) or Ms. Kary HUI at 2300 7525 (registration).

Annex 1- Infection Control Precautions as advised by CICO for HA Training Activities

(endorsed on 5 February 2021)

1. Staff including trainees and trainers, **who are under quarantine order on the date of training, or who are currently required by the government to undergo COVID-19 testing, including the “Compulsory Testing for Certain Persons” under the Prevention and Control of Disease Regulation (Cap. 599J), without a negative test, SHOULD NOT attend the training.** Please take note on the latest health advice as announced by the CHP before attendance
2. **No training activities allowed in high risk areas**, e.g. isolation wards
3. **Basic infection control training** for HCWs should be completed within last 24 months and preferably COVID19 related staff forum attended
4. Advise staff, including trainees and trainers, to have **self-temperature check** before training activity
5. **Avoid attending if there are any symptoms** of fever, cough, runny nose or other respiratory symptoms, loss of taste or smell or diarrhea.
6. Apply **universal masking** with surgical masks and **enhance personal hygiene**, especially hand hygiene and cough etiquette
7. Provide **alcohol-based hand rub** for hand hygiene in the venues
8. **No drinking or eating** allowed during activity
9. Apply **social distancing of at least 1.5 meter** apart between attendees if applicable (or the latest advice as announced by Centre for Health Protection)
10. Enhanced **environmental hygiene** in training venues, especially (but not exclusive) frequently touched surfaces, e.g. doorknobs, light switches, countertops, keyboards, desks, remote controls, shared training materials etc

*Remarks: For full-day training program or programs held during lunch hour - **avoid meal gatherings** and have **staggered meal breaks** as far as possible*