



Two-Days Workshop on Solution Focused Approach to Severe Trauma & Stress Recovery

(Course Code: HKOTA-0-00-23-0036)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date : 6 & 7 October 2023 (Fri & Sat)

Time : 9:00pm to 5:00p.m.

Venue : TBC

Targeted Participants: Occupational Therapists

Capacities:

40 (first-come-first serve basis)

Course Fee:

HKOTA-members: HKD\$4,700 (Enroll on or before **25/8/2023**); HKD\$5,200(Regular)

Non-members: HKD\$6,000 (Enroll on or before **25/8/2023**); HKD\$7,000 (Regular)

**30% off for those who have attended the 2-hr talk and 4-evening course OR 20% off if buy books over \$500.*

Speakers: (Details please refer to Appendix I)

Mr. John Henden

Course Outline:

Details, please refer to Appendix II

Publication order:

Please refer to the google form below to order the publication.

<https://forms.gle/hdKtCQsAEXjNeBjr8>

For enquiries and registration, please contact:

Ms. Lydia Yip (email: hkotaemail@gmail.com)

Deadline for application: 15 September 2023

Confirmation will be given by 22 September 2023

HKOTA CPD: 12 points

Remarks: Certificate of attendance will be issued to participants with full attendance.



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Please go to the Google link as below for application:

<https://forms.gle/xwwjLNNfxnsd89wT9>

****Complete enrollment should be completed on the Google form and received the full payment from the applicants.**

Cheque payable to: **Hong Kong Occupational Therapy Association Ltd.**

Address: Workshop D,13/F, Haribest Industrial Building, No 45-47 Au Pui Wan Street, Shatin, N.T.

Attention: CE Sub-Committee (Two-Days Workshop on Solution Focused Approach to Severe Trauma & Stress Recovery)

Appendix I

About the speaker

Mr. JOHN HENDEN BA(Hons) RMN Dip Couns(Univ of Bristol) MBACP FRSA

JOHN HENDEN is an international trainer, author, therapist and performance coach. For over 20 years, he worked within UK NHS mental health services firstly as a practitioner, then as a manager, during a time of rapid change. He delivers training courses from a broad portfolio; and, also provides organisations with personal coaching and mentoring services. His client list includes NHS Trusts, SSAFA, Compass Ltd (NZ), CRUSE, HM Forces, Helsinki Psychotherapy Institute, Korzybski Institute (Belgium) Local Authorities, HM Prison Service, Compass Seminars Australia, SF Academy (Singapore) and Krotkotermiowej Therapy Centre (Poland). John has a background in psychology, is a qualified counsellor and a member of the British Association of Counselling and Psychotherapy (BACP). He is also a presenter at both the European Brief Therapy Association (EBTA) and Solutions in Organisations Link-up (SOL), being a founder member of the latter.

John delivers a broad portfolio of 2-day and 3-day intensive solution focused brief therapy workshops to many and various organisations, enabling staff to be more time- and cost-effective. Also, he has developed a special interest in three specialist areas.

The first of these is Solution Focused Recovery from Severe Trauma & Stress. As a SF therapist, he has worked successfully with many survivors of traumatic experiences such as military combat, armed robbery, near-death experiences, rape, road traffic accidents and sudden death. John teaches how both the basic SF techniques and advanced techniques are applied, for successful outcomes with such clients. His two books on the subject are:

Henden, J. (2011). *Beating Combat Stress: 101 Techniques for Recovery*. Wiley-Blackwell; and,

Henden, J. (2017). *What it Takes to Thrive; techniques for severe trauma & stress recovery*. World Scientific Publishing

His second specialist subject area is Suicide Prevention, and the book on this subject, which is currently being translated into Japanese and Russian, is:

Henden, J. (2017). *Preventing Suicide: the Solution Focused Approach*. Second edition. Wiley-Blackwell

John's third specialist area is Solution Focused Stress Management and Resilience. (This is also referred to as Solution Focused Healthy Work-Life Balancing.)

As a counsellor and therapist for individual work, unsurprisingly, John's preferred approach is Solution Focused. He finds this approach applicable to the widest range of mental health issues, including chronic depression, relationship difficulties, schizo-affective states, alcohol dependency; and, of course, acute stress and anxiety, trauma survivors and suicide prevention. Within the last 30 years, John has worked with some 400 individual clients from public, private and voluntary sector organisations.

As a trainer, in adopting an action-learning approach, John has an energetic and captivating teaching style, which enables participants to remain both alert and involved throughout. His alternating use of short presentations, audio visuals, paired and small group work, ensures not only all learning styles are catered for, but participants find the training both enjoyable and worthwhile.

Appendix II

TWO-DAY TRAINING WORKSHOP SOLUTION FOCUSED APPROACH TO SEVERE TRAUMA & STRESS RECOVERY WORKSHOP OUTLINE

6 Oct 2023 (Day 1)

8:30 – 10:00	Training area preparation (for speaker)
9:45 – 10:00	Welcome, registration, house rules
10:00 – 11:15 (75 mins)	<ul style="list-style-type: none">- Contracting around making it safe for people to work (demo)- Aims and objectives- Outline plan for the 2 days- Introduction to The Solution Focused Approach- The basic tools & techniques of SFBT
11:15 – 11:30 (15 mins)	AM Break
11:30 – 13:00 (90 mins)	Skill Lab: <ul style="list-style-type: none">- Scaling confidence- Potentially traumatic incidents, RTAs, robberies, muggings, near-death experiences, sudden death, terrorist attacks, war and strife- What has been found to have worked in 1-1 work- What service users have found helpful- The 3 stages: 'victim'; 'survivor'; 'living life well'- Survival skills outlined
13:00 – 14:00	Lunch Break
14:00 – 15:30 (90 mins)	Skill Lab: <ul style="list-style-type: none">- Dealing with anger and other negative feelings: 'the solution focused feelings tank'- Applying basic SFBT techniques to those involved with traumatic events- Sticking to 'the 5 o'clock rule'- Disclosing/divulging what happened- The detail: how much is necessary to hear?- Blocks to disclosing
15:30 – 15:45 (15 mins)	PM Break
15:45 – 17:15 (90 mins)	Skill Lab: <ul style="list-style-type: none">- What equips us to do this work?- Introducing specialised techniques- Implications of this type of work for workers and how we look after ourselves- Getting to know the authentic self/living life well- The specialised techniques:<ul style="list-style-type: none">o 'Park it, and move on'o The "Stop!" technique & 'replaying the video' latero 'That was then, this is now'

7 Oct 2023 (Day 2)

8:30 – 9:30	Training area preparation (for speaker)
9:15 – 9:30	Welcome, registration
9:30 – 11:15 (105 mins)	<ul style="list-style-type: none">- Connection between unresolved trauma and suicide- Tips and techniques for preventing suicide- How to identify suicidal thinking and ideas in clients
11:15 – 11:30 (15 mins)	AM Break
11:30 – 13:00 (90 mins)	Skill Lab: <ul style="list-style-type: none">- The specialised techniques (Cont'd):<ul style="list-style-type: none">o ‘Dual awareness’ for dealing with intrusive thoughtso The rainy-day lettero Letter from the future + how to use ito Write, read and shred/burn
13:00 – 14:00	Lunch Break
14:00 – 15:30 (90 mins)	Skill Lab: <ul style="list-style-type: none">- The specialised techniques (Cont'd):<ul style="list-style-type: none">- :<ul style="list-style-type: none">o ‘Shrinking’o ‘Let it go... Let it go... Let it go...’o 7/11 breathingo etc- Meaning and purpose in life
15:30 – 15:45 (15 mins)	PM Break
15:45 – 17:15 (90 mins)	Skill Lab: <ul style="list-style-type: none">- How we can improve further our practice further, from today- Workshop roundup/summary- Recommended reading list- Personal thoughts and feelings remaining- Re-scaling confidence



Important Note to Participants

1. Following the implementation of mandatory CPD with effective from 1 July 2023, attendance certificate and CPD would only be awarded to participants who has full attendance to the entire course. All CPD-bearing courses over Zoom / Webinar require a recognizable log-in, screen name, as well as turning on of the camera at all times.
2. Fees paid are not refundable regardless of whether the applicant has or has not attended the classes. If there is exceptional circumstance(s), kindly appeal in writing. It is subject to the Association's discretion. In such occasion, there will be a 15% deduction from the application fee paid for the purpose of administrative charge. Should there be any course cancellation due to unforeseeable circumstances, refund after deducting administrative charges from third parties, e.g. PayPal, would be arranged.
3. Fees on courses cannot be transferred from one qualified applicant to another. Once accepted onto a course, the applicants cannot change to another course. In case of exceptional circumstances, transfer studentship is subject to HKOTA approval.
4. Participants are advised to arrive 15 minutes before the programme commences for registration.
5. Switch your mobile phones or any electronic devices to silent mode during the programme.

Bad Weather Arrangement

For workshop or seminar that have not yet started:	
If typhoon Signal No. 8 or above or Black Rainstorm Warning is in force after the following times, workshop or seminar will be cancelled as indicated	
6:00 a.m.	Morning workshop or seminar that start before 2:00 p.m.
11:00 a.m.	Afternoon workshop or seminar that start between 2:00 p.m. & 6:00 p.m.
3:00 p.m.	Evening workshop or seminar that start from 6:00 p.m.
For workshop or seminar that have already started:	
	workshop or seminar
When Typhoon Signal No 8 or above is hoisted	Immediately suspended
When Black Rainstorm Signal is in force	Continue