



Online Evening workshop on How to Improve our Emotional Wellbeing and Self-care in these Post Pandemic Times

(Course Code : HKOTA-O-00-23-0014)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date : 17 May 2023 (Wednesday)
Time : 7:00pm to 9:00pm
Workshop feature : Zoom meeting

Targeted Participants:

Occupational Therapists or physicians who are interested in this topic.

Capacities:

60 (first-come-first serve basis)

Course Fee:

HKOTA-members : HKD\$200 (early bird on or before **10/5/2023**); HKD\$400 (Regular)

Non-members : HKD\$300 (early bird on or before **10/5/2023**); HKD\$500(Regular)

Speakers: (Details please refer to Appendix I)

Mr. John Henden

Course Outline:

Details, please refer to Appendix II

For enquiries and registration, please contact:

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

Deadline for application: 12 May 2023

Confirmation will be given by 15 May 2023

HKOTA CPD: 2 points

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

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.



Online Evening workshop on How to Improve our Emotional Wellbeing and Self-care in these Post Pandemic Times

(Course Code : HKOTA-O-00-23-0014)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date : 17 May 2023 (Wednesday)
Time : 7:00pm to 9:00pm
Workshop feature : Zoom meeting

Targeted Participants:

Occupational Therapists or physicians who are interested in this topic.

Capacities:

60 (first-come-first serve basis)

Deadline for application: 12 May 2023

Please go to the Google link as below for application:

<https://forms.gle/8F6jB7PU6W3vc9py7>

****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 (How to Improve our Emotional Wellbeing and Self-care in these Post Pandemic Times)

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

Workshop Content and Outline

Outline

- This workshop will look at the various ways we can improve our emotional wellbeing and self-care, post-pandemic.
- Most of us will have experienced at least some of the negative effects of lockdowns, in some way or other, so this workshop will check how well we are back on track. Also, we will be considering other ways to improve.
- During the two hour session, we will look at the solution focused approach to restoring and/or maximising emotional wellbeing. As an important part of this, we will highlight the key points to follow, to ensure we look after ourselves well.
- Resilience plays an important part in emotional wellbeing, and we will consider its main aspects, during the course of the evening.

Content with Tentative Time Distribution

19:00 – 20:00

- The key features of Resilience
- Emotional Wellbeing as a preferred term for 'Mental Health'
- 10 key tips for good self-care
- The link between physical health & fitness and emotional wellbeing
- Personal hopes & dreams and goals for the future

20:00 – 21:00

- The Emotional Wellbeing – Emotional Distress continuum
- 'Depression' and the now-disproved serotonin deficit theory
- Two factors which can produce extremely low mood and how to tackle them
- The solution focused feelings tank
- Listing strengths, abilities, and personal resources.



Important Note to Participants

1. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.
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

