



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

(Course Code:HKOTA-O-10-24-0029)

Organized by: *Hong Kong Occupational Therapy Association Ltd*

Date: 18th-19th November, 2024

Time: 08:30am to 06:45pm (18th November 2024, Mon) &
08:30am to 06:45pm (19th November 2024, Tue)

Venue: 4/F., Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, Hong Kong

Target Participants:

Occupational Therapist, especially those working in mental health services, district support, caregivers support and primary care services

Capacity:

50 (first-come-first serve basis)

Speaker:

(Details please refer to Appendix I & II)

Course Fee:

	Early bird (before 30th October 2024)	Regular
HKOTA members	HKD 2250	HKD 2750
Non-HKOTA members	HKD 2750	HKD 3250

For enquiries and registration, please contact:

Ms Lydia Yip (e-mail: hkotaemail@gmail.com)

Deadline for application: **6th November 2024**

Enrollment confirmation date: 1st January 1970

Deadline of application 2024-11-06 (30th October 2024 for early bird)

HKOTA CPD: 12 points

Remarks:

Certificate of attendance will be issued to participants with full attendance of the training programme

Programme Rundown:

Day 1 - 18 November 2024

Time	Presentation Topic	Speaker
08:30 – 09:45	Training area preparation (for speaker)	
09:45 – 11:15	- 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	AM Break	
11:30 – 13:00	Skill Lab: - 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	
14:00 – 15:30	Skill Lab: - 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	PM Break	
15:45 – 18:45	End	John Henden

Day 2 - 19 November 2024

Time	Presentation Topic	Speaker
08:30 – 09:15	Training area preparation (for speaker)	
09:15 – 09:30	Review and conclusion of day 1 content	

09:30 – 11:15	<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	AM Break	
11:30 – 13:00	Skill Lab:	
14:00 – 15:30	<p>Skill Lab:</p> <ul style="list-style-type: none"> - The specialised techniques (Cont'd): <ul style="list-style-type: none"> o 'Shrinking' o 'Let it go... Let it go... Let it go...' o 7/11 breathing o etc - Meaning and purpose in life 	
15:30 – 15:45	PM Break	
15:45 – 18:45	Skill Lab	John Henden