



Second Workshop on Understanding self-harming behavior among adolescents and treatment using Dialectical Behavioral Therapy (DBT) (辯證行為治療)

報名表格

聯絡人姓名：_____ (英文) _____ (中文)
 機構/單位名稱：_____
 通訊地址：_____ 傳真：_____
 電話：_____ (手提) _____ (公司) 電郵地址：_____
 職業： 社工 教師 臨床心理學家 醫護專業人員 學生(社工/教師/其他 _____)
 其他(請註明) _____

姓名		職業	費用	
中文	英文		20/3/17 前報名 或 2人以上同行	20/3/17 後報名
1.			<input type="checkbox"/> 課程(\$800)	<input type="checkbox"/> 課程(\$1,000)
2.			<input type="checkbox"/> 課程(\$800)	<input type="checkbox"/> 課程(\$1,000)
3.			<input type="checkbox"/> 課程(\$800)	<input type="checkbox"/> 課程(\$1,000)
4.			<input type="checkbox"/> 課程(\$800)	<input type="checkbox"/> 課程(\$1,000)
			總數：\$ _____	

支票號碼：_____ 銀行：_____
 收據抬頭 (請註明)：_____

備註：

- ◆ 請填妥報名表格，連同劃線支票，抬頭填寫「基督教家庭服務中心」郵寄到 將軍澳翠林村康林樓地下予周姑娘，封面請註明「參與專業培訓」。
- ◆ 接受先透過傳真致 2706 5776 或電郵到 ym@cfsc.org.hk 遞交報名表格留位，後補寄支票，支票背後請註明聯絡人姓名及聯絡電話。
- ◆ 所有申請會以交妥報名表格及支票為實，確認信將透過電郵寄出。
- ◆ 除活動取消或額滿外，報名費用將一概不獲退款。
- ◆ 如遇上八號強風信號或黑色暴雨警告信號，活動將會取消，而有關活動之日後安排，將透過電郵通知參加者。

職員專用

日期：_____ 收據編號：_____ 備註：_____
 查詢電話： 2706 5262 傳真：2706 5776 電郵：ym@cfsc.org.hk



Second Workshop on Understanding self-harming behavior among adolescents and treatment using Dialectical Behavioral Therapy (DBT) (辯證行為治療)

Content

- ⊕ Dialectical Behavioral Therapy (DBT) has been found to be effective in suicide prevention among individuals diagnosed with Borderline Personality Disorder. While DBT is an intensive clinical treatment program that could only be conducted by trained personnel, DBT skills training could be adopted in adolescent groups for emotional and behavioral regulation, especially for the prevention and treatment of self-harming behavior.
- ⊕ This workshop aims at providing a general overview of the DBT skills training model and its application for emotional and behavioral regulation among adolescents.
- ⊕ Participants will learn the five sets of skills that directly correspond to the five major problems associated with emotional and behavioral dysregulation in adolescents. These skills include:
 - (1) Mindfulness skills
 - (2) Distress tolerance skills
 - (3) Emotion regulation skills
 - (4) Interpersonal effectiveness skills
 - (5) Walking the middle path skills

Format

- 🚩 The format of the workshop is seminar and hands on practice of DBT skills training exercises

Workshop Facilitator

- Dr. Angela W.Y. Shik, MA, MSW, PhD 施維恩博士
- Registered Counselling Psychologist (HKPS DcoP) 註冊輔導心理學家
- Registered Social Worker 註冊社工
- The Chinese University of Hong Kong, SH Ho College, Honorary Student Counsellor and Professor for College CGE Program 香港中文大學善衡書榮譽學生輔導顧問 及書院通識課程教授

Course Details

- **Course Date:** 26/4/2017 (Wed)
- **Time:** 10:00 - 17:00 (7 hours)
- **Venue:** CFSC' s Headquarter Building, Rm 204 & 205, 3 Tsui Ping Road, Kwun Tong, Hong Kong
- **Language:** Cantonese supplement with English (Teaching materials are mainly in English)
- **Target:** Social Worker / Teacher / Counselor / Nurse / Other helping professions
- **No. of Participant:** 30
- **Fee:** HK \$800 (Enroll on or before 20/3/2017 or in a group of 2 persons or above)
HK \$1,000 (Enroll after 20/3/2017)
- **Application Method:** Please send the completed application form, together with a crossed cheque payable to "Christian Family Service Centre" attention to " Second Workshop on Understanding self-harming behavior among adolescents and treatment using Dialectical Behavioral Therapy (DBT) (辯證行為治療)" to **Centre for Adolescent Mental Health Prevention and Intervention, G/F, Hong Lam House, Tsui Lam Estate, Tseung Kwan O , Kowloon**. Application will be confirmed only upon the receive of the cheque.
- **Remarks:** Certificate of Attendance will be given to participants who have fully completed the whole course
- **Enquires:** Please contact us at 2706-5262 or Email to ym@cfsc.org.hk