

Mindfulness-Based Cognitive Therapy (MBCT) – online class

Registration form

Name : _____ Mr Ms Date of birth/Age : _____ / _____

Daytime contact no./mobile no. : _____ / _____

Correspondence address : _____

Email : _____

How do you know about this course?

- seedlingheart.com our centre Facebook friend www.mindfulness.hk
 Google or any other search engine _____ articles published by our centre therapists
 our centre service user (Participated: __mindful parenting__ kids mindfulness__ others _____)
 Others

Are you suffering chronic illness ? Please list: _____

Are there any details that the instructor needs to attend to?

Please list: _____

Expectation about this course: _____

Have you ever attended any 8-week mindfulness courses? Please list:

Mindfulness-based Stress Reduction (MBSR) / Mindfulness-based Cognitive Therapy(MBCT) /

Other: _____

I have noted, understood and agreed to the contents of the Personal Data Collection Statement and Notes for Application. Signature : _____ Date : _____

For inquiries, please contact 2244 6614 or whatsapp 6604 4966.

Due to the presence of Covid-19 in our Hong Kong community, MBCT will be a combination of both IN-PERSON & ONLINE sessions depending on government's advice from time to time. Now one day retreat is in person and 8 sessions will be online classes.

Date: Dec 3, 10, 17 (Thurs); Dec 22, 29 (Tues); Jan 7, 14, 21 (Thurs)

Time: 6:45pm – 8:45pm (Online Zoom Class)

1-day silent retreat (in-person class): Jan 17, 2021(Sun) (Venue: Shop 43, 1/F, The Corinthia By the Sea, TKO)

Fees: \$5,200 per person / \$4,900 per person (Early bird discount, enroll before 18/11)

Small group class: 6 – 8 people

Teaching medium: English and supplemented with Chinese

Mindfulness practice: Body scan, mindful movement, meditation, breathing space, dealing with difficult, mindful

communication, mindfulness in every life, etc

- Enquiry: dialogue and group sharing
- Home practice: (30-40 mins)

Mindfulness-Based Cognitive Therapy (MBCT): A present for self – Time to take care of self with compassion

Suitable for people experiencing:

- Low mood, anxiety
- Excessively worries
- Unrestful
- Emotionally imbalanced
- Short tempered, impatient
- Struggles with distressing thoughts

Feedbacks from participants:

- Gratitude to body
- Stress reduction
- Improve insomnia
- Understand children
- Improve relationship
- Acceptance
- Reduce anxiety and depression

Instructor: Ms Venus Yiu

- MSc (Clinical Psychology), CUHK
- Vice-Chair (External Relations) 2016-2018, Registered Clinical Psychologist
- Division of Clinical Psychology, Hong Kong Psychological Society
- Part time Lecturer, Bachelor of Education (Honours) In Early Childhood Education, Hong Kong Baptist University
- Member of Hong Kong Association for Infant Mental Health
- Completed Foundation Course for teaching Mindfulness Based Cognitive Therapy (MBCT), co-organized by the Oxford Mindfulness Center and the Hong Kong Center for Mindfulness
- Advanced Teacher Training of Mindful Parenting Training by Prof. Susan Bögels of University of Amsterdam
- Certified children's trainer in the Method Eline Snel (the Academy for Mindful Teaching)
- Qualified mindfulness teacher for Mindfulness Training for Youth with ADHD, Youth with ASD and parallel Mindful Parenting Training (MYmind) by Prof. Susan Bögels, University of Amsterdam
- Completed training on Circle of Security (Relationship-based Parenting Program)
- Completed training on Newborn Behavioral Observations System organized by Boston Children's Hospital and Harvard Medical School Teaching Hospital
- Worked at the Center for Anxiety and Related Disorders at Boston University (CARD) for summer internship in 2006, specializing in evidence based assessment and cognitive behavioral therapy
- Worked as a clinical psychologist at the Hong Kong University of Science and Technology, Pamela Youde Nethersole Eastern Hospital, United Christian Hospital for providing professional psychological services
- Author of mindfulness book <靜觀 - 觀心、知心、療心> which was awarded in the Hong Kong Publishing Biennial

Award in the category of top ten psychology and self help books

- More than 14 years of clinical experience
- Poster presentation on Mindfulness Based Intervention Groups for Patients with Mood Disorders in Hospital Authority convention in 2015
- Poster and Paper presented at XXVIII International Congress of Psychology Cognitive Behaviour Therapy (CBT) Conference, The Third Joint International Conference of the Hong Kong College of Psychiatrists and the Royal College of Psychiatrists (UK)
- Paper published at the Counseling Psychologist, Hong Kong Journal of Psychiatry. The themes of presentation and publication included public stigma on help-seeking for mental illness, cognitive and behavioral model for social anxiety development, understanding distress and help-seeking, Posttraumatic Stress Disorder Checklist (PCL) for Chinese Survivors of Motor Vehicle Accident, Treatment Efficacy of Fast-track Clinical Psychological Services for Common Mental Disorders



Terms and Conditions

1. Once registration is confirmed, the fee paid is non-refundable or transferrable to other course or other person. Seedling Heart Child Development Centre reserves the right to cancel a course due to insufficient enrollment or other special occasions, and to notify the applicants via email or phone. Programme fee will be refunded in such case.
2. Once registration is confirmed, it is non-transferrable.
3. Fees paid are non-refundable and nontransferable.
4. For absence, participant must submit doctor's note verifying the illness or condition.
5. Seedling Heart Child Development Centre retains all final decision of the course arrangement.