



mindhk
香港心聆

MYmind Teacher Training

A certificated intensive 5-day mindfulness teacher training



13-17 November, 2024



09:30 - 17:30



CUHK Medical Centre, Sha Tin
(next to University MTR station)



Prof. Susan Bögels Dr. Elisabeth Wong
(see trainers bio below)



Early Bird:
HKD 12,688

Standard:
HKD 14,688

All profits from the course will be directed to Mind HK to support mental health initiatives in Hong Kong.



Application Deadline

31 August, 2024
(early bird)

31 October, 2024
(final)

Application is first-come-first-served.

Successful applications will be informed by email.

THE TRAINING

The training is to train **child mental health practitioners** with a background of mindfulness practices who wish to implement MYmind with their clients, including children and parents.

MYmind is a structured evidence-based mindfulness training for children and adolescents aged 8 – 18 with executive functioning problems such as attention-deficit and hyperactivity disorder (ADHD) and autism spectrum disorder (ASD), and a parallel mindful parenting (MP) training for their parents.

After completing the teacher training, there is possibility for participants to receive supervision (to be paid separately) on their own MYmind groups.



MORE DETAILS

Participants are expected to be working as a mental health professional with formal practice in mindfulness including MBCT/MBSR/MSC.

Participants will receive a MYmind Teacher Attendance Certificate if they have met the criteria for (90%) attendance, development of attitude and skills, as assessed by the trainers.

Participants can apply for an additional MYmind Practitioner Certificate if / when they complete a 5-day mindful retreat programme (within a year). All final decisions of certification are to be made by the trainers.

Training materials are included. Lunch is not provided, but refreshments will be available throughout the training.

CE Points are available upon completion of the training.

MEET OUR TRAINERS



Prof. Susan Bögels
Principal Trainer

Prof. Susan Bögels is a psychotherapist, and mindfulness trainer, clinically specialised in Cognitive Behaviour Therapy and Mindfulness for children and parents. She is a professor in Family Mental Health, with a particular role for Mindfulness, at the University of Amsterdam. She provides advanced teacher training in mindfulness for parents and children with psychopathology around the world and provides retreats on the topic of 'parenting ourselves'.

Dr. Elisabeth Wong, Specialist in Psychiatry
Co-Trainer

Dr. Elisabeth Wong is the Honorary Clinical Associate Professor at the Department of Psychiatry of the Chinese University of Hong Kong, and the Honorary Clinical Assistant Professor of the Medical Ethics and Humanity Unit of the School of Clinical Medicine of the University of Hong Kong.



For enquiry, please email Mind HK Training Team at training@mind.org.hk to learn more.



TRAINING OVERVIEW

Day 1 - Orientation & Session 1

- Practices on how to start a parent and child MYmind group
- Preparation for trainings & diagnostics
- Overview of ordering problems (AHDH & ASD), neurodiversity & mindfulness
- Review of Session 1 "Man from Mars"

Day 2 - Session 2 & Session 3

- Review of Session 2 "Home in your body" and Session 3 "The Breath"
- Practice key meditations and psycho-educations for children and parents
- Address obstacles to practice for children and parents
- Look into the role of yoga/ movement for kids with ADHD & ASD

Day 3 - Session 4 & Session 5

- Review of Session 4 "Internal and external distractors" and Session 5 "Stress"
- Halfway evaluation
- Practice meditation with distractors for children and parents
- Practice imagining stress moments and how to invite a breathing space

Day 4 - Session 6, Session 7 & Session 8

- Review of Session 6 "Highway, walking away", Session 7 "Acceptance and autonomy", and Session 8 "The future"
- Roleplaying
- Overview of MYmind research and progress assessment

Day 5 - Final Overview

- Overview of specific differences between Autism and ADHD
- Review of MYmind for individual families and different age groups (4-7, 8-12, 13-18 & young adults)
- Review of online vs face-to-face MYmind training
- Review of the role of fathers
- Practices on how to end the intervention and carry out follow-up sessions
- Q&A

