



Cultivating Calmness in Times of Stress: A 1-day Mindfulness Training Workshop

In times of stress, people find themselves shaken and anxious. Efforts to restore an inner sense of stability seem to require much strenuous effort and patience. Over 25 years of research in area of mindfulness showed that mindfulness is effective in reducing stress, anxiety and depressed mood. The practice of mindfulness is a form of mental training which enhances an individual's ability to contain distressing feelings and restore calmness.

This is a highly experiential course that focuses on the practice of mindfulness exercises. Participants will learn the theory and the practice of mindfulness to promote calmness in everyday living.

Trainer: Ms. Natalie Tong

Registered Psychologist (HKPS)

Licensed Marriage & Family Therapist, LMFT #40466, California, USA

Approved Supervisor, Hong Kong Professional Counseling Association (HKPCA)

Clinical Member, American Psychological Association (APA)

Ms. Natalie Tong is a California Licensed Marriage & Family Therapist and a Registered Psychologist who has been practicing psychotherapy for over 20 years. She has served as an Honorary Lecturer at the University of Hong Kong for over 12 years. She is an ICEEFT Certified EFT Therapist who integrated her EFT training with her training in clinical psychology. In her private practice, she works extensively with clients suffering from depression, complex trauma, anxiety and couple distress.



INSTITUTE FOR
PROFESSIONAL TRAINING
IN PSYCHOTHERAPY LIMITED
專業輔導培訓學會有限公司

22/F, Weswick Commercial Building, 147-149
Queen's Road East, Wanchai, Hong Kong

www.iptp.com admin@iptp.com.hk 2505-7288

Course details:

Dates & Time: March 19, 2020 (Thursday), 9:30am to 5:30pm

Venue: Institute for Professional Training in Psychotherapy Limited (IPTP),

Address: IPTP, 22/F, Weswick Comm. Bldg., 147-149 Queen's Road East, Wanchai, Hong Kong

Target participants: Social Workers, Counselors, Psychologists, Teachers, Health-Care Professionals

Language Medium: Cantonese (Training Notes in English)

Registration Procedure:

Option A: Online Registration

1. Go to the IPTP website, www.iptp.com.hk; click on "Upcoming Training" then click on the training title
2. Fill in the online registration form (Note: each individual participant will complete 1 online registration)
3. Deposit the training fee within 3 working days to the IPTP bank account OR prepare a crossed cheque
4. Email the deposit slip to admin@iptp.com.hk within 3 working days OR mail in the crossed cheque with your name and training title written in the back (IPTP address indicated above) within 3 working days.

Option B: Registration by Fax or Mail

1. Fill in this Registration Form (Note: each participant will complete 1 registration form)
 2. Deposit the training fee within 3 working days to the IPTP bank account OR prepare a crossed cheque
- Fax this form and deposit slip to 2505-7989 or mail the cheque & form to the above IPTP address

Course Fee: (please check one of the following boxes) Early Bird Deadline Jan 17, 2020

Regular Course Fee in Groups of 3: \$1400/person <input type="checkbox"/>	Early Bird in Groups of 3: \$1200 <input type="checkbox"/>
Regular Course Fee in Groups of 2: \$1500/person <input type="checkbox"/>	Early Bird in Groups of 2: \$1300 <input type="checkbox"/>
Regular Course Fee for Individuals: \$1600/person <input type="checkbox"/>	Early Bird for Individuals \$1400 <input type="checkbox"/>

Bank of China Account No.: 012-899-1-027107-0

Bank Account Name: Institute for Professional Training in Psychotherapy Limited

Crossed Cheque payable to "Institute for Professional Training in Psychotherapy Limited"

All courses are non- refundable and non-transferrable to other persons or other IPTP courses

The date on the deposit slip or the date of the post stamp will be referred as the date of registration

An email confirmation will be sent to those who have successfully enrolled 1 month before the training.

Full Name (English): (Ms./Mr.) _____ Full Name (Chinese): _____

(Pls indicate in BLOCK LETTERS your name which is to be printed in your certificate)

A certificate of attendance will be given to participants who have attended at least 80% of the 7-hr training

Email: _____ Telephone: _____ Mobile: _____

Cheque number: _____ Name of the Bank: _____

Name of Agency: _____ Work Title: _____ Years of experience: _____

For those who register in groups of 2 or 3, please indicate the name of your training partner(s)

Any enquiries please call 852-2505-7288 or email admin@iptp.com.hk