

改善情緒工作坊 - 中階

Emotion Management Workshop - intermediate

- * 深入分析負面情緒及反應模式
- * 應用五常法於日常生活中
- * 深入了解自己缺乏彈性的規條
- * 學習如何放下執着
- * Further identify my negative thinking and reaction pattern
- * Applications of the Five Steps
- * Further understand my dysfunctional beliefs and rules
- * Way to modify the dysfunctional rule or let go

治療師 Therapist : Qualified CBT therapist and Clinical Psychologist)

日期 Dates : 10/8, 17 / 8 , 24/8/2015 (Mondays)

時間 Time : 待定 to be confirmed

語言 Language : 廣東話 Cantonese

費用 Fee : \$ 30 (3 堂) 或 持有醫生處方的精神健康保健計劃 (小組治療), 有關費用將由國民保健支付, 欲了解申請精神健康保健計劃詳情, 可向本中心工作人員查詢。

Bulk Bill will be applied for those with prescribed Mental Health Care Plan (for group therapy) by GP. Please contact our Centre to understand the eligibility of the Mental Health Care Plan.

對象 Target: 參加者已出席過改善情緒入門工作坊

The participants should have attended the 3-session elementary workshop.

地點 Venue : Level 1, Whitehorse Community Resource Centre
79 Mahoneys Road, Forest Hill 3131

查詢及報名 Enquiry & registration : 03 88067532 / 0401 718 043