



Taming **the Adolescent Mind**



This workshop will focus on an evidence-based mindfulness treatment for adolescents. The Taming the Adolescent Mind program has proven to be effective in treating adolescents with mixed mental health disorders. This includes learning and applying techniques of R.O.A.M (regulate attention; observing attention; acceptance; meaningful and mindful living), with structured exercises and demonstrations with the goal of achieving mindfulness skills.

Participants at the completion of this one-day workshop will be introduced to:

- mindfulness-based therapies
- empirical evidence on efficacy of mindfulness-based therapies in children and adolescents
- mindfulness measurements for children and adolescents
- step-by-step guide on how lead a mindfulness-based adolescent group intervention

Target Participants: All human services practitioners and others with special concerns with youth

Date: 15 February, 2014 (Sat)
Time: 9:00am - 5:00pm (lunch break 12:30 - 1:30pm)
Location: G/F to 3/F, E-Tech Centre, 402-406 Hennessy
Wan Chai, Hong Kong (Causeway Bay MTR exit A)
Language: English
Class size: 35
Fee: HKD \$2000 (non-refundable once confirmed)
Deadline: 29 January 2014

Early bird and other special offerings

on or before 15 January 2014 (Wednesday)

10% (HK\$1800) for early bird registrations

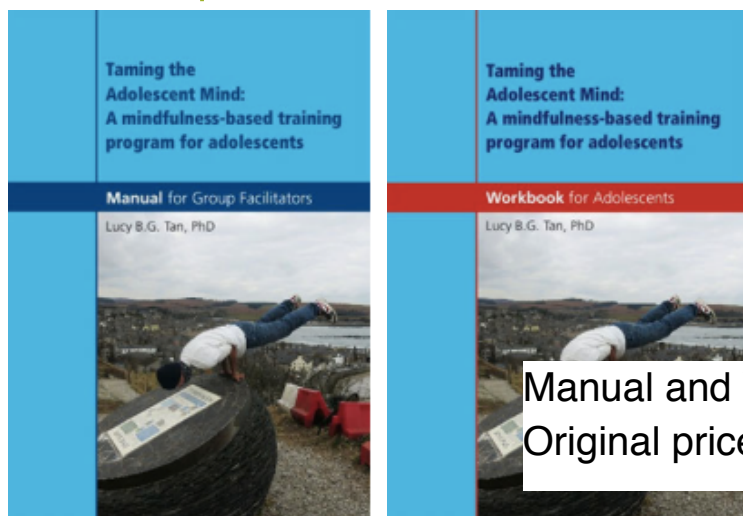
15% off (HK\$1700) for current students / graduates of MIC (Monash University)

20% off (HK\$1600) for HKSCP members



HKSCP
Hong Kong Society of
Counseling and Psychology

Workshop Materials



Manual and Workbook on the day special discount \$480
Original price was \$750

About Dr Lucy Tan

Dr. Lucy Tan is a Clinical Psychologist, having trained and worked in Scotland, Singapore and New Zealand, before moving to Australia.

She has extensive clinical experience in both public and private health industries in a variety of clinical settings covering areas of trans-cultural mental health, family law, medico-legal and community mental health.

Lucy specialises in the use of mindfulness treatment for adolescents with problematic behaviours.

She has been a recipient of several innovative grants and awards, including the Australia Prime Minister Endeavour Award for her innovative research of mindfulness-based program, Taming the Adolescent Mind for adolescent mental health.

Dr Lucy Tan
Clinical Psychologist



PhD. Psychological Medicine
Member of Australia Psychological Society and College of Clinical Psychologists

<http://www.tanpsychologist.com.au>

Hong Kong Society of Counseling and Psychology

Application for Enrolment Form

Full Name: (English)* Dr/Mr/Ms/Miss _____ (Chinese) _____

Correspondence Address: _____

Email Address: _____

Tel. No.: (O) _____ (M) _____ Fax No.: _____

Payment Information

Cheque No.: _____ Bank Name: _____ Amount (HK): * \$2000 / \$1800 / \$1700 / \$1600

Membership: ☐ No ☐ Yes, if Yes, HKSCP Membership No.: _____

MIC graduate/student No.: _____

☐ Manual & Workbook Orders

Please tick if you want to order and pick up the Manual & Workbook on the training day.

Cheque No.: _____ Bank Name: _____

Amount: HK\$480 (HK\$780 - order after the training day)

* Please delete as appropriate ☐ Please tick appropriate boxes

Remarks:

1. Application will be accepted **on a first-come-first-served basis**.
2. **Confirmation of application or cancellation of course** will be announced **via email** at least one week before the commencement of course. Please contact us if you do not receive any notification.
3. If Storm Warning Signal No. 8 or above, or Black Rainstorm Signal is hoisted by 7 a.m., the lesson will be cancelled.
4. Details of postponement or other arrangements will be announced afterwards. The HKSCP has discretion over the arrangement of its workshops.
5. **Receipt of application fee** will be issued on the first day of the course.
6. **A Certificate of Attendance** will be given to participants who have attended the **WHOLE course**.
7. The personal data provided on application forms are used by HKSCP only for enrolment, course administration, and future promotion purposes (if you have not checked the tick box indicating objection for us to do so). All personal data collected will be treated as strictly confidential. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit written requests to HKSCP by email to info@hkscp.org

If you DO NOT WISH to receive our latest updates and promotional materials through the email or postage, please check this box. ☐

Declaration

1. I declare that all information provided in this application form are correct and accurate
2. I have noted, understood and agreed to the contents of the above remarks and the Personal Data (Privacy) Ordinance.

Signature: _____

Date: _____

After completion, this form should be sent together with the appropriate fee in the form of:

- 1) Crossed cheque made payable to Hong Kong Society of Counseling and Psychology and returned to:**

"Hong Kong Society of Counseling and Psychology"
Room 305 - 306, Summit insurance Building,
789 Nathan Road, Price Edward, Kln, Hong Kong.

- 2) Deposit to Dah Sang Bank A/C No. 77-328-0032-2 and email the bank receipt together with completed registration form to info@hkscp.org**

For enquiry, please call Ms Samentha Tang (+852 6218 1084) or email to info@hkscp.org
(One form for one application)

For Official use only:

Application Fee: ☐ Cash ☐ Bank ☐ Cheque