

統籌機構 Coordinated by



捐助機構 Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同步 同進 RIDING HIGH TOGETHER

夥伴機構 Partners



基督教家庭服務中心
Christian Family Service Centre



賈麗氏何妙齡打馬素基金會
ALICE HO MIU LING NETHERSOLE CHARITY FOUNDATION



香港聖公會麥理浩夫人中心
H.K.S.K.H. LADY MACLEHOSE CENTRE



賽馬會「攜手同行」癌症患者支援計劃 Jockey Club Cancer Survivorship Care Project

**Capacity Building Workshop for Social Workers, Nurses & Allied Healthcare Professionals on
Rehabilitation and Survivorship**

Singing Bowl Therapy for Stress and Anxiety Course Outline

Date	13 and 20 May 2023 (Sat) 2-day workshop
Time	9:30am -5:00pm Morning session : 9:30 am-12:30 noon Afternoon session : 2:00 pm-5:00 pm
Venue	10/F, The Hong Kong Federation of Youth Groups Building (Model Lane entrance – next to Quarry bay station exit C)
Trainer	Mr Kenneth Y.K. Wong (黃耀光先生) 麻省大學醫學院 MBSR 正念減壓課程合格導師、牛津大學正念中心 MBCT 種子教師、正念瑜伽療法創始人
Target	Social workers, nurses, and allied health professionals
No. of participants	25 persons
Objective	The workshop aims to help learners on experiencing and learning Singing bowl therapy with mindful meditation, deep breathing and stretching exercises, and inner dialogue, etc. Through the power of sound, it helps to heal, create deep sense of tranquility and clarity in mind; cultivate energy flow and promote deep relaxation and self-compassion.
Language	Cantonese supplemented by Chinese materials
Format	Face to face -Lecture, experiential learning, small group practice and sharing
Fee	Free (first come, first served basis) Remark: Full attendance is required. Absence with no reason will affect the registration of other courses.
Certificate	Awarded by HKACS for Full attendance (e-Cert only)
CNE point	11 points (Nursing Council of Hong Kong)

Course Outline

(Please refer to the Chinese version of course outline)

Reminder for the participants

You will attain the best effects from the course if you attend all sessions on time which will enable you to be fully involved in the group and your own process.

Guidelines for attending the course

1. Learners have to sign in at morning and afternoon session
2. Around 15-minute break in the morning and afternoon session
3. All learners should need to complete the evaluation questionnaire at the end of the workshop.

What to prepare

- Please wear comfortable clothes
- Please bring a blanket or scarf to keep warm during practice
- Please do not eat too full before the class

Trainer's Biography

Kenneth Y.K. Wong (黃耀光先生)

1. Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School - Certified MBSR Teacher.
2. Oxford Mindfulness Centre – Mindfulness Based Cognitive Therapy, Certified Teacher and Mindfulness Based Cognitive Therapy in Life - Certified Teacher.
3. California Institute of Health – The Power of Awareness, Certified Teacher.

壓力與焦慮的頌鉢療法

頌鉢為近年廣受歡迎的藝術表達療癒方式，由於其音色獨特，具有和諧的按摩震盪力，頻率可滲透至身體及心靈內在，令身心產生愉悅感，並且提高專注力幸福感。加上靜觀引導，更可增加參與者進入心流機會。據研究所得，對安眠、靜止大腦、鎮痛；增加關愛自己、表達及溝通能力提升等有好處。

工作坊使參加者親身體驗優質療癒經驗，分辨有效或有害的鉢音及其療癒力，個人及團體療癒不同應用法等，且每人均可應用一隻優良頌鉢作體驗之用。

導師 **Ken Sir 黃耀光** 具有 10+ 頌鉢應用於癌症、帕金森、焦慮個案及研究項目；也是麻省醫學院及牛津大學認可的 **MBSR/MBCT** 靜觀導師，作曲家、輔導碩士。

傳統與身心醫學正念禪修及古典瑜伽修習二十餘年，師隨班比達尊者、**SvamiVeda Bharati**，卡巴金教授等多位大師，自 1996 年起於香港講授四念處禪修、正念瑜伽及結合兩者的動靜禪修相關課程。

美國自然療法音訊治療師學會會員
美國自然療法（音訊）博士
社會科學（心理輔導）碩士
美國麻省大學醫學院正念中心(CFM)正念減壓（MBSR）合格導師
牛津大學醫學院正念中心正念認知療法（MBCT）合格導師
加州健康研究院（POA）覺知的力量 19 期導師
中國表達藝術治療常務理事
中印瑜伽峰會香港代表
香港正念家庭社工督導

香港正念教研中心創辦人/武漢啟心正念瑜伽培訓中心創辦人，於香港大學/香港理工大學從事研究，參與多個以正念對應帕金森症、癌症、抑鬱症、多動症、學習障礙的研究設計、教學培訓及經發表。

持續為香港/澳門政府機構、部隊、教育、商界、衛生醫療，社會福利界等作正

念減壓培訓超過十年。

《靜觀-觀心、知心、療心》-香港心理學會出版，共同創作人及擔任正念歌曲作曲/編曲及主唱。

2006 開始於- 香港癌協、聖雅各延續教育中心、香港東區醫院協網、香港內觀智慧禪學會、城市綠洲正念瑜伽中心等教授 MBSR 全課程超過 50 班。個人及與其他導師指導之 3-4 天退修營十數次，並與各個機構指導全天或半天培訓數十次。2010 年起為香港警務處，香港大學家庭研究院，東區醫院聯網癌症服務中心，香港家庭福利會-家庭綠洲計劃、心晴行動、善寧會、明愛向晴軒、Maggie's 癌症服務中心等作「正念瑜伽減壓課程」及「正念哈達瑜伽」導師。