

## Alfred Adler Lifestyle Assessment Workshop

### About the workshop

**Lifestyle assessment** is a qualitative interview technique consisting of a set of exploratory questions designed for clinicians to explore one's family dynamics as well as early recollections in order to understand one's lifestyle. The concept of "lifestyle" was constructed by the master Alfred Adler in 1929 to describe a cluster of personality; the ways of acting and thinking in which individuals have subjectively arranged into a systematic schema under the social context of family at an early age.

In this workshop, the counselling psychologist trainees will offer a closer look into the basic theoretical and research foundations of the lifestyle assessment, its therapeutic values as well as clinical skills of conducting the lifestyle assessment. Real case samples and demonstrations will be included to illustrate the aforementioned concepts.

### About the Presenters

**Ms. Helen Kwok; Ms. Shirley Wong & Mr. Isaac Yu**

Counselling Psychologist, Counselling and Research Centre, HKSJU

**Ms. Mandy Lam; Mr. Edwin Wan**

Counselling Psychologist in Training, M. Soc. Sci. (Counselling Psychology) Candidate, HKSJU

The presenting group comprises three counselling psychologists who are currently working in the Counselling and Research Centre and two counselling psychologists in training who are currently studying in the Master of Social Sciences in Counselling Psychology at the Hong Kong Shue Yan University. This group of practitioners had been intensively trained in psychodynamic psychotherapy in which the theories and clinical skills of the master Alfred Adler were one of the main foci of their training.

Throughout the training and practice, they have been using lifestyle assessment with a wide range of clienteles, such as children, adolescents and/or adults with mental/emotional issues and/or interpersonal or family problem, in which they will selectively share during the workshop.

### Course Details

- Date & Time:** July 27, 2013 (Saturday) 2:00 pm – 6:00 pm
- Venue:** **Room 103, Shue Yan University Library Complex**  
12 Wai Tsui Crescent, Braemar Hill, North Point, Hong Kong  
**Map:** <http://goo.gl/mkIq>
- Targets:** People who are working in the helping profession: Psychologists, counsellors, psychiatrists, social workers, teachers, and/or people majoring in human related subjects.
- Language:** Cantonese
- Fee:** **APCA Members: \$300** Non-members: \$600  
**Discount for current students with APCA Membership: \$100**  
*\*\* Discount for workshop will also be given participants submitting application together with NEW MEMBERSHIP APPLICATION\*\**
- Quota:** 50
- Deadline:** July 24, 2013 (Wednesday) <Postmark Date as reference>

### Registration

1. Complete the [ENROLLMENT FORM](#), and settle payment by [BANK TRANSFER](#) OR [CROSSED CHEQUE](#) to the following bank account:

<p><b>Payee:</b> Asian Professional Counselling Association (H.K.) Ltd. <b>Account No.:</b> HSBC 808-021620-001</p>
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2. Submit your application with [ENROLLMENT FORM](#) & [BANK SLIP/CROSSED CHEQUE](#) by post to:

<p><b>ASIAN PROFESSIONAL COUNSELLING ASSOCIATION</b> Department of Counselling and Psychology, Shue Yan University 10 Wai Tsui Crescent, Braemar Hill, NORTH POINT, HONG KONG</p>
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### Enquiries

**Tel.:** (852) 2104 8232 <Voicemail>  
**Email:** [admin@apca-counselling.com](mailto:admin@apca-counselling.com)  
**Website:** <http://www.apca-counselling.com>

## Remarks

1. Only application with COMPLETED ENROLLMENT FORM & BANK SLIP / CROSSED CHEQUE will be accepted.
2. Application will be accepted on FIRST-COME-FIRST-SERVED BASIS, confirmation will be sent by email.
3. Fees are non-refundable.
4. Receipt of application fee and Certificate of Attendance issued by “**Asian Professional Counselling Association (Hong Kong)**” will be given to the participants at the end of the course.
5. If Tropical Cyclone Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is issued, the workshop will be cancelled. Details of postponement or other arrangements will be announced afterwards.

## Enrollment Form

*\*Please fill in all information.*

<b>OFFICE USE ONLY</b>	<input type="checkbox"/> HK\$ <input type="checkbox"/> Ref. No.:	<input type="checkbox"/> Date: <input type="checkbox"/> Receipt No.: <input type="checkbox"/> Cert No.:
<b>Course Name:</b>	<i>Alfred Adler Lifestyle Assessment Workshop</i>	
<b>Salutation:</b>	Dr. / Prof. / Mr. / Mrs. / Ms. / Others: _____	
<b>Name:</b> <i>(To be shown on Cert.)</i>	English: _____	Chinese: _____
<b>APCA Membership:</b>	Membership No.: _____	<input type="checkbox"/> Non-member
<b>Employer:</b>		
<b>Type of Service:</b>	UID (for C&P students): _____	
<b>Correspondence Address:</b>		
<b>Telephone:</b>	Mobile: _____	Office: _____
<b>Email:</b>		
Your expectation towards this workshop/course:		
<b>Payment:</b>	<input type="checkbox"/> I hereby declare to pay HK\$ _____ for application to captioned workshop <input type="checkbox"/> BANK DEPOSIT      Date: _____      Ref. No.: _____ <input type="checkbox"/> CHEQUE      Bank: _____      Cheque No.: _____	

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*Thank you for your participation!*