

Kimochis Workshop for Mental Health Workers (Hong Kong)

About the workshop

Course Description: This interactive workshop is designed for mental health workers who are seeking tangible and effective clinical tools which help clients understand and manage upset feelings associated with life's challenges.

Kimochis® (KEY.MO.CHEES) are feeling pillows. Each colorful, small pillow has a feeling (e.g. happy, sad, hurt, disappointed) printed on one side and a corresponding facial expression on the other. Participants will learn how to use *Kimochis®* in therapy to help clients:

- ✧ Expand their feeling vocabulary and awareness beyond happy, sad, mad.
- ✧ Discover feelings they hide, mask or deny.
- ✧ Use communication tools that help them own and work through upset feelings in ways that keep them better connected internally and with those they love.

Examples will be shown on how to use the *Kimochis®* when working with individuals, couples, families, and social skills groups. Therapists will leave with clinical tools to help clients navigate and manage trauma, loss, depression, anxiety, and personal growth will be given throughout this “how-to” workshop.

Learner Outcomes:

- ✧ Describe the *Kimochis®* Keys to Communication
- ✧ Explain how to use *Kimochis®* Feeling pillows to help clients explore, articulate, and manage feelings that accompany life's challenging circumstances.
- ✧ Demonstrate new clinical techniques to help clients replace negative patterns of communication with positive communication tools to improve relationships.

About the Presenters

Ellen Pritchard Dodge, M.Ed. CCC-SLP, is a recognized leader in character education and communication skills in the classroom. Ellen has published numerous books and articles, has given over 400 workshops for both parents and educators. Ellen's interactive workshop style, effective communication strategies, and passion for raising children's social and emotional intelligence makes her a sought after speaker. Ellen has extensively taught in public schools in Northern California where her communication curriculum won a National Character Education award. Ellen, with Dr. William Pollack, author of *Real Boys*, collaborated to create classrooms that are academically and socially engaging for boys through *Supporting Our Sons*. Since 2008, she has been the educational director and curriculum author for *Kimochis...Toys with Feelings Inside®*.

Course Details

Date & Time: April 26, 2014 (Saturday) 9:30 am – 12:30 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:

1. Anyone who are interested in this workshop;
2. People who are working in the helping profession and/or working with children: psychologists, counsellors, psychiatrists, social workers, teachers and early childhood educators, parents

Language: English

Fee: APCA Members: \$200 Non-members: \$500

Discount for current C&P students with APCA Membership: \$100

1. Discount for workshop will also be given participants submitting application together with NEW MEMBERSHIP APPLICATION
2. Participants can enjoy a discounted price of purchasing the kit set (\$150) after the workshop

Quota: 50

Deadline: April 23, 2013 (Wednesday) <Postmark Date as reference>

NB.: Late application will not be entertained

Registration

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

<p>Payee: Asian Professional Counselling Association (H.K.) Ltd. Account No.: HSBC 808-021620-001</p>

2. Submit your application with ENROLLMENT FORM & BANK SLIP/CROSSED CHEQUE by post to:

<p>ASIAN PROFESSIONAL COUNSELLING ASSOCIATION 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) 2806 7326 <Voicemail>

Email: 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.*

OFFICE USE ONLY	<input type="checkbox"/> HK\$ <input type="checkbox"/> Ref. No.:	<input type="checkbox"/> Date: <input type="checkbox"/> Receipt No.: <input type="checkbox"/> Cert No.:
Course Name:	<i>Kimochis Workshop for Mental Health Workers (Hong Kong)</i>	
Salutation:	<input type="checkbox"/> Mr. <input type="checkbox"/> Ms. <input type="checkbox"/> Mrs. <input type="checkbox"/> Dr. <input type="checkbox"/> Prof. Others:	
Name: <i>(To be shown on Cert.)</i>	English:	Chinese:
APCA Membership:	Membership No.:	<input type="checkbox"/> Non APCA member
Employer:		
Type of Service:	UID (for C&P students):	
Correspondence Address:		
Telephone:	Mobile:	Office:
Email:		
Your expectation towards this workshop/course:		
Payment:	<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.: __ ____	

Payee: Asian Professional Counselling Association (H.K.) Ltd.

Account No.: HSBC 808-021620-001

Thank you for your participation!