



## Change Focus Counselling and Training Limited

### Training Workshops Jan - May 2018

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#### **Workshop 2 – Workshop for Parents Working with Children & Adolescents (9-14 years old)**

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<b>Trainers:</b>	Dr Gracemary Leung, Chartered Clinical Psychologist; Mr CF Chan, Counsellor
<b>Target audience:</b>	Parents
<b>Capacity:</b>	Limited 6 participants per group
<b>Dates:</b>	Group A - 20, 27 Jan, 3, 10 Feb 2018 (Saturdays) Group B - 3, 10, 17, 24 Mar 2018 (Saturdays) Group C - 7, 14, 21, 28 Apr 2018 (Saturdays)
<b>Time:</b>	3pm – 4pm (1 hour per session x 4)
<b>Fees:</b>	HKD\$4,000 for 4 sessions (for each participant)
<b>Medium:</b>	either in English or Cantonese, depends on group needs

#### **Rationale and Contents**

Children and adolescents today experience many challenges and excitement, they may not be able to choose for the better. Internet gaming, social media have often overtaken their concentration in their daily homework or routines, they became tense, sometimes aggressive, or depressed (suicidal) when parents tried to discipline or counsel them to do their school work. These sessions can help parents discuss their needs and difficulties encountered with their children, as these caused parents to experience negative emotions. More worrying if their children left home to study abroad or go to Boarding schools. This workshop can help with their questions and fears.

#### **Session 1: Talking about the child's problem**

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Talking about the child's problems and your needs that you felt difficult to help. Facts about the addictive behavior. Useful guidelines on how to handle them.

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## Session 2: Introduce coping strategies

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Introduce coping strategies with your needs and anxieties about your children, or when they are not near you.

## Session 3: Adopting Positive feelings and behaviors

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Adopting positive feelings and behaviors for self and others. Building good feel and rapport with your family. Tips. Do's and Don'ts.

## Session 4: Supports

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What support systems do you have in place? Where can you draw support and help? How to spot or help with suicidal ideation with children and adolescents?

**Remark:** *training venue to be confirmed, for registration or enquiry, please contact [info@changefocus.com.hk](mailto:info@changefocus.com.hk)*

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