



Change Focus Counselling and Training Limited

Training Workshops Jan - May 2018

Workshop 4 - Anxiety and Social Phobia Management

Trainers:	Mr CF Chan, Counsellor; Ms Ivy Yip, Counsellor
Target audience:	Adults
Capacity:	Limited 6 participants per group
Dates:	Group A – 22 Feb, 1, 8, 15 Mar 2018 (Thursdays) Group B – 14, 21, 28 Mar, 11 Apr 2018 (Wednesdays) Group C – 19, 26 Apr, 3, 10 May 2018 (Thursdays)
Time:	7:30pm – 8:30pm (1 hour per session x 4)
Fees:	HKD\$4,000 for 4 sessions (for each participant)
Medium:	Thursdays in Cantonese/ Wednesdays in English

Rationale and Contents

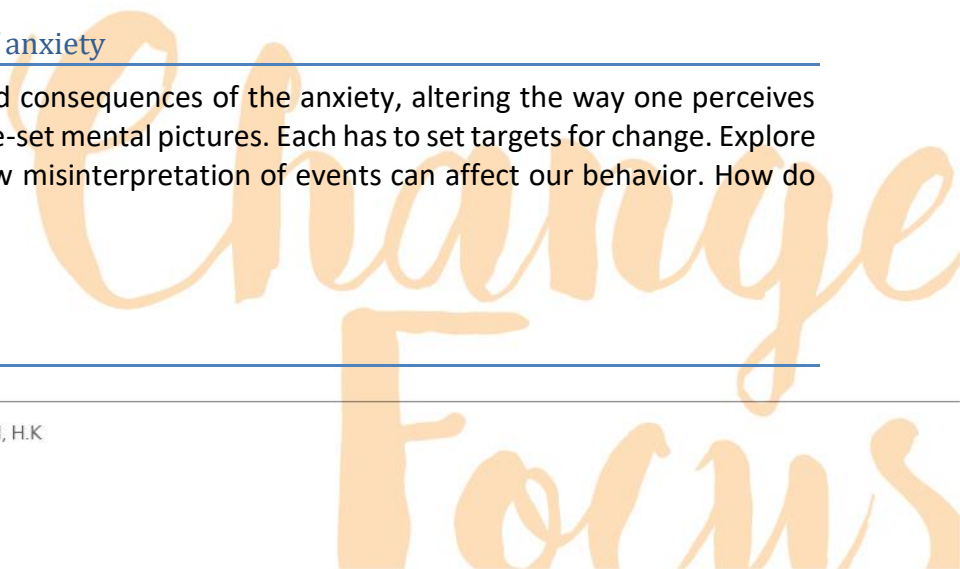
What are your fears that caused you feeling panicky, that affect your daily living? Coping with daily stresses can cause anxiety.

Session 1: Explore the problem behavior

Explore the problem behavior? Explain the ANS system and how anxiety happens. The benefits and disadvantages of anxiety.

Session 2: Looking at A-B-C cycle of anxiety

Looking at antecedents, behavior and consequences of the anxiety, altering the way one perceives the event. Practise changing those pre-set mental pictures. Each has to set targets for change. Explore what we are saying to ourselves, how misinterpretation of events can affect our behavior. How do we change our perception?





Session 3: Look for reinforcements for behavior change

How can we make the new behavior more encouraging? What are the obstacles? Explore the secondary gains.

Session 4: Make use of mindfulness training

Use mindfulness training to overcome the anxious stimuli and learn to trust yourself and practise the change. Establish positive self image using resilience training. Discuss any further needs.

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

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