



Change Focus Counselling and Training Limited

Training Workshops Jan - May 2018

Workshop 5 - Managing Children's Challenging Behavior

Trainers:	Mr CF Chan, Counsellor; Ms Ivy Yip, Counsellor
Target audience:	Parents
Capacity:	Limited 6 participants per group
Dates:	Group A – 10, 24 Feb, 3, 10 Mar 2018 (Saturdays) Group B – 17, 24 Mar, 7, 14 Apr 2018 (Saturdays) Group C – 21, 28, Apr, 5, 12 May 2018 (Saturdays)
Time:	4:30pm – 5:30pm (1 hour per session x 4)
Fees:	HKD\$5,500 for 4 sessions (for each couple) HKD\$3,500 for 4 sessions (for each participant)
Medium:	Cantonese

Rationale and Contents

Parents often face with tremendous difficulties in handling their children's problem behaviors which may be affecting all aspects of the living with stress and inducing harms to health. How can parents help their children?

Session 1: Explore carer's difficulty

Explore each carer's difficulty with the target behavior. Sharing your difficulties having to care for the person. Looking at your own stress level, anxiety, guilt, anger, depression.

Session 2: Information and reason

Information and reason why we experience such negative feelings. Explore our interpretations of life events and how our feelings are affected, causing ourselves to be "stuck". What alternative thoughts can we adopt in such life events?



Session 3: Target behaviors

What target behaviors we want to help the person? How do we do it using behavioral modification techniques to modify undesirable behaviors? Set homework to test out for next session.

Session 4: Explore methods

Explore methods and its results from last week's homework. How do we maintain such progress? How to generalize the desired behavior?

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

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