

# Advanced teacher training in Mindful Parenting 2018 Hong Kong

Mindfulness training is an intervention based on eastern attention/meditation techniques, which helps developing a wide, open awareness as well as focused attention, and reducing automatic responding.

**Mindful Parenting** is a specific application of mindfulness, for parents who have or had mental health problems that interfere with parenting, or whose child or children have mental health problems. This 5.5-days advanced teacher training is meant for mental health professionals with a background in mindfulness training and meditation, who want to use Mindful Parenting with their clients.

## **Trainer: Professor Susan Bögels**

Susan Bögels, the developer of mindful parenting in mental health contexts, is a professor in Developmental Psychopathology at the University of Amsterdam, as well as a licensed clinical psychologist and cognitive behaviour and child and family therapist. She is also the director of the academic centre for the treatment of parents and children, *UvA minds*.



### Training days

Class A: November 6 -10, 2018 (Tuesday to Saturday)  
Class B: March 14-18, 2019 (Thursday to Monday)  
\*5 full days and an evening retreat; participants only need to enrol one class

### Venue

Hong Kong; to be determined

### Target participants

Psychologists, social workers, counsellors, psychotherapists and health/mental health professionals working with child and/or adolescent clients and/or their parents.

### Prerequisites

Participants are expected to have a formal practice in mindfulness, including having completed a course in MBSR or MBCT and participated in a 4-day (or longer) mindfulness retreat or have the intention to complete this soon after the training.

### Registration requirements

Email a completed application form, an updated CV, a letter of motivation that describes your background and goals of the current training (maximum 1 page), and past mindfulness training experience to [mp2018hk@gmail.com](mailto:mp2018hk@gmail.com). Upon review of the application, participants will be informed that you have been accepted and will be invited to send in cheques to confirm your registration.

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