



New Life

Psychiatric Rehabilitation Association
新生精神康復會

JOCKEY CLUB
New Life
Institute
OF PSYCHIATRIC REHABILITATION

賽馬會新生精神康復學院

From Overwhelmed to Empowered: Building Confidence in I-FAST Real- World Practices

Course Code : 2627/20

Deadline

18th June, 2026



July 2 - 3, 2026 (Thu - Fri)
09:30 - 17:30



Jockey Club New Life Institute of Psychiatric Rehabilitation
332 Nam Cheong Street, Kowloon, Hong Kong



50 | Counsellors, Psychologists, Social Workers and
Other Helping Professionals with a basic
understanding of I-FAST



HK\$2,600

Discount for Two

HK\$2,200 per person

Early Bird

HK\$2,200

Before 28th May, 2026



Course Objective

- To develop an in-depth mastery of core I-FAST skills for complex family interventions.
- To demonstrate and apply I-FAST strategies through case consultations.



Course Content

- Discuss and demonstrate I-FAST skills through didactic presentations, video observations, and case consultations, covering:

Dealing with triangulation

- Systemic engagement of families
- Co-constructing shared goals
- Use of questions and language
- Use of frames and tasks

Fostering insight in resistant clients

- Navigating client ambivalence
- Interactional patterns and exceptions
- Consolidating and sustaining changes



Course Speaker



Mr. David GROVE

Licensed Independent Social Worker, Supervisor in the State of Ohio, & Licensed Independent Marital and Family Therapist

David is the principal developer of the I-FAST, an instructor at The Ohio State University's College of Social Work, and a prolific author in mental health and family therapy whose four books include *"Invisible Men."*



Register Now



3552 5290



institute@nlpra.org.hk

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2627/20

Date	July 2 - 3, 2026 (Thu - Fri)
Time	09:30 - 17:30
Venue	Jockey Club New Life Institute of Psychiatric Rehabilitation 332 Nam Cheong Street, Kowloon, Hong Kong
Course Outline	<p>Discuss and demonstrate advanced I-FAST skills on the following topics through didactic presentations, observing videos and case consultations:</p> <p>Dealing with triangulation</p> <ul style="list-style-type: none"> • Systemic engagement of families • Co-constructing shared goals • Use of questions and language • Use of frames and tasks <p>Fostering insight in resistant clients</p> <ul style="list-style-type: none"> • Navigating client ambivalence • Interactional patterns and exceptions • Consolidating and sustaining changes
Teaching Methods	<ul style="list-style-type: none"> • Didactic presentations • Review of videotapes of I-FAST sessions • Exercises
Target Participants	Counsellors, Psychologists, Social Workers and Other Helping Professionals with a basic understanding of I-FAST
Quota	50
Enrolment Fee	<p>HK\$2,600 (Normal Price) per person</p> <p>HK\$2,200 (Group and Early Bird Enrollment)</p> <p>*Group price per person</p> <p>*Enroll on or before 28 May 2026</p>
Enrolment Deadline	18 June 2026 (Monday)
Certificate	A certificate of attendance will be issued by JCNLIPR to participants with at 75% attendance rate.
Accreditation	<p>Hong Kong Academy of Social Work CPD : To be confirmed</p> <p>CNE : 1 point per hour</p> <p>Continuing Professional Development of Clinical Psychologists and Occupational Therapists : To be confirmed</p>
Enquiry	<p>Tel : 3552 5290</p> <p>Email : institute@nlpra.org.hk</p>