The Hong Kong Catholic Marriage Advisory Council

Workshop on Therapeutic Presence: A Mindful Approach to Effective Therapy

12-14 December 2018
9:30am – 5:30pm

Early Bird Registration Extended

Day 1:
Room 3, 2/F, Kennedy Town Community Complex,
12 Rock Hill Street, Kennedy Town, Hong Kong

Day 2 & 3:
Room 1, 1/F, Kennedy Town Community Complex,
12 Rock Hill Street, Kennedy Town, Hong Kong

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<th>Fee</th>
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<tr>
<td>Regular Fee</td>
<td>HK $1400</td>
<td>HK $4200</td>
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<td>Early bird on or before 30 November 2018</td>
<td>HK $1200</td>
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Online Enrollment Form: https://goo.gl/aJmsK7

Day 1: Cultivating Presence & Self-Care with Therapeutic Rhythm & Mindfulness

Introduction:
The demands of therapy and giving ourselves to others can lead to stress and burn-out for health care professionals. An essential part of being an effective and compassionate health care professional includes the ability to be present, to care for ourselves and to cultivate self-compassion and positive well-being. Being present and compassionate in life and in our relationships also allows for greater energy to sustain our therapeutic presence with clients and patients.

Therapeutic Rhythm and Mindfulness (TRM) is an innovative program that integrates the evidence-based treatments of therapeutic rhythm (group drumming, music making, imagery), mindfulness, and emotional reflection in a positive and safe group atmosphere. TRM is designed to enhance positive emotions, such as vitality, joy and well-being, increase social connectedness and mindful awareness, and reduce anxiety, depression, fatigue, and overall negative mood disturbance.
Group drumming and rhythm modalities provide direct contact with one’s in-body experience. Through musical expression, difficult emotions can be processed (i.e., stress) in a fun, empowering and non-verbal way. Drumming also helps to create harmony in the mind and body, which promotes vitality, neurophysiological integration and wellbeing.

This workshop will provide an experience of (TRM™) to strengthen presence, self-compassion and self-care for health care professionals, which serves to support resiliency. Rhythm modalities offer a fun and expressive way of increasing positive emotions while releasing bodily held stress. Incorporating mindfulness offers tools to be with what emerges in the present, with acceptance and compassion. There will also be take home practices for cultivating presence, self-compassion with and for clients, colleagues, students and for personal wellbeing.

In this training you will:

- Discuss the neurophysiological underpinnings and benefits of therapeutic presence, self-care and self-compassion
- Understand the value of self-care and self-compassion as essential to sustaining therapeutic presence and effective therapy
- Experience the Therapeutic Rhythm & Mindfulness Program and an increased sense of positive emotions including vitality, connection with self and others, and overall sense of wellbeing
- Learn take home tools to strengthen presence, resiliency, self-compassion and self-care

Target: Social Workers, Counselors, Clinical Psychologists, Mental Health Practitioners

Number of Participants: The number of enrollments of Day 1 workshop is limited to 50, including 20 one-day participants and 30 three-day participants
Introduction:

Therapeutic presence (TP) is the foundation for positive therapeutic relationships and effective therapy. Twenty years of research on the art and science of TP has led to a model that provides the groundwork for accessing presence in the moment. TP involves healthcare providers bringing their whole self in the encounter with another by being completely in the moment on multiple levels – physically, emotionally, cognitively, relationally, and spiritually.

In this two-day training we will explore an empirically validated model of TP as a map to build and strengthen the skills of presence with clients. We will also explore the neurophysiological principles to creating safety with therapeutic presence, based on concepts such as co-regulation and neuroception of safety stemming from the polyvagal theory (Geller & Porges, 2014). Evidenced based practices from Dr. Geller’s book, ‘A Practical Guide for Cultivating Therapeutic Presence’, such as mindfulness, imagery and experiential / creative practices will be incorporated.

In this training, you will learn:

• An empirically validated model of therapeutic presence
• The neurophysiological benefits of therapeutic presence
• How therapeutic presence promotes effective therapy
• How to strengthen your presence in and out of session
• Practices and skills for attuning in the moment with clients
• Take home practices for clients, students, trainees and for yourself

Target:
Practitioners with knowledge and training in Emotion Focused Therapy (EFT)

Number of Participants
Limited to 30 helping professionals who will also participate in the Day 1 workshop
Dr. Shari Geller is an author, clinical psychologist, and creator of the Therapeutic Rhythm and Mindfulness Program (TRM™). With over twenty years experience weaving psychology and mindfulness, Shari wrote two books on therapeutic presence along with several publications. The first book co-authored with Leslie Greenberg, Therapeutic Presence: A Mindful Approach to Effective Therapy, describes theory and principles of a relational approach founded in therapeutic presence. Her recent book, A Practical Guide for Cultivating Therapeutic Presence, offers a hand on approach based in neuroscience principles. She has a CD on cultivating presence, with guided practices using the healing power of music and the health benefits of mindfulness. Shari serves on the teaching faculty in Health Psychology at York University and for the Applied Mindfulness Meditation (AMM) program at University of Toronto; and is Adjunct Professor in the Faculty of Music at the University of Toronto, in association with Music and Health Research Collaboratory (MaHRC). Shari is the co-director of the Centre for MindBody Health, where she offers supervision and has a private practice offering emotion-focused therapy for individuals and couples.