

創傷的修復與療癒

作為專業助人者，面對自己和別人的創傷，同樣會感到無力、無望、和無助。本講座將從腦神經系統及多元迷走理論 (Polyvagal Theory) 去探討創傷對心理及生理層面的影響，讓助人者了解不同創傷症狀的義意及從創傷中修復的技巧。

透過介紹不同治療的基本元素，例如

- 多元迷走神經練習 (Polyvagal exercises)
- 眼動減敏重整治療前期的資源建立 (EMDR resourcing)
- 創傷知情的靜觀練習 (Trauma-sensitive mindfulness)

去認識如何協助受創者培養對身體的覺察和協同調節 (co-regulate) 恐慌的情緒，穩定並啟動受創者的內在資源 (stabilizing and resourcing)。參加者在工作坊環節將會透過互動的方式去體驗以上技巧，學習先為自己建立資源去盛載受創者的創傷經驗，達至助人自助。

講者：盧德賢博士

盧德賢博士於美國先後取得心理學碩士、神學碩士及臨床心理學哲學博士，並於美國希望城國家醫學中心及貝克曼研究所參與腦神經心理學博士後進修。曾於美國多間醫院包括 UCLA 附屬醫院及退伍軍人醫院實習並擔任研究職務，為美國加州註冊臨床心理學家，EMDR受訓治療師。盧博士也是香港心理學會註冊臨床心理學家及香港專業輔導協會認可輔導督導，對情緒管理、創傷治療、眼動減敏重整治療、靜觀治療有豐富的臨床經驗。

課程編號 CE20210824
課程名稱 創傷的修復與療癒
日期 2021年8月24日(星期二)
時間 上午9:30 - 下午5:30
地點 香港中文大學**
語言 廣東話(英語為輔)
人數 20人
課程費用 港幣 \$1,400元正(不設退款)
截止日期 2021年8月10日

註冊社會工作者
持續專業發展分數: 7



**如面授課程未能獲大學批准，課程將改為網上教學
並以Zoom進行，日期及時間均不變

優惠計劃 (2021年7月13日前)

- 九折優惠(港幣\$1,260): 優惠期內報讀課程。
- 八折優惠(港幣\$1,120): 凡為香港中文大學社會工作學系之成員(現任教職員、就讀學生、持續專業教育課程之會員或社會工作學系畢業同學會會員在優惠期內報讀課程。
(此優惠只接受郵寄申請)



申請方法(本部於收到報名後將發出電郵通知報名狀況，
如七個工作天內未有收到任何通知請與本部聯絡)



於以下網址進行網上登記:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>



填妥以下報名表格，連同一張「劃線支票」
(支票抬頭註明「香港中文大學」)寄往「新界
沙田香港中文大學社會工作學系持續專業教育部」

CE20210824

創傷的修復與療癒 報名表格

個人資料

姓名(中文)

(英文)

☐ 先生

☐ 女士

請在適當的空格內加上V號

機構:

職位:

服務界別: ☐ 兒童及家庭 ☐ 社區工作 ☐ 教育 ☐ 長者 ☐ 醫療 ☐ 復康 ☐ 青少年 ☐ 其他:

電話:

電郵:

註冊社工編號:

學歷:

付款資料

支票號碼:

銀行:

港幣: ☐ \$1,400 ☐ \$1,260 ☐ \$1,120

社工系成員 ☐ 是 ☐ 否 如是, #職員/學生/畢業同學會會員/CPE會藉編號: _____ # 請刪去不適用項目



I acknowledge that I have read and agree to the Terms and Conditions.

Important Terms and Conditions

- Application will be accepted on a first-come-first-served basis.
- Email notification on application status will be sent to you only when application and payment have been received by the Division of Continuing Professional Education (CPE). It is suggested to first try checking your junk or spam email folders for the missing emails. If they are not there, please contact us if you do not receive any notification after 7 working days.
- Application is regarded as successful only after a confirmation email is issued to you.
- Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
- Course fee is non-refundable or non-transferable to another course once application is confirmed.
- Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
- All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are pre-pared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
- No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
- Certificate of Attendance will be given to participants who have attained at least 75% attendance of the course.
- If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal or the announcement of "extreme condition" by the Government after super typhoons is hoisted by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
- Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to swkcpe@cuhk.edu.hk.
- The right of interpretation and amendment of the above terms belong to CPE.



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