

# ***WORKSHOP ON MULTI-FAMILY THERAPY***

## **INTRODUCTION**

Multi-Family Therapy (MFT), an evidence-based family-centered intervention in working with families of members with different mental health needs, has been widely researched in western countries. Distinguishing from other traditional expert-oriented and skill-based group intervention, MFT adopts strength-based and developmental framework in viewing family problems. MFT has been gradually applied in Hong Kong in helping Chinese families with different mental health needs, including children and adolescents with Attention Deficit Hyperactivity Disorder (ADHD), adolescents with High Functioning Autism (HFA), parents in recovery of depression, and adolescents with intellectual disabilities. Research studies on treatment efficacy and service users' feedback demonstrated that MFT is a clinically useful and socially effective model of family-centered intervention in a Chinese context such as Hong Kong.

## **OBJECTIVES**

This two-day workshop aims to provide participants with a learning opportunity to develop an understanding and appreciation of Multi-Family Therapy (MFT) as a family-centered intervention in helping families with mental health needs and special educational needs in Hong Kong. Participants will be introduced to the

- theoretical base of MFT
- applications of MFT on various clienteles in onsite and online modes
- group design of MFT
- implementation of MFT



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## TARGET PARTICIPANTS

- *Helping professionals working with families of members with*
- *mental health needs and*
  - *special educational needs*



## CONTENT

### Theoretical base of MFT

- The conceptual framework and the key theoretical concepts of MFT
- Development of MFT in western societies and in Chinese contexts

### MFT and Family Assessment

- Mini lecture on family assessment
- Family engagement and management of expectation

### Group Process Development and the Change Mechanism

- Creation of a therapeutic context in an MFT: session planning, leading, activity implementation, and the therapeutic process factors
- Basic principles of group design and group structure
- Experiential learning on the MFT process

### MFT in practice

- Integrating MFT with other intervention modalities

## TRAINERS

**Professor Ma Lai-chong, Joyce** (Ph.D., R.S.W., Clinical Fellow and Approved Supervisor, AAMFT)  
Emeritus Professor, Department of Social Work, The Chinese University of Hong Kong

Professor Ma's specialties and research interests cover the areas of family therapy, multiple family therapy, and mental health with focuses on eating disorders, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD) and Intellectual Disabilities (ID). Professor Ma is a Clinical Fellow and an Approved Supervisor of the American Association for Marriage and Family Therapy (AAMFT). Professor Ma is the founder of the Family and Group Practice Research Center, the Department of Social Work of The Chinese University of Hong Kong. She was the president of the International Family Therapy Association (IFTA) in 2019-2021. Professor Ma has published 7 books and 121 refereed journal articles at international, regional and local venues of significant impact and visibility.



**Dr. Lo Wing-ka, Julia** (Ph.D., R.S.W., Fellow of Asian Academy of Family Therapy)

Assistant Professor, Department of Special Education and Counseling, The Education University of Hong Kong

Dr. Lo is a registered social worker in Hong Kong. She is also a Fellow of the Asian Academy of Family Therapy. Her research focuses on the use of family-based intervention, such as Multiple Family Therapy in helping Chinese families of children and adolescents with special education needs and mental health needs such as Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD) and anxiety problems. Recently Dr. Lo started a research project on nature-based intervention for secondary school students with internalizing problems. Dr. Lo serves as the programme leader of the Master of Arts in Educational Counselling programme, EdUHK.





Course Code

CE20240413

Course Name

Workshop on Multi-Family Therapy

Date

April 13 & 20, 2024 (Saturdays)

Time

9:30 am - 5:00 pm (12 contact hours)

Venue

The Chinese University of Hong Kong

Language

Cantonese (Supplemented with English)

Class Size

24 participants

Course Fee

HK\$ 3,200

Application Deadline


March 28, 2024

Discount Scheme (on or before February 15, 2024)


• 10% (HK\$2,880) discount for Early Bird Registration

• 20% (HK\$2,560) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members)


[20% discount is applicable by POST only]



Application



Register online via our website:  
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>



Send the following application form with a crossed cheque payable to *The Chinese University of Hong Kong* to CPE, Department of Social Work, CUHK, Shatin, N.T. Hong Kong

CPD Points for Registered Social Workers: 12

Workshop on Multi-Family Therapy

Application Form

Full Name (English) ☐ Mr ☐ Ms

Please tick (V) appropriate boxes

(中文)

Name of Organization:

Position:

Field:

Phone No.:

E-mail:

Academic Training Background:

Highest Educational Level obtained:

Payment Information

Cheque No.:

Bank name :

Amount (HK\$): ☐\$3,200 ☐\$2,880 ☐\$2,560

Membership ☐ Yes ☐ No;

If Yes, #Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.:\_\_\_\_\_

# Please delete as appropriate



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

### Important Terms and Conditions

1. Application will be accepted on a first-come-first-served basis.
2. 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.
3. Application is regarded as successful only after a confirmation email is issued to you.
4. 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.
5. Course fee is non-refundable or non-transferable to another course once application is confirmed.
6. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. 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.
8. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
9. Certificate of Attendance will be given to participants who have attained at least 75% attendance of the course.
10. If Storm Warning Signal No. 8 or above 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.
11. 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.
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