香港中文大學
The Chinese University of Hong Kong

CU Medicine HONG KONG
香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong

40th Anniversary
四十週年

Public Health
香港中文大學 CUHK
賽馬會公共衞生 及基層醫療學院
The Jockey Club School of Public Health and Primary Care

Mindfulness Research and Training
CUHK Thomas Jing Centre

Professional Workshops on
Becoming Trauma-Sensitive: Making Mindfulness and Meditation Safe for Trauma Survivors

Organized by CUHK Thomas Jing Centre for Mindfulness Research and Training

Emerging research suggests that mindfulness interventions can help or hinder trauma survivors, raising a crucial question for mindfulness educators everywhere: How can you be prepared to minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits at the same time?

This workshop designed for mindfulness providers and wellness professionals will equip you with the tools you need to offer mindfulness in a safe, effective, trauma-sensitive way.

CE Accreditation: Pending

Training Days:	5th January 2022 (Wednesday) 7:30 – 10:00pm 12th January 2022 (Wednesday) 7:30 – 9:45pm
Mode:	Zoom Live
Target Participants:	This is a professional training for psychologists, social workers, nurses, psychiatrists, etc. who are interested in trauma-sensitive mindfulness practice.
Training Fee:	HKD 950 *Early bird: HKD 800 registered on or before 6 Dec 2021

Find out more &
Register NOW:

Complete the online application form at https://rb.gy/pe5436 or scan the above QR code.

Upon receiving the application, participants will be informed to send in cheques to confirm the registration.

Trainer:

David Treleaven, PhD, is a writer, educator, and trauma professional whose work focuses on the intersection of trauma and mindfulness. He is author of the book Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing (W. W. Norton, 2018). He's lectured on trauma-sensitive mindfulness at the University of California, Los Angeles (UCLA), the Center for Mindfulness at the University of Massachusetts Medical School, and the Omega Institute in New York. Trained in counseling psychology at the University of British Columbia, he received his doctorate in psychology from the California Institute of Integral Studies and is currently a visiting scholar at Brown University.