



The Hong Kong Medical Hypnotherapy Association 香港催眠治療醫學會

Date: 14 March 2015 (Saturday)

Venue: Churchill Room, 26/F, The Park Lane Hong Kong

Time:	18:00 – 18:30	HKMHTA Annual General Meeting
	18:30 - 19:30	Lecture
	19:30 - 21:30	Dinner

Lecture: Introduction to Acceptance and Commitment Therapy
Acceptance and Commitment Therapy (ACT) was developed in the late 1980's as a new psychological intervention that encompasses acceptance, mindfulness and behavioural changes. Rather than teaching people to dispute their negative thoughts and feelings, ACT teaches people to behave in a different way towards their negative thoughts and feelings. The six fundamental principles of ACT will be introduced in this lecture. Experiential exercises will also be conducted to improve understanding of the principles behind ACT.

Speaker: Dr. Gordon Wong
Specialist in Psychiatry
MBBS (HK), MRCPsych, FHKAM (Psychiatry), HKCPsych, MSocSc (Couns)(South Australia)

Chairperson: Dr Chiu Ling
President of The Hong Kong Medical Hypnotherapy Association

CME points for psychiatrists, physicians and family medicine pending
CME points for MCHK CME programme pending

*Free of Charge

RSVP, please call Ms. Rita Chan at 2506-8495.

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