



Society for Optimisation of Psychological Wellbeing

心理精臻學會

<http://www.hkmedicalhypnosis.com>

Date: 16 January 2018 (Tuesday)
Venue: Windsor Room, Park Lane Hotel, Causeway Bay, Hong Kong
Time: 6:30pm - 6:45pm Annual General Meeting
7:00pm - 8:15pm Lecture
8:15pm - 9:30pm Dinner

Society for Optimisation of Psychological Wellbeing **Annual General Meeting and Lecture 2018**

An Exploratory Study of Psychotherapeutic Insight as it Emerges both within a Counseling Conversation and Post-session

While insight has long been a topic of interest in the field of psychotherapy, much about both its process and its content remains unclear. A recent consensus definition of the term provides some needed clarity but focuses more on the “what” of insight than the “how.” Dr Michael Eason will talk about his study on insight, which expands the existing knowledge of both the content and the underlying process of insight in psychotherapy, with an emphasis on its collaborative co-construction through therapeutic dialogue.

Speaker: Dr Michael Eason
Licensed Professional Counsellor and a National Certified Counsellor in the USA, Doctor of Philosophy, City University, Hong Kong

Chairman: Dr Wong Chun Bun Gordon
Specialist in Psychiatry

CME for Psychiatrists: 1 point (PP/CP List A), Physicians 0.5 point, Family Physicians 1 point (Cat 5.2), MCHK CME 1 point.

Free of Charge

Reply slip

Name: _____

Hospital / Clinic: _____ Contact number.: _____

I shall join the lecture only. () I shall join the lecture and dinner. ()

RSVP: Please contact Ms Esther Tai, phone: 2506-8495, esther.tai@sanofi.com

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