



Mindfulness Workshop for Physiotherapists

“People long for a genuine connection with others. As therapists, it is only through connecting with our patients that we can offer what they really need to regain health. In mindfulness, we become more in touch – with ourselves and the world at large.”

Session One (1 hour 10 min): Introducing Mindfulness

In this PowerPoint presentation, the speaker will explain what is ‘mindfulness’ and give an overview on the workings of the mind. The talk aims to show how mindfulness practice could enhance the practice of physiotherapists in the process of clinical diagnosis and delivering treatments to their clients. Mindfulness could become one’s tool and best companion as it is a bridge to a healthier and more balanced way of life – both for healthcare professionals and the general public. The talk will also include recent neuroscience research on neuroplasticity and the possibilities of transforming the mind. The final focus of the presentation will be on the techniques of dealing with disturbing emotions like stress and anxiety. An experiential session of guided meditations will follow with an introduction to various meditation techniques.

Session Two (1 hour 30 min): Guided Meditations

This is a practical session in which participants will experience a number of meditation techniques. The rationale behind the techniques will be explained with guided meditations. A “Q and A”



香港物理治療師協會

Hong Kong Physiotherapists' Union

info@hkpu.org

www.hkpu.org

H.K.G.P.O.BOX 889

Tel/Whatsapp: (HK) (852)9565-3294

(China) (86)1867-646-1860

session will follow the practice and the speaker will conclude the workshop by giving further advice on practicing meditation at home or in the workplace.

Speaker: Dr. Eliza Lau,

Ph.D. in Comparative Literature, Master of Buddhist Studies, B. Sc. (Physical Therapy), Diploma in Drama and Acting

Date : Jun 22th 2019 (Saturday)

Time : 3:00pm – 6:00pm

Venue : Physiotherapy Department, Tung Wah College

Fee: HK\$ 200 for HKPU members

(one member can bring his/her couple to join for free)

HK\$ 600 for Non-HKPU members

CPD: 3 points

CPD Code **PC1180004**

Capacity: Max. 30 participants (on first come first served basis)

Deadline of application : 8th Jun, 2019

About the speaker

Dr. Lau is currently a part-time lecturer of English and Translation at HKUSPACE Community College. She has been serving the College since 2001. She was Coordinator of the English Domain at the College from 2012 to 2016.

Physiotherapy Background and Practice

Apart from being a lecturer of English and Translation, Dr. Lau also has a physiotherapy background. In 1978, she obtained a BSc in Physical Therapy at McGill University, Montreal, Quebec, Canada. From 1978 to 1985, she practiced physiotherapy in various Hong Kong Government hospitals and private clinics. After a few years of both out-patient and in-patient practice, she was sent to the UK for training in Chest Physiotherapy and ICU. After the training, she was then assigned duties at various ICUs including Queen Mary Hospital, Kowloon Hospital Chest Unit, and Prince of Wales Hospital. From 1985 to 1988, she changed her specialism to sports physiotherapy and joined the Hong Kong Academy for Performing Arts as resident physiotherapist treating dancers, musicians and other performing artists. Whilst at APA, she discovered another area of interest – arts and humanities. After her employment at the Academy, she changed her field of studies to arts and humanities, and completed her PhD degree in Comparative Literature at HKU in 2003.

Mindfulness Practice

In the last 10 years, Dr. Lau became interested in mind-body philosophies, and has practiced meditation (mindfulness) as a personal discipline until now. Subsequently, she obtained another Master's degree in Buddhist Studies at HKU (2011). Whilst working on her Master's degree, she took a meditation course taught by Dr. Helen Ma, a clinical psychologist and renowned meditation practitioner who offers MBSR¹ to patients and healthcare professionals.

Dr. Lau has also encountered and studied with various meditation masters since then and currently she shares meditation techniques and experiences with different age groups, ranging from primary students to elderlies in the community. She believes in mind-body balance, and is energetic in promoting mental health in the community through the practice of meditation or mindfulness.

¹ MBSR - Mindfulness-based Stress Reduction Program developed at the Massachusetts Medical School in the US.

Mindfulness workshop for Physiotherapists

Date : Jun 22nd 2019 (Saturday)

Time : 2:30pm – 5:30pm

Venue : Physiotherapy Department, Tung Wah College

Application Deadline: Jun 8 th, 2019

Registration Form

Name: _____ Email: _____

Correspondence Address: _____

_____ Contact Number: _____

Title / Post: _____ Workplace: _____

HKPU Member HK\$ 200 (Membership No. _____)

My couple will join the workshop : Yes No

Non-HKPU Member HK\$ 600

Cheque No.: _____ Issuing Bank : _____

Enquiry: info@hkpu.org , Whatsapp: (852) 9565 3294

Declaration

1. I declare that all information given in this application form are, to the best of my knowledge, accurate and complete.
2. I have noted, understood and agree to the contents of the notes and statements overleaf.
3. In consideration of HKPU accepting my registration to this course, I agree to waive all my claims (howsoever accrued) against HKPU

Name of Registrant: _____ Signature: _____

Date: _____

General Notes to Applicants

1. Please send (a) the completed Registration Form, (b) a cheque payable to “**Hong Kong Physiotherapists’ Union**” with your name, membership number and contact number on the back to:
Hong Kong Physiotherapists’ Union
P.O. Box 889, GPO, Central, Hong Kong,
2. Admission is on a first come, first served basis.
3. Course fees paid are not refundable except under very exceptional circumstances (e.g. course cancellation due to insufficient enrolment).
4. If you do not receive notification email within 3 days of the starting date of the event, please check with HKPU through telephone enquiry system.
5. No video or audio recording of any part of event is allowed without prior permission from HKPU.
6. Bad Weather Arrangement
 - If the Amber or Red Rainstorm Warning or Typhoon Signal No. 1 or 3 is in effect, the event will be held as scheduled.
 - If Typhoon Signal No. 8 or above / Black Rainstorm Warning Signal is/will be in force **2 hours before the event**, the event will be cancelled.
 - If Typhoon Signal No. 8 or above is to be issued **during the event**, the event will be suspended immediately.
 - If Black Rainstorm Warning Signal is to be issued **during the event**, the event will normally continue until the end. Stay indoors wherever you are and do not leave until the warning is cancelled and the conditions are safe.
 - Arrangements for make-up of each event will be notified at a later stage through the electronic media or telephone system.

Statement on Collection of Personal Data

1. The personal data provided in this form will be used for processing your application for registration, contacts, marketing and statistical purposes.
2. Any personal information you supply will be solely handled by Secretary of HKPU and be kept strictly confidential.
3. HKPU will send urgent messages to registrants via Whatsapp and supplement by other means such as email (if the need arises). It is therefore important that the mobile phone number and email address that the registrant provides are accurate. Any change should be reported to the HKPU immediately. Those who have genuine difficulty in receiving urgent messages via Whatsapp should contact the Secretary for separate arrangements.