

## Change Focus Counselling and Training Limited

### Training Workshops Jan – May 2018

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#### ***Workshop 6 – Help for Carers and Family Members of Chronically Ill Patients (Physical or mental health problems) or People Suffering from Dementia***

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<b>Trainers:</b>	Dr Gracemary Leung, Chartered Clinical Psychologist; Mr CF Chan, Counsellor
<b>Target audience:</b>	Carers, spouses, relatives, nursing home staff
<b>Capacity:</b>	Limited 6 participants per group
<b>Dates:</b>	18, 25 Mar, 8, 15 Apr 2018 (Sundays)
<b>Time:</b>	2:30pm – 3:30pm (1 hour per session x 4)
<b>Fees:</b>	HKD\$3,500 for 4 sessions (for each participant)
<b>Medium:</b>	Cantonese

#### **Rationale and Contents**

Many relatives and carers are carrying burdens of helping their sick partners or family members for a long time. They have been physically and emotionally tired, abused at times but for the sake of love, they could only grin and bear. These sessions can help them rebuild their self esteem, feeling positive and awarded themselves with pride.

#### Session 1: Listening and understanding themselves

Listening and Understanding themselves and their pains while doing a caring job – uncovering their hidden physical or emotional stress.

#### Session 2: Proudest and worst moments

What are their proudest moments while caring? What are the worst moments they fear during care? How do we move forward?

#### Session 3: Coping strategies

What are their coping strategies? There may be sharing for a few methods, neither right nor wrong. Design their most comfortable ways with different behaviors exhibited by the sick member.



## Session 4: Support circle

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Looking at the support circle, what can be expanded and encouraged? What can be rid of?

**Remark:** *training venue to be confirmed, for registration or enquiry, please contact [info@changefocus.com.hk](mailto:info@changefocus.com.hk)*

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