



Overseas Trainer:
Prof. Susan Bögels

Licensed clinical psychologist
Netherlands

The developer of Mindful Parenting in mental health contexts



Local Trainer:

Mr. Chan Kam Chung, Stanley

Educational Psychologist,
Hong Kong



MYmind is a mindfulness-based 9 session parent and child training program that aims to improve focus and concentration, and decreases impulsivity, hyperactivity, and aggression in youth (9-18 years) with Attention Deficit Hyperactivity Disorder (ADHD). This advanced teacher training is meant for mental health professionals who want to use MYmind with their clients and is ideal for those have already completed the Mindful Parenting teacher training.

Advanced teacher training in MYmind

Hybrid format in Jan 2021 Hong Kong

Training days



In Person Training

Jan 4, 7, 21, 28, 2021
at 1400-1800

Jan 11 and 14, 2021 at 1400-1700
Jan 12, 2021 Retreat at 0930-2030

Real-time online training (16 hours) + In-person training (17 hours) = 33 hours

(Remark: In case restrictions on social gatherings don't allow in-person training, it will be changed to online training on the same dates and time.)

Before the training	- Watch a pre-recorded documentary
During training period	- Do homework assignments thro' email
In-between training sessions	- Keep a reflection diary which will be sent to trainer within one week after the training ends
After the training	- Have a personal conversation online of 30 minutes with trainer about the reflection and their experience

In-person training venue	: Kwun Tong, Kowloon, Hong Kong
Target participants	: Psychologists, social workers, counsellors, psychotherapists and health/mental health professionals working with children, adolescents and/or their parents.
Capacity	: 30 - 35
Medium of Instruction	: English
Course Fee	: HKAIMH Members- HK\$7,000 (HK\$6,500 for early bird registered before 4 November, 2020) Non-HKAIMH Members- HK\$7,500 (HK\$7,000 for early bird registered before 4 November, 2020) ***All course fees are non-refundable.

Pre-requisites :

1. Should have at least a degree in psychology, psychiatry, counselling, social work, or other health care
2. Having participated in an MBSR or MBCT training for oneself, at minimum, or preferably having completed a mindfulness teacher training
3. Having participated in a 5-day (or longer) meditation retreat, or the intention to complete this within one year after the training
4. Having one's own meditation practice

Registration :

If you are interested, please send an email to mymind2020hk@gmail.com and a google Registration Form will be sent to you for completion.

If you have any queries, please leave your message at mymind2020hk@gmail.com