



Hong Kong Satir Center for Human Development

Talk 2: 'Dealing with Stress Successfully During Times of Uncertainty and Rapid Change Using the Satir Model.'

人生無常，世事多變，如何協助案主在壓力中重新得力？

Date: 24 April 2021 (Saturday)

Time: 10:00 am – 12:00pm

Format: Talk with Q & A session (via Zoom)

Language: English with Cantonese translation

Targets: Social workers, psychologists,
counsellors and helping professionals

Content:

- How to help clients cope better with their stress?
- How to become a model of self-care for better management of negative experiences for clients?
- How to help clients overcoming sufferings, by building up their resilience with internal and external resources?

Fee : \$100 (member); \$120 (non-member)

Discount rate for both talks \$150 for member; \$190 for non-member



Speaker:
Dr. John Banmen



Translator:
Dr. Marie Lam

Registration: <https://forms.gle/J2feX5NNBkyX8Kcw7>

Payment: <https://hksatir.org/paymentjb-talks/>

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