



Workshop 2 Tentative* Programme

4 October 2023 (Wednesday), 09:00-16:00

Time	Programme	Facilitators
09:00-09:15	A Brief Overview of the Workshop	Gilbert Fan and Jessica Goh
09:15-09:45	Experiential work with patients having a serious medical condition: 'A Different Perspective, A Different Self' - applicable to patients who may find it difficult to speak up and would be stuck with their medical and life situation	
09:45-10:00	Tea Break	
10:00-11:00	Individual & Group Therapies: (a) The Virgin Island Visualization Exercise (b) Coin Therapy (c) A Good Person Concept	
11:00-12:00	Application of selected grief theories and techniques in counselling: (a) Four Things That Matter Most – applied to 2 brothers in an estranged relationship (role-play was done through zoom) (b) Empty-Chair Technique – applied to a grieving mother who lost her son (role-play was done through zoom)	
12:00-13:00	Lunch	
13:00-13:45	Overview of Stress, Burnout, Grief, and Empathy Distress Fatigue, as well as their impacts on physical and mental health among palliative care caregivers	Andy Ho
13:45-14:30	Introduction to Mindful Self-Compassion and Creative Arts for Resilience Building, as well as the Mindful-Compassion Art-based Therapy (MCAT) clinical framework	
14:30-14:45	Tea Break	
14:45-15:00	Experiential Meditation on Affectionate Breathing with Guided Imagery	
15:00-15:20	Experiential Artmaking with the Mandela of Self-Care	
15:20-15:40	Small Group Discussion	
15:40-16:00	Large Group Sharing and Closure	

**Program may be subject to change*