

Code: PRE-2

2010 Joint World Conference on Social Work and Social Development: The Agenda
Pre- and Post- Conference Skills Training Workshop –

Integrative Body-Mind-Spirit Approach in Social Work Intervention

Time: 14:30 – 17:30
Date: 9 June, 2010 (Wednesday)
Fee: US\$50 / HK\$400
Venue: Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong
Trainer: 1. Dr. Pamela Leung, Assistant Professor, Department of Social Work and
Social Administration, University of Hong Kong
2. Ms. Friendly So Wah Au Yeung, Service Director, Hong Kong Sheng Kung
Hui Welfare Council

Target Audience: Social work professionals and students in clinical practice settings
Maximum Capacity: 45

Workshop description

Integrative Body-Mind-Spirit Approach is a holistic intervention that ties Eastern philosophy and practical techniques to Western forms of intervention. It focuses on the mind-body-spirit relationship, recognizes spirituality as a fundamental domain of human existence, acknowledges and utilizes the mind's power as well as the body's, and reaches beyond symptom reduction to attain positive and transformative changes in individuals and families.

In this workshop, we shall describe the conceptual framework of the approach and discuss how Eastern practices of Chinese Medicine and other techniques such as breathing, body movement, mindfulness practice and meditation can be integrated into social work assessment and treatment process. Several case illustrations demonstrate the approach in action. Empirical evidence on the effectiveness of the intervention will also be presented. Most of time of the workshop will be experiential where participants will experience different exercises and gains hands-on techniques. The workshop will be a fun session together, please put on comfortable shoes and clothing.