

醫護·心理舒緩工作坊

“人不是被事情困擾著，而是被對那件事情的看法困擾著” ----- (斯多葛學派哲學家 Epictetus)



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課程編號：PSY15P1

日期：2015年1月19日及26日(逢星期一)

時間：19:00 - 22:00

地點：九龍觀塘鴻圖道52號百本中心15樓

百本人才培訓學院(觀塘港鐵站B3出口)

課程時數：6小時(共兩節)

課程名額：20位

課程費用：港幣 \$880 元正

(七日前報名獨享優惠價 \$680 元正)

報名行政費：20元正

簡介：

醫護人員是前線臨床照護人員，也是維護病患生命安全的最後一道防護線。護理人員和病患關係密不可分，當護理人員身心狀況不佳，易產生負向思考及悲觀情緒。本課程的主要目的是讓醫護人員瞭解何謂情緒及如何調節，能好好控制自身情緒才能調節心境，增加工作效率。

特設互動內容，協助學員自我評估

屋樹人心理測驗(HTP)

互動鏡子遊戲

顏色心理測驗

課程內容

第一節 (三小時)

- ◇ 艾森克情緒穩定性小測驗
- ◇ 情緒是甚麼？
- ◇ 對情緒的誤解
- ◇ 情緒是如何產生的？
- ◇ 情緒對我們的影響
- ◇ 情緒管理的目標
- ◇ 體察自己的情緒

第二節 (三小時)

- ◇ 適當表達自己的情緒
- ◇ 以合宜的方式紓解情緒
- ◇ 醫護人員面對壓力的來源
- ◇ 來自病人及家屬的負面情緒
- ◇ 工作環境充滿病毒及感染源
- ◇ 與家人相處嚴重不足，如：化解憤怒，緩和性急，消除緊張，革除悲觀，排遣厭倦

報名辦法及詳情

填妥報名表格後，選以下其中一種方法繳付課程費用連報名行政費

方法 1 郵寄劃線支票至「九龍觀塘鴻圖道52號百本中心15樓百本人才培訓學院」，支票抬頭請寫上：『BEST』。

方法 2 將課程費用連報名行政費存入匯豐銀行戶口(015-555741-838)，然後將收據連報名表格傳真至 2778 1810 或電郵至contact@mybest.hk。

方法 3 於辦公時間內(星期一至五，上午九時至下午六時)，親臨九龍觀塘鴻圖道52號百本中心15樓或灣仔莊士敦道137-139號新盛商業大廈3字樓辦理報名手續以現金或支票形式繳付學費。

* 一經報名及繳費，除課程取消外，所繳之費用概不退還。

** 個別雇主可酌情決定是否承認這些課程所頒授予學員的任何資格。

課程報名表格 Course Enrolment Form

請以正楷填寫此表格 Please complete this form in BLOCK LETTERS

請於填寫本報名表前細閱背頁之申請須知 Please read the "Notes for Application" overleaf carefully before completing this form

每個報讀的課程須分別填寫報名表格 Please use separate enrolment form for each course to be enrolled

此表格可自行影印以用申請其他課程 This form can be photocopied for the purpose of enrolling in other courses

報讀課程 Course applied for:

課程編號 Course Code	PSY	課程名稱 Course Title	醫護·心理舒緩工作坊
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甲部Part A: 個人資料 Personal Particulars

(須與香港身份證上資料相同，供頒發證書及核實身份之用。 Must be the same as shown on HKID card.)

中文姓名 Name in Chinese _____ 英文姓名 Name in English _____

香港身份證號碼 HKID Card No. _____ 出生日期 Date of Birth _____ 性別 Gender _____

手電 Mobile _____ 住宅電話 Home Telephone _____ 傳真號碼 Fax _____

電郵地址 E-mail Address _____

通訊地址 Correspondence Address _____

最高教育程度 Highest Achieved Education Level _____ 學校 School _____ 畢業年份 Year of leaving _____

現職公司 Working Company _____ 職位 Position _____ 辦事處電話 Office Telephone _____

公司地址 Office Address _____

緊急事故聯絡人 Emergency Contact Person _____ 關係 Relationship _____ 電話 Phone _____

你從何得知本學院的課程資料? How did you receive the course information?

朋友 Friends 網頁廣告 Website 百本雜誌 BamBoOs! Life
 Facebook 報章廣告 Newspaper 百本通訊 Bamboos Email 其他 Others _____

乙部Part B: 繳費方法 Methods of Payment (詳情請參閱背頁 Please see overleaf of details)

現金 Cash / EPS · 已繳金額 Amount: 港幣 HKD _____ 或 EPS 參考編號 Ref no: _____

支票 Cheque · 支票號碼 Cheque No.: _____ · 金額 Amount: 港幣 HKD _____

銀行轉賬 (須附上銀行入數紙) Bank Transfer (Please attach the bank slips) ·
轉賬日期 Date of Transfer: _____ · 金額 Amount: 港幣 HKD _____

丙部Part C: 聲明 Declaration

- 本人聲明此報名表格及隨附文件所載的資料，依本人所知均屬完整真確，資料如有失實，可被取消資格，並可能負上法律責任。
I declare that all information provided in this enrolment form and the attached documents are the best of my knowledge, accurate and complete. Any false or misleading information therein shall lead to disqualification of my application for admission.
- 本人願意遵守 貴學院所訂下的受訓章則。I consent I comply with all the Rules and Regulations stipulated by the School.
- 本人明白所繳交的一切費用，將不獲退還；本人亦不得轉讓學位予其他人士。I understand that the fees paid are not refundable and the studentship cannot be transferred from one person to another.
- 本人已細閱報名表格內之申請須知，並明白所有報名須知詳情均以 貴學院課程單張之最後更新版為依歸。I have read the 'Notes for Application' in this enrolment form and understood that the details of the Enrolment Guidelines are subject to revisions in the BEST prospectus.
- 本人明白個別僱主可酌情決定是否承認這些課程所頒授予學員的任何資格。I understand that it is a matter of discretion for individual employers to recognise any qualification to which these courses may lead.

申請人簽署 Applicant's Signature _____

日期 Date _____

申請須知

報名程序

填妥的報名表必須連同所有有關資料副本 (如有註明) 及支票/銀行收據 (如有) · 傳真或郵寄 (請於信封面上註明「報名表格」) 或於辦公時間內交回本機構。申請將於報名表格、所有有關資料副本 (如有註明) 及繳費完整收妥後才獲得處理。除特別通知外，申請人須依照說明之指定時間、日期和地點上課。本機構將不會發出取錄通知書給申請人。若要求取錄通知書，本機構將為每張取錄通知書收取行政費用港幣一百元。

繳費辦法

(i) 現金/EPS

可於辦公時間內(星期一至五，09:00-18:00) 親臨本學院以現金或 EPS 繳費

(ii) 支票

如用支票，郵寄劃線支票至「九龍觀塘鴻圖道 52 號百本中心 15 樓百本人才培訓學院」，支票抬頭請寫上「BEST」，連同報名表格一併遞交。本院恕不接受期票。如報讀超過一個課程者，請分別填寫報名表及開列支票，及於支票背面寫上申請人英文姓名及課程編號。

(iii) 銀行轉帳

申請人可轉帳至本學院的匯豐銀行戶口 (015-555741-838)，並須於轉帳後，將銀行入數紙連同報名表格一併交回/傳真/郵寄至本學院。

退款

除非因課程額滿、取消或於特殊情況下並得到本院同意，否則申請人不論上課與否，已繳之學費恕不退還。退款將會轉入申請人之銀行戶口。退款的行政時間需時三個月 (由開課日起計) · 若你在三個月後仍未收到退款，請電 2575 5689 與職員聯絡。

課程轉修

於課程額滿或取消的情況下，申請人可獲准轉修另一課程。在任何情況下，申請人必須得到本院同意及繳交手續費港幣一百元，才可轉讀另一課程。此項申請須於已報讀課程之開課日期前一星期提出，逾期恕不受理。此外，申請人已繳之學費及其學額不得轉讓他人。

課程更改

如報名人數不足，本機構有權取消該課程，並於有需要時更改任何原定課程之導師、上課時間、地點及內容。

個人資料私隱聲明

在這份表格提供的個人資料，本機構用於課程登記和有關的用途；以及向申請人發放就業、培訓和其他類型的資訊和推廣。根據個人資料 (私隱) 條例第 18 及第 22 條，申請人有權查閱及修改個人資料。任何關於這份表格所收集的個人資料查詢，請向本機構提出。

Notes for Application

Enrolment Procedures

Please complete the correct enrolment form and send copies of supporting documents (if specified) and cheque/bank receipt (if any) to HKHCF in person or by fax or by mail (please mark "Enrolment Form" on the envelope). An application will be processed only upon receipt of the completed enrolment form, copies of supporting documents (if specified) and payment. Unless otherwise notified, applicants are expected to be present for class at the time and place indicated according to the course description. There is an administrative charge of HK\$100 on every request for a letter of acceptance.

Payment Methods

(i) Cash/EPS

Cash/EPS payment can be made at BEST during office hour (Mon-Fri, 09:00-18:00).

(ii) Cheque

Crossed cheque should be made payable to "The Hong Kong Health Care Federation Limited" and returned together with your enrolment form. Post-dated cheque is not accepted. Applicants who enrol for more than one course should issue a separate cheque for each course. Please write the applicant's English name and course code on the back of each cheque.

(iii) Bank Transfer

Payment can be made via ATM or Bank (Bank of Communications, Account No.: 027-53293101724). Bank slip should be returned together with enrolment form to HKHCF in person or by fax or by mail.

Refund

Fees paid are not refundable regardless of whether applicants have attended classes or not. Fees paid are not refundable unless the enrolled course is full, cancelled or in exceptional circumstance deemed acceptable by HKHCF. HKHCF will transfer the refund to the bank accounts of the applicants concerned. The administrative process takes 3 months (counted from course commence date). If you do not get the refund after 3 months, please check with us at 2575 5689.

Course Transfer

Transfer to another course is permitted if the enrolled course is full or cancelled. In any other event, transfer to another course can only be made subject to the approval of HKHCF and with an administrative charge of HK\$100. This application must be made not less than one week before commencement date of the enrolled course. Late application will not be considered. Furthermore, fees paid and the related studentship cannot be transferred from one person to another.

Course Changes

HKHCF reserves the right to cancel a course if enrolment is insufficient and make alterations regarding instructors, class locations, class schedules and the content of courses if necessary.

Personal Data Collection Statement

The personal data provided on enrolment forms are used by HKHCF for purposes related to the processing of enrolment and student administration, and for delivery of information and promotion materials about career, training and other subjects to you. You have the right to access and correct personal data as provided in section 18 and 22 of the Personal Data (Privacy) Ordinance. Enquiries concerning the personal data collected by means of this form, including the making of access and corrections, should be addressed to HKHCF.