

## 認知治療工作坊

### Cognitive Behaviour Therapy Workshop

學習一套自助方法以處理情緒問題、改善憂慮、抑鬱情況

A Self-help approach to manage emotional problems, improve anxiety & depression symptoms

本工作坊將介紹一套被研究證明對改善情緒問題很具成效的治療方法：「認知治療法」，透過協助你了解自己**思維習慣及其對負面情緒的產生、行為、身體的關係**，從而分析情緒問題的精結所在，並學習一套**方法及技巧去改善及處理自己的情緒**，這套方法亦可用作協助你身邊有情緒問題的朋友。工作坊內容：

- 何謂情緒問題、了解自己的情緒
- 負面情緒與事件本身、人的身體、行為、思想反應的關係
- 何謂思想陷阱、思想規條
- 了解自我思維的方式、它是如何影響你的情緒
- 跳出思想陷阱、思想規條的方法
- 如何將認知治療應用在日常生活中



This workshop will base on the **Cognitive Behaviour Therapy** to help you think about your **thinking habits** which contribute to the **development and maintenance of intense unpleasant feelings, depressive moods**. Exercises, case studies and life applications will be used in the workshop to help you understand the actual cause of those moods, and work out **achievable and practical ways** to change your thinking habits which aims at changing your behaviour, your attitudes and moods, eventually improving your mental wellbeing.

講者 **Speaker:** 潘鳳賢女士 (社會工作者) **Ms. Ada Poon (Social Worker)**  
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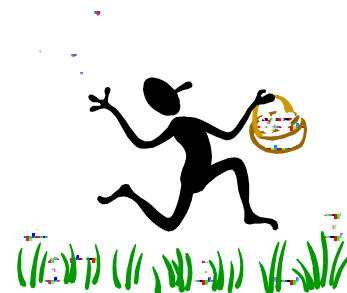
日期 **Dates:** 15/6, 22/6, 29/6/2010 (連續三個星期二 three consecutive Tuesdays)

時間 **Time:** 10:00am – 1:00pm

地點 **Venue:** Chinese Community Social Services Centre, Box Hill Office  
Professional Suite 9A, Level 1, Centro Box Hill North,  
17 Market St. Box Hill 3128

語言 **Language:** 廣東話 Cantonese

費用 **Fee:** 免費 Free of Charge



查詢及報名 **Enrolment and Enquiry :** 03 9898 1965