



mindhk  
香港心聆

# MYmind Teacher Training

A certificated intensive mindfulness teacher training

15 Hours  
Online Learning



2 Days  
In-person Training

Language: English

The training is to train **helping professionals** with a background of mindfulness practices who wish to implement MYmind with their clients, including children and parents.

**MYmind is a structured evidence-based mindfulness training** for children and adolescents aged 8 – 18 with executive functioning problems such as **attention-deficit and hyperactivity disorder (ADHD)** and **autism spectrum disorder (ASD)**, and a parallel mindful parenting (MP) training for their parents.

After completing the teacher training, there is possibility for participants to receive supervision (to be paid separately) on their own MYmind groups.

## Our trainers:



Prof. Susan Bögels



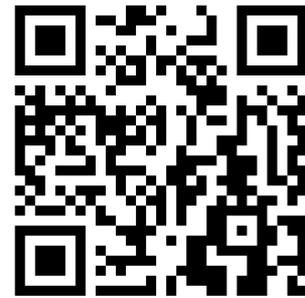
Dr. Elisabeth Wong

(see trainers bio below)

Early Bird: HKD 11,688

Extended - until 15 Oct!

Standard: HKD 12,688 (until 31 Oct)



Joining as a group of 3?  
Enjoy a \$1000 discount  
per person!

Application is first-come-first-served.

Successful applications will be informed by email.

All profits from the course will be directed to Mind HK to support mental health initiatives in Hong Kong.

Email us to know more:  
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## MORE DETAILS

Participants are expected to be helping professionals, therapists, and para-professionals (e.g. educators) who work with individuals with Special Educational Needs (SEN) or are neurodiverse, and with mindfulness experience (e.g. MBCT/MBSR/MSO).

Participants will receive a MYmind Teacher Attendance Certificate if they have met the criteria for attendance (minimum 90% attendance ie. 26 hours), development of attitude and skills, as assessed by the trainers. Participants can apply for an additional MYmind Practitioner Certificate if / when they complete a 5-day mindful retreat programme (within a year). All final decisions of certification are to be made by the trainers.

CE Points are available upon completion of the training.

## MEET OUR TRAINERS



**Prof. Susan Bögels**  
Principal Trainer

Prof. Susan Bögels is a psychotherapist, and mindfulness trainer, clinically specialised in Cognitive Behaviour Therapy and Mindfulness for children and parents. She is a professor in Family Mental Health, with a particular role for Mindfulness, at the University of Amsterdam. She provides advanced teacher training in mindfulness for parents and children with psychopathology around the world and provides retreats on the topic of 'parenting ourselves'.

**Dr. Elisabeth Wong, Specialist in Psychiatry**  
Co-Trainer

Dr. Elisabeth Wong is the Honorary Clinical Associate Professor at the Department of Psychiatry of the Chinese University of Hong Kong, and the Honorary Clinical Assistant Professor of the Medical Ethics and Humanity Unit of the School of Clinical Medicine of the University of Hong Kong.



For enquiry, please email Mind HK Training Team at [training@mind.org.hk](mailto:training@mind.org.hk) to learn more.



## TRAINING OVERVIEW

<p><b>Day 1</b></p> <p><b>10 Nov</b> <b>7pm-10pm</b> <b>Zoom</b></p>	<p><b>Orientation and Session 1</b></p> <ul style="list-style-type: none"><li>Starting our teacher training group</li><li>Starting a parent and child MYmind group: preparations and diagnostics</li><li>Overview of ordering problems (ADHD &amp; ASD), neurodiversity &amp; mindfulness</li><li>Review of Session 1 "Alien from Mars" (beginner's mind)</li></ul>
<p><b>Day 2</b></p> <p><b>13 Nov</b> <b>7pm-10pm</b> <b>Zoom</b></p>	<p><b>Session 2 &amp; Session 3</b></p> <ul style="list-style-type: none"><li>Review of Session 2 "Home in your body" and Session 3 "The Breath"</li><li>Experience key meditations and psycho-educations for children and parents</li><li>Address obstacles to practice for children and parents</li><li>Look into the role of movement for kids with ADHD &amp; ASD (see Nov 24 for a full yoga class)</li></ul>
<p><b>Day 3</b></p> <p><b>17 Nov</b> <b>7pm-10pm</b> <b>Zoom</b></p>	<p><b>Session 4 &amp; Session 5</b></p> <ul style="list-style-type: none"><li>Review of Session 4 "Internal and external distractors" and Session 5 "Stress"</li><li>Halfway evaluation</li><li>Experience meditation with distractors</li><li>Experience imagining stressful moments and the effects of inviting a breathing space</li></ul>
<p><b>Day 4</b></p> <p><b>20 Nov</b> <b>7pm-10pm</b> <b>Zoom</b></p>	<p><b>Session 6, Session 7 &amp; Session 8</b></p> <ul style="list-style-type: none"><li>Review of Session 6 "Highway, walking away", Session 7 "Acceptance and autonomy", and Session 8 "The future"</li><li>Experience roleplay and the effects of inviting a breathing space</li><li>Overview of MYmind research and progress assessment</li></ul>
<p><b>Day 5</b></p> <p><b>24 Nov</b> <b>7pm-10pm</b> <b>Zoom</b></p>	<p>Experience and practise yoga for children and parents (with guest teacher George Langenberg)</p>
<p><b>Day 6 &amp; 7</b></p> <p><b>27-28 Nov</b> <b>10am-5pm</b></p> <p><b>CUHK</b> <b>Medical Centre</b> (next to University MTR station)</p>	<ul style="list-style-type: none"><li>Practise of all key meditations of MYmind for children and parents</li><li>Working with specific differences between Autism and ADHD</li><li>Working with youth with behavioural problems and disorders</li><li>Working with challenging groups or clients</li><li>The role of the co-trainer</li><li>Review of MYmind for individual families and different age groups (4-7, 8-12, 13-18 &amp; young adults)</li><li>Review of differences between online vs face-to-face MYmind training</li><li>Review of the role of fathers</li><li>Cultural differences</li><li>How to end the intervention and carry out follow-up sessions</li><li>Q&amp;A</li></ul>

