

## Introduction to Lifestyle Assessment

### About the workshop

**Lifestyle assessment** is a qualitative interview technique consisting of a set of exploratory questions designed for clinicians to explore one's family dynamics as well as early recollections in order to understand one's lifestyle. The concept of "lifestyle" was constructed by the master Alfred Adler in 1929 to describe a cluster of personality; the ways of acting and thinking in which individuals have subjectively arranged into a systematic schema under the social context of family at an early age.

In this workshop, the counselling psychologist trainees will offer a closer look into the basic theoretical and research foundations of the lifestyle assessment, its therapeutic values as well as clinical skills of conducting the lifestyle assessment. Real case samples and demonstrations will be included to illustrate the aforementioned concepts.

### About the Presenters

The presenting group comprises 9 counselling psychologist trainees who are currently studying in the Master of Social Sciences in Counselling Psychology at the Hong Kong Shue Yan University. This group of students has been intensively trained in psychodynamic psychotherapy in which the theories and clinical skills of the master Alfred Adler were one of the main foci of the training. Throughout the training, this group of students has been using lifestyle assessment with a wide range of clientele, such as children, adolescents and/or adults with mental/emotional issues and/or interpersonal/family problems, in which they will selectively share during the workshop.

**Information of MSocSc. in Counselling Psychology offered by Shue Yan University:**

<http://www.hksyu.edu/counpsy/master>

## Course Details

- Date & Time:** August 13, 2011 (Saturday) 7:00 pm – 9:30 pm
- Venue:** **Room 103, Shue Yan University Library Complex**  
12 Wai Tsui Crescent, Braemar Hill, North Point, Hong Kong  
**Map:** <http://goo.gl/mkIq>
- Targets:** People who are working in the helping profession: Psychologists, counsellors, psychiatrists, social workers, teachers, and/or people majoring in human related subjects.
- Language:** Cantonese
- Fee:** **APCA Members: \$50** Non-members: \$100  
*\*\* Discount for workshop will also be given participants submitting application together with NEW MEMBERSHIP APPLICATION\*\**
- Quota:** 60
- Deadline:** August 10, 2011 (Wednesday) <Postmark Date as reference>

## Registration

1. Complete the ENROLLMENT FORM, and settle payment by bank deposit to the following bank account:

<p><b>Payee:</b> <i>Asian Professional Counselling Association (H.K.) Ltd.</i> <b>Account No.:</b> <i>HSBC 808-021620-001</i></p>
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2. Submit your application with ENROLLMENT FORM & BANK SLIP by post to the address below:

<p><b>ASIAN PROFESSIONAL COUNSELLING ASSOCIATION</b> Department of Counselling and Psychology, Shue Yan University 10 Wai Tsui Crescent, Braemar Hill, NORTH POINT, HONG KONG c/o Ms. Ceci Lee</p>
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## Enquiries

**Tel.:** (852) 2104 8232 <Voicemail>  
**Email:** [admin@apca-counselling.com](mailto:admin@apca-counselling.com)  
**Website:** <http://www.apca-counselling.com>

## Remarks

1. Only application with COMPLETED ENROLLMENT FORM & BANK SLIP will be accepted.
2. Application will be accepted on FIRST-COME-FIRST-SERVED BASIS, confirmation will be sent by email.
3. Fees are non-refundable.
4. Receipt of application fee and Certificate of Attendance issued by “**Asian Professional Counselling Association (Hong Kong)**” will be given to the participants at the end of the course.
5. If Tropical Cyclone Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is issued, the workshop will be cancelled. Details of postponement or other arrangements will be announced afterwards.

## Enrollment Form

*\*Please fill in all information.*

<b>OFFICE USE ONLY</b>	<input type="checkbox"/> HK\$	<input type="checkbox"/> Date:
	<input type="checkbox"/> Ref. No.:	<input type="checkbox"/> Receipt No.:
		<input type="checkbox"/> Cert No.:
<b>Course Name:</b>	<i>Introduction to Lifestyle Assessment</i>	
<b>Salutation:</b>	Dr. / Prof. / Mr. / Mrs. / Ms. / Others: _____	
<b>Name:</b> <i>(To be shown on Cert.)</i>	English: _____	Chinese: _____
<b>APCA Membership:</b>	Membership No.: _____	<input type="checkbox"/> Non-member
<b>Employer:</b>	_____	
<b>Type of Service:</b>	UID (for C&P students): _____	
<b>Correspondence Address:</b>	_____	
<b>Telephone:</b>	Mobile: _____	Office: _____
<b>Email:</b>	_____	
Have you attended other workshop/course of the APCA before? <b>Yes / No</b>		
If yes, please specify		
Your expectation towards this workshop/course:		

**Payee:** Asian Professional Counselling Association (H.K.) Ltd.

**Account No.:** HSBC 808-021620-001