

第五屆衛生與精神健康社會工作國際會議工作坊
An experiential workshop of
the 5th International Conference on Social Work in Health and Mental Health

「生死淺嚐」
A Touch of Death a Taste of Life

日期 Date: 2006年12月13日 December 13, 2006
時間 Time: 1230-1630
地點 Venue: 香港會議展覽中心 HKCEC
語言 Language: 普通話 Mandarin
導師 Trainers: [張包意琴博士及關俊棠神父 Dr Grace Cheung & Rev Thomas Kwan](#)

如何報名 How to register?

Pre-registration for this workshop is required. A Workshop Registration Form will be sent to all participants who have registered for the Conference by email in mid October.

本活動是一個名為《平常心》的工作坊其中一部份以濃縮版。《平常心》工作坊於十四年前由張包意琴博士及關俊棠神父創辦，至今已逾千人參加過此工作坊並從中得以對生命有一個全新的體會。不少人在工作坊完結後，變得更祥和、對生活更具醒覺性和願意渡一個更充實和富有人情味的人生。

「生死淺嚐」是一個揉合了即興文字、特殊視聽效果和導引冥想的三小時活動。參加者被邀進入一個想象中的生死之旅，目的是讓活動結束時，參與者能獲取新的視野，如實的心態，從不必要的焦慮中釋放出來，並帶著一顆輕盈的心，繼續走好生命的路。

張博士及關神父會帶引一小組進行此工作坊，整個活動將以中文普通話進行。請穿著寬鬆舒適的衣服，每人需帶備一張乾淨的床單以作個人之用。

我們相信，這將會是一個你我都十分享受的另類工作坊。

This is a demonstration of an awareness-raising experiential session that was part of a 3-day overnight workshop called <Dear Heart Relax> launched for the first time 14 years ago by Dr. Grace Cheung and Rev. Thomas Kwan. Since then, more than one thousand people have participated in the workshop and many have found it enlightening and-reorienting. Many have emerged from the workshop more peaceful and more aware of what they look for in life and how they want to live life more fully and humanely, each according to his/her own aspiration.

Assisted with impromptu journal writing, special audio-visual arrangements and guided meditations, participants are invited to enter into an imaginary life-and-death Journey. It is hoped that at the end of the session participants will gain new insight and become more able to see things as they are release themselves from unnecessary worries and gain a light heart as they continue their in life.

Dr. Grace Cheung and Rev Thomas Kwan will head a team that leads this workshop and the entire activity will be conducted in Chinese (mandarin). Loose & comfortable wear is recommended. Please also bring a personal clean bed sheet for private use. It will be a special session which we believe you will enjoy.

導師 Trainers:



張包意琴博士 Dr. Grace Y.K. Cheung

社會工作學系博士；曾跟隨沙維爾學派三位導師 John Banmen, Maria Gomori, Jane Gerber 和 PD Seminars 創辦人 Bennett Wong 及 Jock Mc Keen 學習輔導和小組帶領；22 年來從事個人、婚姻輔導及家庭治療工作，並為不同機構主持個人成長及夫婦小組；曾任香港公教婚姻輔導會督導員及中心主任；近十年轉為私人執業，現兼任香港大學社會工作系講師及學生督導；多年來為香港大學專業進修學院、教育署學生輔導組及社會福利署、中學輔導教師等主持人際關係訓練、在職培訓及成長小組等。

Dr. Grace Cheung is an Honorary Assistant Professor at the Department of Social Work and Social Administration at The University of Hong Kong and Director of Resculpt-Centre for Personal and Relational Reconstruction. Dr. Grace Cheung Developed her professional social work practice as a Marriage and Family counselor in Hong Kong for the past twenty-three years. She has been in Private practice for the past decade and has conducted numerous personal growth programs for teachers, social workers, parents and medical professionals. Additionally, she is responsible for practicum programs for social workers and secondary school teachers undergoing guidance training; and teaches the Satir Model to social work students at The University of Hong Kong.



關俊棠神父 Rev Thomas Kwan

倫理神學博士，天主教神父，曾任天主教香港教區修道院院長、神哲學院倫理神學教授、神學部主任、並從事青少年培訓、教會牧養等工作；96 年底開始，選擇以更入世的生活方式，繼續神父職志；2000 年到法國梅村跟一行禪師習禪；曾數度跟隨加拿大 PD Seminars 創辦人 Bennett Wong 及 Jock Mc Keen 學習《認識自我》、《人際溝通》、《東西方養生與治療的整合理論》、《性與人格》…等課程；近年專注於教學、講學、靈性關顧、家庭輔導及人格成長培育等工作。