MHFA Refresher Course

Do you still remember what you have learned in the MHFA course? Have you applied the concepts to your daily life and help people around you? CEDARS-Counselling and Person Enrichment cordially invites you to join our MHFA Refresher Course to refresh, consolidate and deepen your MHFA knowledge. Our featured topic for this refresher course is **Acute Stress Reactions and Traumatic Incidents**.

Date: 31 October 2014 (Friday)
Time: 3:30 – 6:00 pm
Venue: Room 411, Meng Wah Complex
Speaker: Ms Linda Yeung (Master MHFA Instructor, Senior Clinical Psychologist)
Language: Cantonese/English depending on participants
Quota: 50 (open to MHFAiders only)
Fee: FREE of charge

The Refresher course will consist of two parts:

1. **MHFA course revision**
   - There will be a short revision of various topics covered in MHFA courses such as anxiety, depression, and application of ALGEE.

2. **Seminar on Post-Traumatic Stress Disorder (PTSD)**
   - There are times when we come across traumatic events in life such as disasters or accidents.
   - These events can affect people physically, emotionally and behaviorally in different degree, whether they are directly involved in the events or not. As MHFAiders, how can you support people you know during critical moments? In the Refresher Course, we would like to share the followings with you:
     - What are some common reactions when people encounter a traumatic event?
     - How can they cope with these reactions?
     - Dos and Don’ts when talking to them?

If you are interested, please register at (google link). For enquiries, please contact 2857-8388 or cedars-cope@hku.hk.

Best Regards
CEDARS-Counselling and Person Enrichment