

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES
Jockey Club End-of-Life Community Care Project

Workshop on Mindful-Compassion Art Therapy (MCAT) for Self-care among End-of-Life Professionals: Cultivating Kindness and Sustained Resilience

Date: Wednesday & Thursday May 31 & June 1, 2017
Time: 9:30am – 5:30pm
Venue: 2/F., The Hong Kong Jockey Club Building for Interdisciplinary Research, 5 Sassoon Road, Pokfulam, Hong Kong

Day 1

TIME	PROGRAMME
9:30am	Causes and Effects of Burnout and Compassionate Fatigue
11:00am	Tea Break
11:15am	Causes and Effects of Burnout and Compassionate Fatigue (Continued)
1:00pm	End of morning session & Lunch break
2:00pm	Empirical Foundation for Integrating Mindfulness Meditation and Art Therapy for Self-help
3:30pm	Tea Break
3:45pm	Empirical Foundation for Integrating Mindfulness Meditation and Art Therapy for Self-help (Continued)
5:00pm	Q and A Session
5:30pm	End of Day 1 of the Workshop

Day 2

TIME	PROGRAMME
9:30am	Emotional, Psychological and Spiritual Needs among End-of-Life Care Professionals
11:00am	Tea Break
11:15am	Applying Mindfulness Practice and Expressive Art into Clinical Work
1:00pm	End of Morning Session & Lunch break
2:00pm	Mindful-Compassion Art Therapy (MCAT) for Self-care
3:30pm	Tea Break
3:45pm	Mindful-Compassion Art Therapy (MCAT) for Self-care (Continued)
5:00pm	Q and A Session
5:30pm	End of Day 2 of the Workshop