

Mental Health Training Series



精神 健康 系列

精神健康這個課題，與我們的生活息息相關。都市人工作忙碌，工作佔據了我們生活中大部份的時間，因此工作間的精神健康尤其重要。正向工作間能為團隊提高士氣及促進生產力，從而為企業帶來正面的影響。本公司擬定了不少與精神健康相關的培訓課程，希望透過不同面向，讓參加者了解及提高處理精神健康的基本知識。企業不妨多關注員工的情緒，並推行有關活動及措施，為員工建立正向工作間。

Mental health is an essential component in our daily lives especially in the workplace, as most employees spend the majority of their waking hours at work. A positive work environment can help organizations build an energetic and productive workforce, thus maximizing the positive impact on the organization as a whole. Our Mental Health Training Series covers a wide range of mental health related topics which are dedicated to raising participants' awareness on personal well-being and enhancing their knowledge in dealing with different mental health challenges. Organizing these mental health-related programmes would be a good practice that caring organizations like you could implement to proactively care for your employees' emotions and build a positive workplace.

01 「精神健康急救」課程 Mental Health First Aid Training

- ◆ 簡介常見的精神病 Overview of common mental disorders
- ◆ 運用 ALGEE 急救模式協助抑鬱症、焦慮症患者
ALGEE Model helping those with Depression and Anxiety Disorders
- ◆ 淺談重性精神病 Brief introduction of Psychotic Disorders
- ◆ 協助有自殺傾向人士 Helping the individuals with suicidality
- ◆ 轉介社區資源及專業支援 Community resources & professional help

課程時間 Duration: 7小時 hours

備註 Remarks: 只限廣東話及現場 Cantonese & onsite ONLY

02 「精神健康急救」證書課程 Mental Health First Aid Certification Course

第一天 Day 1

- ◆ 「精神健康急救」的基本概念 Basic concept of MHFA
- ◆ ALGEE 急救模式 5-step action plan: ALGEE
- ◆ 急救應用：抑鬱症、躁狂抑鬱症、焦慮症、驚恐性發作
MHFA: Depression, Bipolar Disorder, Anxiety Disorders, Panic Attack
- ◆ 預防及協助企圖自殺人士 MHFA: Suicide
- ◆ 轉介社區資源及專業支援 Community resources & professional help

第二天 Day 2

- ◆ 急救應用：重性精神病 (思覺失調及精神分裂症)
MHFA: Psychotic Disorders (Early Psychosis, Schizophrenia)
- ◆ 急救應用：物質濫用 MHFA: Substance Abuse
- ◆ 協助精神病病人康復的社區資源 Community resources & professional help
- ◆ 精神健康急救考試及課程檢討 Quiz & course evaluation

* 完成兩天課程的學員將獲由香港心理衛生會及澳洲「精神健康急救國際」認可頒發的「精神健康急救證書」 Participants will be offered the "Mental Health First Aid" Certificate that is authorized by The Mental Health Association of Hong Kong and Mental Health First Aid International upon completion of the 2-day course

課程時間 Duration: 2 天 days

備註 Remarks: 只限廣東話及現場 Cantonese & onsite ONLY

03 靜觀工作間 Mindful Workplace

- ◆ 靜觀與工作表現 Mindfulness & work performance
- ◆ 靜觀體驗 Taste of mindfulness practice
- ◆ 靜觀的一套生活哲學 Core principals of mindfulness
- ◆ 靜觀應用於情緒管理、工作效能及工作關係
Tips to build mindful workplace: emotional well-being, work effectiveness, workplace relationship

課程時間Duration: 1.5小時hours

04 職場精神健康應對技巧（管理人員篇） Mental Health Education for Managers

- ◆ 精神健康的最新資訊 Overview of mental health issues
- ◆ 常見的精神病 Common mental health problems
- ◆ 管理人員的助人技巧 Core helping skills
- ◆ 工作間精神病個案的處理 Responding to special mental health issues at workplace
- ◆ 締造精神健康工作間 Strategies to cultivate a mentally healthy workplace

課程時間Duration: 1.5小時hours

05 情緒調適體驗之旅 Self-soothing & Emotion Regulation

- ◆ 壓力與七種情緒 Stress and 7 Emotions
- ◆ 都市人常見的情緒病 Common mental health disorders to urbanites
- ◆ 提升精神健康基本功 Fundamental skills of strengthening emotional health
- ◆ 體驗八種情緒調適法 Experience 8 emotion regulation methods

Duration: 1.5 hours

備註Remarks: 只限廣東話及現場 Cantonese & onsite ONLY

06 精神健康解碼 Increasing Our Mental Health Awareness

- ◆ 精神健康的定義 Definition of mental well-being
- ◆ 普遍的精神健康問題 Common mental health problems
- ◆ 情緒及精神問題對工作間的影響
Impact of emotional disturbances and mental illnesses in the workplace
- ◆ 工作壓力帶來的危機 Risks and factors that associated with work stress
- ◆ 提升個人精神健康的方法
Strategies for enhancing mental well-being on an individual level

課程時間 Duration: 1.5 小時 hours

07 駕馭情緒 - 提升工作效能 Managing Emotions in the Workplace

The following content is available in both 1-hour/3.5-hour session:

- ◆ 在晴朗的一天出發 Set the tone of your day
- ◆ 挑戰思想陷阱 為自己加油 Managing self-defeating thoughts
- ◆ 衝突之中 為憤怒設限 Setting boundary: dealing with anger in conflicts
- ◆ 衝突過後 為惱人回憶設限
Setting boundary : dealing with stressful memory after conflicts

The following content is available ONLY in 3.5-hour session:

- ◆ 情緒管理與個人效能 Emotion management and personal effectiveness
- ◆ 個案討論及技巧演練 Case study & skill practice

課程時間 Duration: 1.5/3.5 小時 hours



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