



## ***Finding Peace in a Frantic World (July – Sept 2021)***

### ***a mindfulness program for resilience enhancement***

#### **Introductory Session (ZOOM Session)(Free of charge):**

- Date: July 12, 2021 (Monday)
- Time: 7:30 pm – 8:30 pm
- Language: English
- Content: Introduction of course's themes and mindfulness practices
- ZOOM Link will be sent to those who have registered for the Introductory Session
- Registration Link for Introductory Session:  
[https://hkuems1.hku.hk/hkuems/ec\\_regform.aspx?guest=Y&UEID=76468](https://hkuems1.hku.hk/hkuems/ec_regform.aspx?guest=Y&UEID=76468)

*\*Different mindfulness training programs are designed for different learning goals. Potential participants are recommended to join this introductory session to know more about the program before registration.*

### **Finding Peace in a Frantic World (July – Sept 2021) – a mindfulness program for all resilience enhancement**

Program dates: 28 July; 4, 11, 18, 25 August; 1, 8 & 15 September, 2021 (Wednesday) (8 Sessions)

Time: 7:30 pm – 9:00 pm

Venue: 2/F., 5 Sassoon Road, Pokfulam, Hong Kong (Centre on Behavioral Health, HKU)

Language: English

Program Fee: HK\$2,600 (\*HK\$1,300 for full-time undergraduate students of Hong Kong, please provide a copy of student card for verification)



## About the program:

*We learn that when our attention is caught up in the past or the future, we can get trapped in unhelpful patterns of thinking, feeling, and acting. Mindfulness helps us recognise these automatic reactions, understand them as normal human experiences, and bring kindness and compassion to them. As we cultivate attitudes of interest and friendliness toward all of our experiences, whether pleasant or unpleasant, we learn skills for keeping our balance through life's ups and downs, responding skillfully when difficulties arise, engaging with what is most important to us, and opening up to moments of joy, contentment, and gratitude. We learn to flourish.*

*(source: Oxford Mindfulness Centre)*

This mindfulness program is established by the Oxford Mindfulness Centre. Based on the best-selling book **Mindfulness: Finding Peace in Frantic World**, the 8-week program follows the evidence-based practical guide to mindfulness by Prof. Mark Williams and Dr. Danny Penman, chapter by chapter.

Based on MBCT (Mindfulness-Based Cognitive Therapy) but with shorter weekly sessions and home practice, the program is recommended for those who intended to develop practical skills and understanding on how to incorporate mindfulness into their lives, to improve well-being and enhance resilience.

The latest research studies showed significant improvement in well-being and mental health among university students in the post-intervention and 6-week follow-up assessments<sup>(1)</sup>. Similar findings were found in a study with a multinational company. Significant improvement in well-being and function at work, as well as a significant reduction in stress and drop-out rate were found among staff members who joined the program. <sup>(2)</sup>

## Who is it for?

This program is for anyone who is looking for a practical and evidence-based mindfulness program. It is suitable for people who are new to mindfulness or regular practitioners who tried mindfulness apps or have a basic understanding of mindfulness through self-study or taster programs and looking for a structured course led by an experienced teacher.



### Home practice requirement:

- About 10 to 30 minutes per day at home
- Participants are recommended to download the app to support the home practice
- Reading the book ***Finding Peace in a Frantic World*** is recommended to deepen the understanding of the topics to consolidate the learning experiences in the group

Want to know more about **Finding Peace in a Frantic World** Program? Check out the following video by Prof. Mark Williams: <https://www.youtube.com/watch?v=soA6kzxeKj0>

### About the trainer:

Dr. Venus Wong is the Senior Lecturer at The University of Hong Kong. Her teachings focus on behavioral health, spirituality, holistic clinical practice, and well-being for healthcare professionals. Her research interests include holistic intervention, mindfulness, and medical humanities.

Dr. Wong is a seasoned training consultant specializing in mindfulness-based programs and strength-based holistic care interventions, integrating indigenous wisdom and evidence-based practices from both Eastern and Western teachings. She has been actively involved in well-being training for medical students, healthcare practitioners, and other human service professionals.

Dr. Wong has completed the teacher training of ***MBCT***, ***MBCT-L***, and ***Finding Peace in a Frantic World*** by Oxford Mindfulness Centre. She is also serving as a voluntary member of the Plum Village Mindfulness Academy, supporting the professional program development under the Plum Village tradition and the teaching of Zen Master Thich Nhat Hanh.

### Mindfulness training background:

- Mindfulness Teacher Training – Plum Village Mindfulness Academy
- Foundation Course for Teaching Mindfulness-Based Cognitive Therapy, MBCT (Co-organized by the Oxford Mindfulness Centre and the Hong Kong Center for Mindfulness)
- Mindful Practice workshop facilitator and internship training – University of Rochester School of Medicine and Dentistry
- Oxford Mindfulness Centre Mindfulness-Based Cognitive Therapy for Life (MBCT-L) teacher training
- Oxford Mindfulness Centre Finding Peace in a Frantic World teacher training
- Trauma-Sensitive Mindfulness Training: The Beginner's Guide to Recognizing Trauma, Responding Skillfully, and Preventing Re-traumatization



### Recommended books for this program:

- (English) Kabat-Zinn, J., Williams, J., Penman, J., Kabat-Zinn, Jon, & Penman, Danny. (2012). *Mindfulness : An eight-week plan for finding peace in a frantic world.*
- (Chinese translation) Williams, Penman, 吳茵茵, & Penman, Danny. (2012). *正念：八週靜心計畫 找回心的喜悅 = Mindfulness: A practical guide to finding peace in a frantic world* (第一版.. ed., 心理勵志 ; 319.).

### References:

- (1) Medlicott, Emma, Phillips, Alice, Crane, Catherine, Hinze, Verena, Taylor, Laura, Tickell, Alice, . . . Kuyken, Willem. (2021). The Mental Health and Wellbeing of University Students: Acceptability, Effectiveness, and Mechanisms of a Mindfulness-Based Course. *International Journal of Environmental Research and Public Health*, 18(11), 6023.
- (2) De Bruin, Esther I, Van der Meulen, Rachel T, De Wandeler, Jorien, Zijlstra, Bonne J. H, Formsma, Anne R, & Bögels, Susan M. (2020). The Unilever Study: Positive Effects on Stress and Risk for Dropout from Work after the Finding Peace in a Frantic World Training. *Mindfulness*, 11(2), 350-361.



**Registration Form**

**Finding Peace in a Frantic World (July – Sept 2021)**

**a mindfulness program for resilience enhancement**

Please return the completed form with cheque payable to "The University of Hong Kong" by mail, or in person to the following address:

Centre on Behavioral Health, The University of Hong Kong  
2/F., 5 Sassoon Road, Hong Kong. Tel : 2831 5163 Fax : 2816 6710

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Language: English

Program Fee: ~~HK\$2,600~~ **HK\$2,000** \*  **MBH Students & Alumni** \*  **MExpArtsTh Students & Alumni**

Title: \*  Professor  Dr.  Mr.  Mrs.  Ms.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

\_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

Position: \_\_\_\_\_

I know this programme from: \_\_\_\_\_

I would like to learn the following from this course:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Would you like to be on a mailing list to receive any information on training programs organized by Centre on Behavioral Health in the future? Yes \_\_\_\_\_ No \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

\*Please tick as appropriate

^Fee paid is not refundable