

Our Programs

3.1 Family Education

3.1.1 Parent-child workshop: Be a successful child's parent

Course contents:

Parents are taught to communicate effectively with their children through play, to help children learn things quickly, develop their emotional intelligence, and strength the parent-child relationship.

Course details:

- Parents and their children (3-10 years old) are welcome to join
- Contains 8-hour group sessions and 2-hour individual sessions
- Fee: \$12,000 per family

3.1.2 Children first aid

Course contents:

To answer various parenting issues, with particular emphasis on how to deal with children with developmental disorders, including autism, ADHD, dyslexia, etc.

Course details:

- Parents who are stressful in dealing with difficult children are advised to join the course
- 2-session workshop (2 hours/ session)
- Fee: \$4000

3.1.3 Marriage First Aid

Course topics:

- Woman dies for love
- A man who doesn't know love
- Marriage toxins

Course details:

- Couples are welcome to join
- 3-session workshop (2 hours/ session)
- Fee \$6000/ couple

3.1.4 Life style analysis group

Course topics:

- Childhood recollection
- Family structure analysis
- Birth order analysis

- Dream interpretation

Course details:

- People who wish to have a better understanding about the inner self and look for personal growth are welcome to join
- 4-session workshop (2 hours/ session)
- Fee: \$8000

3.2 Professional Training

3.2.1 Professional training in Counseling: Theory, practice and skills

Course features:

- Introductory level (6 sessions, 2.5 hours/session)
- Advanced level (6 sessions, 2.5 hours/session)
- Group supervision (3 sessions) after practicum
- Individual supervision is available (Additional charges will be applied)
- Emphasis on students' personal growth, ethical issues, theory and practice

Course contents:

- Key elements in helping relationships
- Advanced counseling skills: conceptualization skills, life style analysis skills, dream interpretation skills
- Adlerian individual psychology
- Person-centered therapy
- Cognitive-behavioural therapy
- Family and marriage counseling
- Child play therapy

Course details:

- People who wish to develop their career in counseling, or/and those who are interested in counseling are welcome to take the course
- 12-session course (2.5 hours/ session)
- Fee:
Introductory level: \$10000; Advanced level: \$15000; register in both: \$15000

3.2.2 Mediation

Course contents:

- How to deal with disagreement
- How to manage conflict effectively
- Objective factors of successful mediation
- Aftermath of a successful mediation

Course details:

- People who wish to become a professional mediator, those who are in the managerial level in corporates, or/and those who wish to improve the skills for resolving conflicts in daily life are welcome to take the course
- 4-session workshop (2 hours/ session)
- Fee: \$8000

3.2.3 Mental health first aid in Adolescence

Course contents:

- The formation of "Otaku"—Parent's inevitable faults

- Tear off the label of “Hong Kong Man” and “Hong Kong Lady”

Course details:

- People who are interested in understanding adolescents are welcome
- 2-session workshop (2 hours/ session)
- Fee: \$4000

3.3 Corporate Training

3.3.1 Business policy management

Course contents:

- Values, goals, and mission
- Business ethics
- Management skills
- How to cope with changes

Course details:

- People who take the managerial role in their business are welcome to join.
- 4-session workshop (2 hours/ session)
- Fee: \$8000

3.3.2 Crisis management

Course contents:

- To help the management team to prepare for facing unpredictable events, assess the level of risks, and formulate strategies to deal with the crisis.
- To help the corporate to establish effective communication with employees, customers, the media, and the public.
- To develop a long-term crisis management system.

Course details:

- People who take the managerial role in their business are welcome to join.
- 4-session workshop (2 hours/ session)
- Fee: \$8000

3.3.3 Coaching for high performance

Course topics:

- Coaching Style
- How to deal with troublesome people
- How to build a team
- How to enhance your Emotional Intelligence

Course details:

- Directors, managers, supervisors, and administrative officers are welcome to join.
- 4-session workshop (2 hours/ session)
- Fee: \$8000

3.3.4 Positive psychology in everyday life

Course topics:

- Self-care
- How to identify extreme and fallacious thinking

- How to deal with “trouble-makers”
- How to cope with bitterness in life

Course details:

- All are welcome.
- 4-session workshop (2 hours/ session)
- Fee: \$8000

3.3.5 Anger Management

3.3.6 How to develop a sense of humor