



Therapeutic Group for Relationships

Introduction:

Are you often misunderstood by others, or thinking that people may have troubles in understanding you? Have you ever caught in relationships which find difficulty to leave or to stay? Or feeling uncomfortable when getting close and intimate to someone?

Building up meaningful relationships is a fundamental development task to establish social connections which is essential to your psychological well-being. In relating to others, your personal interaction patterns, both conscious and unconscious, affect the dynamics and quality of relationships. Understanding these patterns will provide insights and inner guidance of your own needs and reasons for repeated failures in important relationships.

Utilizing personality assessments and experiential activities, a therapeutic group is designed to achieve the following objectives:

1. Understand personality with focus on your needs in relationships,
2. understand your relational pattern, and
3. increase awareness of issues and potential improvements in your significant relationships.



The group is organized to meet for 4 sessions so as to allow deeper self-understanding in relationships. Alternatively, participants can also attend the first 2 sessions to help them understand their personality and how it may have affected the relationships. The maximum number of participants in this group will be 6 persons to facilitate confidential and private discussion. All participants will be phone interviewed separately to understand their needs and suitability of joining the Group.

Facilitator:

Ms. Paula Yeung Shuk Chun is a Registered Counseling Psychologist of the Hong Kong Psychological Society with a Master Degree of Social Science in Counseling Psychology. She is currently in private practice of individual and group therapy for adults and children, and she is an Accredited MBTI administrator. Ms. Yeung was a qualified accountant for commercial and investment banking before change of her career (www.paulayeung.com).

Omega International Health Service

10th Floor, Emperor Commercial Centre, 39-41 Des Voeux Road Central, Central, Hong Kong
Phone: (852) 25300908 Fax: (852) 25300162



Please complete the attached enrollment form and scan it to lisa.fong@alphaihs.com

WORKSHOP ENROLLMENT FORM – THERAPEUTIC GROUP FOR RELATIONSHIP

Name _____ Gender _____ Phone _____

Address _____

Please select your preferred Workshop (A or B)

Workshop A

Session 1 to 4: October 24 (7:00pm – 9:30pm) October 31 (7:00pm – 9:30pm)
November 7 (7:00pm – 9:30pm) November 14 (7:00pm – 9:30pm)

Workshop B

Session 1 to 2: October 26 (7:00pm – 9:30pm) November 2 (7:00pm – 9:30pm)

Fee: Workshop A – HK\$5,000 Workshop B – HK\$3,200

Payments:

- Payment includes assessment fee of MBTI.
- Payment made before October 3rd, 2018 will enjoy an early bird discount of 10%.

Methods:

- **by Cheque:** Please write cheque to “Omega International Health Service Limited”
Bank Name: OCBC Wing Hang Bank Bank Account: 555743-051
- **by Bank Transfer:** Bank Name: OCBC Wing Hang Bank Bank Account: 035-802-555743-051

(Please scan your bank payment slip together with the enrollment form to lisa.fong@alphaihs.com or fax it to 2530-0162. Please call 2530-0908 for any inquiries.)

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Terms and conditions of the Group meetings:

1. Participants are expected to attend all the sessions.
2. In case of adverse weather condition, i.e. Typhoon No.8 or Black Rainstorm warning, meeting of the group will be postponed to the following week on the same weekday at the same time. The meeting will continue if the adverse weather warning is cancelled 4 hours before it begins
3. As the group will be a closed group, no refund will be offered after payment.

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