



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar (Via Zoom)

Overseas Training in The Feeling Tone Program: Exploring Mindfulness Frame by Frame

7:30 p.m. – 8:30 p.m. | November 9, 2023 (Thursday)



Mr. Samson Hoi Chun LOK

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Abstract

With the generous support of the Thanksgiving Scholarship donated by Dr. S. Y. Tang, MSocSc(CP) Graduate Samson attended a five-day overseas training in The Feeling Tone Program: Exploring Mindfulness Frame by Frame with Mark Williams and Antonia Sumbundu in Bangor, North Wales, UK in September 2023. As a Competency-Assessed MBCT Teacher (Oxford Mindfulness Foundation), Registered Mindfulness Teacher (British Association of Mindfulness-based Approaches), and Registered MBCT Therapist (ACCESS MBCT), Samson was fortunate enough to continue his mindfulness teacher training by learning how to teach the new Feeling Tone program. In this seminar, Samson is delighted to share his experience and learning from this overseas training.

Zoom Meeting

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEdlEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

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