



香港婚姻及家庭治療協會

Hong Kong Marriage and Family Therapy Association



郭志英博士

Dr Paulina Kwok



Registration

<https://hkmtfa.wildapricot.org/event-5671170>

全身生命自覺取向療法：提升創傷療癒的調適、覺察與感知

## Integrating Wholebody Focusing Oriented Approach to Enhance Embodied Attunement, Awareness & Felt Sense in Trauma Recovery

Wholebody Focusing (WBF) is an experiential process that awakens the consciousness of our living body. Through the reawakening of felt sense, we could connect inner resources and inner knowing, called body wisdom, which knows how to move forward in life situations lively. Over time with repeated practice, WBF provides a safe relational space for us to face our life distress, struggles and unfold trauma history with more awareness, consciousness, grounded presence and in a balanced way.

This experiential workshop with practice will provide a taste of awakening the consciousness of our living body and experiencing its unique vitality and intelligence. In a safe way, we will reconnect to our own bodily knowing, as part of the living body of our environment. Through inner directed movements of the body's own making, we discover a sense of ourselves in our own wholeness, life possibilities and allows us to connect with others.

### About the Trainer

Dr Paulina C.Y. Kwok is a Certified Family Therapist and Clinical Supervisor, Certified Somatic Experiencing Practitioner and WBF Trainer as well as a Certified Social Work Specialist. With focus on systemic relational perspective and the use of somatic and wholebody focusing oriented approaches, she integrates these different modalities in her clinical service, clinical supervision, and training.

Date: 25 May 2024 (Sat)

Time: 2 p.m. to 5 p.m.

Format: Face-to-face

(Conducted in Cantonese)

Participants: 16 to 40 people

Fee:

Members \$450 per person; \$800 for two

Non-members \$500 per person; \$900 for two

Venue: Lai Chi Kok (near MTR station)