

情緒健康輔導服務

# Workshop on Emotion Regulation: The Foundation of Psychotherapy

**Emotional Regulation** is a fundamental psychological process underpins mental health and effective psychotherapy.



## Workshop Details

**Date:** 18 July 2026 (Sat)

**Time:** 9:30am - 5:00pm

**Venue:** Duke Of Windsor Social Service Building

**Format:** Face-to-face

**Medium:** Cantonese

**Fee:** \$1800 **Early Bird Price - \$1650 (Deadline: 31 May)**

**Target Audience:** Psychologists, counselors, social workers, mental health professionals and other helping professionals.

(\*Basic knowledge of psychotherapy principles is preferable)

**Accreditation:** CME, HKPS, HKSWA & OT (in progress)

**Certificate:** 75% or above attendance



**Apply Now!**



**Speaker: Dr. Maggie Poon, Psy.D**

Registered Clinical Psychologist in Hong Kong

Consultant in EMDR from EMDR International Association (EMDRIA)