

## **Application of Integrative-Body-Mind Spirit (IBMS) Approach on Promoting Holistic Well-Being of Cancer Patients**

### **Course Outline**

Date : February 17-18, 2020 (Mon & Tue)

Venue : Centre on Behavioral Health, The University of Hong Kong

2/F, The Hong Kong Jockey Club Building for Interdisciplinary Research,  
5 Sassoon Road, Pokfulam, Hong Kong

Time : 09:30-17:30

Trainers: Professor Cecilia Chan, Dr. Celia Chan, Dr. YL Fung

Department of Social Work and Social Administration, The University of Hong Kong

Target: Healthcare, Social Work and Allied Health Professionals

No. of participants: 30 persons

Language: Cantonese supplemented by English materials

Format: Lecture, group exercise, qi gong practice, experiential learning, etc.

Fee: Free of charge

Certificate: Awarded by HKACS and HKU for full attendance

### **Course Learning Objectives**

The workshop aims to enhance the knowledge of healthcare professionals on the psychosocial needs of cancer patients, develop a concrete perspective in applying IBMS approach to their own practice, and promote the physical and psychological well-being of cancer patients.

#### **At the end of this workshop, participants will be better able to:**

- Organize and give a didactic presentation the IBMS Model
- Experience the techniques in IBMS intervention
- Demonstrate the ability to adopt IBMS model into the service settings for cancer patients.
- Develop a perspective on ways to integrate IBMS into one's own practice or institution.
- Recognize the ethical and practical consideration in the implementation of IBMS intervention

#### **Specific Themes and Areas of Focus**

- Seamless cultivation of personal equanimity through experiential learning.
- Mind-body techniques to the experience and expression of stress, pain, grief, and anxiety within ourselves and when working with patients.
- Examination of the language and methods used for guiding patients in the formal and informal methods of IBMS in various settings.
- Awareness of the psychosocial needs of cancer patients, and the application of appropriate IBMS components into disease management and attitude transformation.
- Exploration of the ethical and practical principles and the domains of non-harming, compassion, and wisdom that underlie IBMS.