

CONTINUING EDUCATION PROGRAMME 2004

STRESS MANAGEMENT TRAINING FOR DENTISTS		[AW0410]	
Date & Time: November 13, 2004 (Saturday) ; 2:00pm - 6:00pm November 14, 2004 (Sunday) ; 10:00am - 1:00pm			
Place: Asia-Pacific Implant Centre Room 704-705A, Takshing House, 20 Des Voeux Road, Central, HK			
Instructor: Dr. Bernard W. K. Lau Chairman: Dr. Caesar P. N. Wong			
CME points: 8			
About the Instructor : Dr. Bernard W. K. Lau - Consultant Psychiatrist, St. Paul's Hospital, Hong Kong MBBS (HKU); MPhil (HKPU); PhD (Southampton); Diploma in Psychological Medicine (Eng); Diploma in Child Health (Lond); Fellow of Royal College of Psychiatrists (UK); Fellow of Hong Kong College of Psychiatrists; Fellow of Hong Kong Academy of Medicine; Associate Fellow of British Psychological Society; Accredited Cognitive and Behavioural Therapist (BABCP); Registered Cognitive and Behavioural Therapist (UKCP); Guest lecturer & honorary fellow, assistant professor to several local universities, including HKU, CUHK, HKPU & HKIE; Over 135 publications as journal articles, presentation papers and book chapters.			
Course Programme			
November 13 (Saturday) 2:00pm - 6:00pm	<ul style="list-style-type: none"> - Definition and Concept - Prevalence - Positive and Negative Aspects - Stress Response Symptoms <ul style="list-style-type: none"> * Psychological * Cognitive * Behavioural - Stress Model - Stress-related Diseases <ul style="list-style-type: none"> * Cardiovascular * Gastrointestinal * Musculoskeletal * Neurological * Dermatological * Reproductive & Genitourinary * Pulmonary * Immune * Others - Importance of Prevention and Early Intervention - Coping Styles - Emotional Intelligence - Self Assessment - General Management 	November 14 (Sunday) 10:00am - 1:00pm	<ul style="list-style-type: none"> - Relaxation Measures - Muscular Relaxation Methods - Behaviour Techniques - Autogenic Methods - Cognitive Therapy - Restructuring or Reframing - Other Psychological Therapies - Time Management - Psychopharmacology - Summary
6:00pm - 9:00pm	Optional Course Dinner (with further discussion)	1:00am - 3:00pm	Optional Course Lunch (with further discussion)

Registration Form		HKSOI/APAD Member	Non-member
<input type="checkbox"/> Stress Management Training for Dentists [AW0410] <input type="checkbox"/> Optional Course Dinner (Nov 13) <input type="checkbox"/> Optional Course Lunch (Nov 14)		<input type="checkbox"/> HK \$2,700 <input type="checkbox"/> HK \$350 <input type="checkbox"/> HK \$100	<input type="checkbox"/> HK \$3,000 <input type="checkbox"/> HK \$350 <input type="checkbox"/> HK \$100
Payment Method		Total Amount : _____	
Name :		Address :	
Phone :		Fax :	E-mail :
<input type="checkbox"/> By Check (For Hong Kong Participants Only)		Please make payment to "IMPLANT RESOURCES CENTRE (FAR EAST) LIMITED"	
Bank		Check No.	
<input type="checkbox"/> American Express		<input type="checkbox"/> Master Card	<input type="checkbox"/> Visa
Cardholder's Name		Card Number	Expiry Date (mm / yy)
Please return this form with your Visa / MasterCard card front and card back by Fax : (852) 2524 3557			
Signature		Application Date (dd / mm / yy)	