



College of Nursing, Hong Kong

Room A&C, 13/F, Hyde centre, 221 Gloucester Road, Wanchai, Hong Kong
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College of Nursing, Hong Kong is accredited as a provider of Continuing Nursing Education by the Nursing Council of Hong Kong since 2005 & Post-registration Education in Midwifery by the Midwives Council of Hong Kong since 2006.

Certificate Course Stress Management

Duration	4 May 2009 ~29 June 2009 (9 Mondays) 6:30 – 9:30 pm
Objectives	<ul style="list-style-type: none"> ★ Identify the sources of work stress ★ Understand the consequences related to stress ★ Appreciate strategies and techniques in managing stress at work



Programs

Session	Date	Topic
1	4 May 09	Introduction to the course Concepts of Stress
2	11 May 09	Anger Management
3	18 May 09	Psychopathological reactions to stress
4	25 May 09	Cognitive Behavioural Therapy
5	1 June 09	Complaint Management
6	8 June 09	Counseling Skills
7	15 June 09	Time Management, Problem Solving Skills
8	22 June 09	Presentations
9	29 June 09	Assessment - Test Feedbacks

Entry Requirement	:	Registered Nurses and Enrolled Nurse (Priority will be given to College members)
Venue	:	12/F, Hyde Centre, 221 Gloucester Road, Wanchai, Hong Kong
Tuition Fee	:	Member: HK\$1,800 per course HK\$230 per session* Non-member: HK\$2,200 pr course HK\$280 per session* <i>* limited places, subject to availability</i>
CNE Points	:	24 CNEs
Language	:	Chinese with English lecture notes
Award	:	<ul style="list-style-type: none"> - Certificate of Accomplishment will be issued to participants who have attended at least 80% of the lectures and passed the assessment(s). - Certificate of Attendance will be issued to participants. CNE points will be awarded according to the number of hours attended.
Application	:	Send enrolment form and a cross cheque payable to “ College of Nursing, Hong Kong ” in person or by post to College. Course information and enrolment form can be downloaded at: www.cnhk.org.hk
Payment	:	For cancellation before the deadline of application, 10% of paid fee will be charged. No refund after the deadline. Seats are available on first come first serve basis. Only those unsuccessful applicants will receive notification and refund.
Enquiry	:	2572 9255

Deadline of Application
27 April 2009