



香港輔導教師協會

Hong Kong Association of Careers Masters and Guidance Masters

Correspondence Address c/o Careers & Home School Cooperation Section, Education Bureau,
Room W108, 1/F, West Block, EDB Kowloon Tong Education Services Centre, 19 Suffolk Road,
Kowloon Tong, Kowloon

For Favour of Posting

To: Guidance teachers and all teachers who are
interested in Adventure Based Counselling

25 January 2008

Dear teachers,

Adventure Based Counselling Certificate Training Course

The Hong Kong Association of Careers Masters and Guidance Masters (HKACMGM) organizes different seminars or courses for secondary school teachers to deliver careers and general guidance services to students. This year, we are happy to collaborate with Adventure-Based Education Consultants to organize a certificate training course on Adventure Based Counselling.

Adventure-based Counselling (ABC) has emerged as a group-based, adventure-based approach to personal development and therapeutic activity. It uses experiential education in an outdoor setting with the goal of increasing participants' self-esteem, trust in others, and positive risk-taking behaviours. Skills such as cooperation, communication, problem solving, and decision making are learnt and practised in adventure-based counselling. In addition, these activities foster care, trust, and tolerance and, therefore, may be useful in reducing violence and increasing prosocial skills and behaviours.

Enclosed please find the course outline and application form. Interested teachers please fill in the attached application form and return it together with a crossed cheque made payable to “**Hong Kong Association of Careers Masters & Guidance Masters**” on or before 28 February 2008. Please note that the course will be cancelled if the number of enrollment is less than 16. It is much appreciated if the information will be posted on the notice board of the staff room of your school. Thank you.

Yours sincerely,

Cheng Wai Yee Monica
Chairperson

Adventure Based Counselling Certificate Training Course

Organized By Hong Kong Adventure Education Centre and
Hong Kong Association of Careers Masters & Guidance Masters

Dates: 14/3, 28/3, 11/4, 18/4, 25/4, 2/5, 9/5, 16/5 Friday Evening (6:30 – 9:30 p.m.)
29/3, 13/4, 26/4 Saturday / Sunday Full Day (9 a.m. – 5 p.m.)

Venues: Chinese YMCA Korn Hill Centre, 1/F 18 Hong On Street, Korn Hill Garden, Quarry Bay (near Jusco Department Store) for evening sessions
Islamic Kasim Tuet Memorial College, 22 Tsui Wan Street, Chai Wan (near Chai Wan MTR station) for day sessions

No. of participants: 25

Course Fee: \$2500@

Course Content:

Evening Section:

- 1 Introduction to ABC
 - Historical Development of Adventure Based Counselling
 - Basic Concepts & Theories of ABC
 - Application of ABC in Hong Kong
 - Leading skills of Warm-Up games
2. Essence of ABC & Experiential Learning
 - Six Pillars of ABC
 - Experiential Learning Cycle
 - ABC & Experiential Learning
 - Team Building Workshop
- 3 Micro Processing of ABC (I)
 - Briefing & Leading Skills
- 4 Micro Processing of ABC (II)
 - Debriefing Skills
 - What, So What & Now What model
 - 4 F model
5. Facilitation Skills of ABC
6. Group Work & ABC , Basic Group Counselling Skills
 - Group Dynamic
 - Stages of Group Development
 - Definition of Group Work
7. ABC Sequencing, Program Design and Ethical Issues of ABC
8. Role play & Presentation

Day Training

- 1 Challenge Course -- Low Event Technical Certificate Training. (16Hrs)
- 2 Challenge Course -- High Event Experiential Date (Personal Challenge) (8Hrs.)

* A Basic Certificate of Adventure Counselling Practitioner & Challenge Course Low Event Technical Certificate will be awarded to those who finish the whole course and hand in the 1000 words self reflection paper.

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*(Please mail the completed form & the crossed cheque to
HKACMGM on or before 28 February 2008)*

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c/o Careers and Home School Cooperation Section, Education Bureau

Room W108, 1/F, West Block, EDB Kowloon Tong Education Services Centre,

19 Suffolk Road, Kowloon Tong, Kowloon

(Tel: 2671 1722, Fax: 2671 0703)

Name: _____(English) _____(Chinese)

Name of School: _____

School Address: _____

School Telephone: _____ Fax: _____

Contact No.: _____ E-mail address: _____

Cheque No.: _____ Bank: _____