



## Mental Health Professional Training Courses with Evidence-Based Scientific Approaches

Mental Health is getting more important, in particular Youth Mental Health, Young Old and Elderly Mental Health. Here at Alpha Wellbeing Centre (AWC), we offer a series of Professional Training Courses across all age groups, aiming to equip participants with comprehensive assessment skills by Evidence-Based Scientific Approaches, to achieve mental health universal prevention. These Professional Training Courses consist of some internationally recognized courses, some Foundation and Advanced courses that are co-organized by Medical Professional Development Association (GBMA) and tertiary institutions:

<b>Course title</b> (organizers, study hours)	<b>Minimum number of participants</b>
1) <b>Neurodiversity with Evidence-Based Scientific Approaches for Special Emotional Education Needs students and youth, The Heng Sang University of Hong Kong Advanced Certificate course</b> (GBMA - AWC – HSU) - 18 hours (including 6 hours self-study)	10 persons
2) <b>Neurodiversity with Evidence-Based Scientific Approaches for Special Emotional Education Needs students and youth, The Heng Sang University of Hong Kong Diploma course</b> (GBMA - AWC – HSU) - 180 hours (including 100 hours self-study)	6 persons
3) <b>Students and Youth Risk Detection and Evidence-Based Intervention, The Heng Sang University of Hong Kong Foundation Course</b> (GBMA - AWC – HSU) - 6 hours (including 2 hours self-study)	30 persons
4) <b>Students and Youth Risk Detection and Evidence-Based Intervention, The Heng Sang University of Hong Kong Advanced Certificate Course</b> (GBMA - AWC – HSU) - 12 hours (including 4 hours self-study)	30 persons
5) <b>Mental Health First Aid Course®</b> (MHFA – AWC) - 12 hours - International recognized certificate course	30 persons
6) <b>Youth Mental Health First Aid Course®</b> (MHFA – AWC) - 14 hours - International recognized certificate course	30 persons
7) <b>Mental Health First Aid Course® – for students</b> (MHFA – AWC) - 3 hours for secondary school students - International recognized certificate course	40 persons

8) <b>Youth Mental Wellbeing and Development Parents Course (AWC)</b> - 3 hours talk	60 persons
9) <b>Elderly Cognitive Impairment, Depression and Mental Capacity Assessment with Evidence-Based Scientific Approaches, The Hang Seng University of Hong Kong Advanced Certificate Course (GBMA - AWC – HSU)</b> - 12 hours (including 4 hours self-study)	30 persons
10) <b>Elderly Cognitive impairment, Depression and Mental Capacity Assessment with Evidence-Based Scientific Approaches, The Hang Seng University of Hong Kong Foundation Certificate Course (GBMA - AWC – HSU)</b> - 6 hours (including 2 hours self-study)	30 persons
11) <b>Carer Training for elderly with cognitive impairment, The Hang Seng University of Hong Kong Foundation Certificate (GBMA - AWC – HSU)</b> - 6 hours (including 2 hours self-study)	30 persons
12) <b>Managing common mental disorder with Evidence-Based Scientific Approaches, The Hang Seng University of Hong Kong Advanced Certificate Course (GBMA - AWC – HSU)</b> - 12 hours (including 4 hours self-study)	30 persons

Remarks:

1. Up to 30% discount on course fee will be offered depending on number of participants recruited beyond minimum number.
2. Transport and accommodation fees will be charged for courses held outside local Hong Kong venue.
3. Course fees are applicable to both online and in-person mode.

**Course Enquiries Email: [info@alphawellbeing.com.hk](mailto:info@alphawellbeing.com.hk)**