

Rapha Foundation Limited

Level 1 Emotion Quartet - 111 Healing course (English)

Course Information

Course Code	HK111-0481L5G50			
Course Objectives	The aims of this stage of learning are, by means of recognizing emotions, to have a more in-depth understanding of self-defensive mechanism, the patterns of interpersonal relationship to escape pain, and the effects of past experiences on one's self concept.			
Course Description	The course includes lectures and group sessions. In which the students may deal with inner emotional fluctuations and past experiences.			
Lecture Format	*Online viewing; Hong Kong and overseas students, please provide a gmail email account, each DVD Link viewing period is seven days, the Link will expire after seven days. If you need to restart after DVD Link fails, you will have to pay an additional administrative fee of HKD\$60.			
Course Structure	Class	Content	Time & Date (PST)	Time & Date (HKT)
	Lecture 1 (DVD)	Causes and Operation of Emotions, Emotional Awareness & Defense Mechanism.	Oct 8-14, 2020	Oct 9-15, 2020
	Lecture 2 (DVD)	Acceptance of Emotions	Oct 15-21, 2020	Oct 16-22, 2020
	Lecture 3 (DVD)	Experiencing Emotions	Oct 22-28, 2020	Oct 23-29, 2020
	Lecture 4 (DVD)	The Regulation of Emotions	Oct 29-Nov 4,2020	Oct 30-Nov 5,2020
	Lecture 5 (DVD)	Transformation of Emotions	Nov 5-11, 2020	Nov 6-12, 2020
	Lecture 6 (using Zoom)	Live Lecture - Conclusion with Dr. Kot	Nov 27, 2020 (Fri) 6:00pm - 7:00pm	Nov 28, 2020 (Sat) 9:00am - 10:am
	Group Session 1	Live Group Session with Group Leader - Sabrina Koh (using zoom)	Oct 23, 2020 (6:00 - 9:00pm)	Oct 24, 2020 (9:00am-12:00pm)
	Group Session 2		Nov 6, 2020 (5:30 -8:30pm)	Nov 7, 2020 (9:30am-12:30pm)
	Group Session 3		Nov 13, 2020 (5:30 -8:30pm)	Nov 14, 2020 (9:30am-12:30pm)
	Group Session 4		Nov 20, 2020 (5:30 -8:30pm)	Nov 21, 2020 (9:30am-12:30pm)
	Speaker	Dr. Katherine L.K. Kot (Clinical Psychologist)		
Language	English			
The deadline for Registration	September 24, 2020			
Course Fee	<p>(1) Registration fee is HK\$1,300; due to complicated arrangement is needed for group sessions, students are required to submit the registration forms and fees before the deadline, otherwise there is an additional administrative costs of HK\$100 for changes made; application fee is HK\$1,400 if submission of registration forms after deadline. (Upon registration, if you need to quit for any reason, fees are not refundable, but can be used to participate in the next course; if you cannot afford all or part of the cost due to economic problems, you may apply for sponsorship.)</p> <p>(2) Full-time seminary student, senior aged 65 or above, the registration fee is HK\$1040 or HK\$1140 (late registration) after discount ◦</p> <p>(3) Repeated students or audit students (do not participate in the group session), registration fee</p>			

	<p>is HK\$1,040 or HK\$1,140 (late registration).</p> <p>(4) If you need to restart after DVD Link fails, you will have to pay an additional administrative fee of \$60.</p>
Audit	<p>Lectures can be provided to students who do not participate in the group discussion sessions. All audit students participated in the lecture period shall not be arranged to participate in group discussions or go at their own will, so as not to affect the progress of other participants and produce administrative chaos.</p>
Course Requirements	<p>(1) Each lecture comes with lesson notes and worksheets, please download them from the Web www.raphahk.org, and bring the completed to the group sessions for discussions. (Lesson notes and worksheets are for the use of the participants only, so there is encryption in the handouts and worksheets; if you need excessive handouts and worksheets for self-study purpose, you can request them by email to conference@raphahk.org.)</p> <p>(2) The students need to commit themselves to participate in ALL lectures and group sessions, or they may not keep up with the progress and affect the learning of other students.</p> <p>(3) Students learning exercises thru lectures and group sessions are for PERSONAL USE only. Only trained group leaders are qualified and under speaker's supervision to lead these exercises</p> <p>(4) Students must complete Level I in order to participate in Level 2 or higher level of courses , (except students need to complete Level 3B1 as well in order to take Level 3B1) and finally participate in the Level IV course. (For Level II, the Level IIIA and Level IIIB, the content may refer to the RAPHFA Foundation Website: www.raphahk.org)</p> <p>(5) Participants must complete the Pre-'emotional and spiritual status questionnaire' and Post Questionnaire upon the completion of the course, and also complete 'Evaluation Form' after the course so as to help speaker to understand how the course can help the students both emotionally and spiritually. The student will be awarded with Certificate of Completion upon the completion of ALL lectures and group sessions, and the return of the completed Pre-Questionnaire, Post-Questionnaire and Evaluation Form</p>
Application Method	<p>Participants must submit the completed registration form, and Pre-Questionnaire (the emotional and spiritual status questionnaire) to course@raphahk.org before the deadline.</p> <p>Application Link : https://forms.gle/EqXEwb254WEptF376</p>
Payment Method	<p>caution :</p> <ul style="list-style-type: none"> • Overseas friends pay online by credit card https://raphahk.check.plus/MissionDetails?no=97, course fees are settled in Hong Kong dollars, please note that the exchange rate of the corresponding national currency will fluctuate. • Please pay the fee within 3 days after registration. Those who have overdue payment will not be reserved. The registration will be made after the payment is made, and the fee to be paid will be calculated on the payment date. • All observers are not arranged, nor are they allowed to participate in group discussions on their own, so as not to affect the progress of other participants and create administrative confusion. <p>1). Submission in person: Rafah Foundation Hung Hom Office: Room 405, Block B, Hung Hom Commercial Centre, 37 Ma Tau Wai Road, Kowloon</p> <p>2). Mailing method: Only cheques are accepted, please write "Rapha Foundation Limited", address: Room 405, Block B, Hung Hom Commercial Center, 37 Ma Tau Wai Road, Kowloon</p> <p>3). Transfer method: (If you choose to transfer, please try to transfer money through the ATM or online. If you want to transfer the money at the bank counter, you will need to pay another \$20 for the bank Renewal. If the transfer is made at the HSBC ATM, you can delete 004. Thank you.)</p> <ol style="list-style-type: none"> a). Bank of China: 012-80410147415 b). HSBC : 004-023-174600-838

	<p>Please email the bank receipt to receipt@raphahk.org or whatsapp to 852 67315014 (please specify student's name, course number, contact number)</p> <p>If the transfer procedure is performed at the counter, an extra \$20 will be charged as bank handling fee. If you transfer money at the ATM, you can delete 004. In addition, if you pay with Pay Me, you will have to pay an extra \$20 as a bank fee, thank you.</p> <ul style="list-style-type: none"> • The registration will not be completed until payment is made, and the fee to be paid will be calculated on the payment date.
Other details	<p>Student Group List : The list will be announced at the first lecture, please inquire with the group leader if you have any questions at end of lecture.</p> <p>Crisis counseling : If the participants during the course of emotional ups and downs or distress can arrange an appointment with a free crisis counseling during course or within one month after completion of course, please contact your own group leader directly.</p> <p>Special arrangement: In case of lecture/group session cancellation due to adverse weather, the church will notify the students 24 hours by e-mail or by phone the date and time of the next session.</p>