

Mindful Parenting Ourselves

8-Session Online Training Programme

Mindful Parenting Ourselves (MPO) is a group training programme of 8 sessions (2.5 hours each) in which **mindfulness and yoga** form the base to get to know our inner world.

Mindfulness helps us to become aware of the **physical sensations, emotions, thoughts and action impulses** that occur when a part in you is activated. That mindful attitude is the attitude of the inner parent. Yoga supports this process by helping to embody these experiences and to regulate them. The training is a journey inside, with the goal of **integration, healing and (self) acceptance**.

This training programme is for **everyone who wants to know themselves better, gain more insight in their own inner world, and improve the regulation of attention, emotions and behaviour also in contact with others**.

- ✓ **Welcome any adult to join the programme**
(ideally having mindfulness experience)
- ✓ **Facilitated by experts on mindfulness meditation, yoga and 'parenting ourselves'**
- ✓ **Graduates are eligible to join MPO Teacher Training and become an MPO Practitioner**
- ✓ **Ideal for Mindful Parenting (MP)/MYmind teacher training graduates to join and receive MP/MYmind practitioner certificate**

*MP/MYmind/MPO Teacher Training to be announced in 2027



Thursday nights
7:30-10 PM (2.5 hours)

29 Oct 2026
5, 12, 19, 26 Nov 2026
3, 10 Dec 2026
7 Jan 2027



Zoom



English



Principal Trainer
Prof. Susan Bögels



Co-Trainer
Dr Elisabeth Wong

Early bird discount: HK\$ 4,888

(register by 30 Sept 2026)

Joining as a group of 3?
Enjoy a HK\$ 200 off per person



Sign up here

Reference price:
€650





Prof. Susan Bögels Principal Trainer

Prof. Susan Bögels is a psychotherapist, and mindfulness trainer, clinically specialised in Cognitive Behaviour Therapy and Mindfulness for children and parents. She is a professor in Family Mental Health, with a particular role for Mindfulness, at the University of Amsterdam. She provides advanced teacher training in mindfulness for parents and children with psychopathology around the world and provides retreats on the topic of 'parenting ourselves'.



Dr Elisabeth Wong Specialist in Psychiatry, Co-Trainer

Dr Elisabeth Wong is the Honorary Clinical Associate Professor at the Department of Psychiatry of the Chinese University of Hong Kong, and the Honorary Clinical Assistant Professor of the Medical Ethics and Humanities Unit of the School of Clinical Medicine of the University of Hong Kong.

- Training Content -

Session 1: Inner parent

Session 2: Free child

Session 3: Vulnerable, angry, rebellious child

Session 4: Critical, punishing, high-demanding parent

Session 5: Depending, avoidant, overcompensating protector

Session 6: Our inner family

Session 7: Ancestor

Session 8: Integration