

## Special Package for Successful Applicants

Participants of Integrated Oncology Course 2020 will receive a special package by mail this year comprising two extension booklets; they are Combating Cancer: A Half Century Mission & The Integrative Body-mind-spirit (IBMS) Manual.

### 1. 《戰癌》 Combating Cancer: A Half Century Mission:

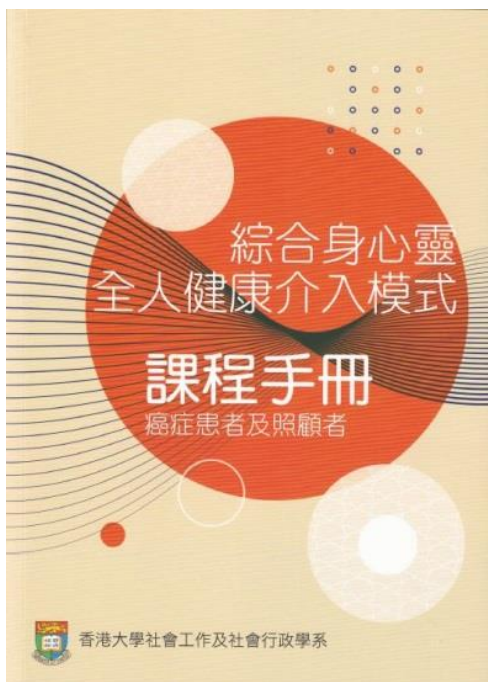


This book is written by HKACS and published by Wan Li Book Company Ltd. It documented the history and development of HKACS, as well as the vision for future development. We interviewed more than 30 persons who have been associating with us for a long time, including those who worked with Prof. John H.C Ho in founding HKACS, his protégés of different generations, frontline medical staff, committee members and volunteers.

With an array of historical events descriptions as well as first-handed stories of our predecessors, we sincerely

hope Combating Cancer: A Half Century Mission may enlighten our companions moving a step forward in the cancer-fighting forefront.

### 2. 《綜合身心靈全人健康介入模式課程手冊》 The Integrative Body-mind-spirit (IBMS) Manual:



The Integrative Body-mind-spirit (IBMS) Manual focuses on further equipping our companions with an innovative yet holistic approach attending to the need of cancer patients and carers.

The IBMS model is developed by the Social Work and Social Administration Department of the University of Hong Kong (HKU), is an evidence-based psychosocial intervention model that synthesises Eastern health philosophies and practical techniques and Western psychotherapies. It focuses on the inter-connectedness between the body, mind, and spirit within an individual as well as the interaction between patients and their caregivers.

The IBMS manual encompasses theories and practice; model and application; features and structure of the 6 sessions: (1) Balance of body, mind and spirit, (2) Internal peace for free living, (3) Overcome the suffering, (4) Appraise yourself, (5) Appreciation of life and (6) Self-reliance and move forward. There was also detailed description on qi gong, acupuncture and other skills.