

# Positive Discipline (PD) 正面管教

Developing Mutual Respect, Cooperation & Responsibility  
in the Family and in the Classroom

實踐愛的溝通、培育兒童成長

Course Code: G00020

For Parents in the Families  
For Teachers in the Classrooms

To Grow in  
Love and Joy

Say "NO" to punitive or permissive ways.

Positive Discipline (PD) empowers parents and teachers to learn new ways to build relationship with children in the families or in other settings through experiential, collaborative, and social learning activities.

## Course Highlights

- A well-tested curriculum from the US adapted to practical use to suit the local context and culture.
- Simple, theory-supported principles that translate into various tools that are usable and practical.
- Activities that empower parents/teachers through experience and reflection to raise personal awareness, and through effective communication to promote growth of both parents/teachers and children.
- A safe haven for parents/teachers to learn, try, share, and help one another to grow in a supportive environment through PD.

## Course Outline

- The uniqueness and practical application of Positive Discipline (PD) in the families and classrooms
- Understanding emotions of parents/teachers and children in the process of PD
- Enhancing love and joy in the family/other settings
- Uncover motivation of misbehaviours and focus on PD solutions
- Growing as a "family" through effective communication in PD family/class meetings

\* **We have PD educators and facilitators to offer PD training at kindergartens, primary and secondary schools, and varied settings.**

## Enquiries

**Tel : 2209 0465/ 2209 0269**

**Email : [scspd@cuhk.edu.hk](mailto:scspd@cuhk.edu.hk)**

## Preparatory Workshop

Free Preparatory Workshops are available for those who are interested in getting more information of the PD Programme. Please refer to the website ([www.cuscs.hk/pd](http://www.cuscs.hk/pd)) for the updated schedule.

## Class Schedules

Please refer to the website for the latest class schedules. Alternative class schedules can be tailor-made for group training as requested by institutions/organisations.

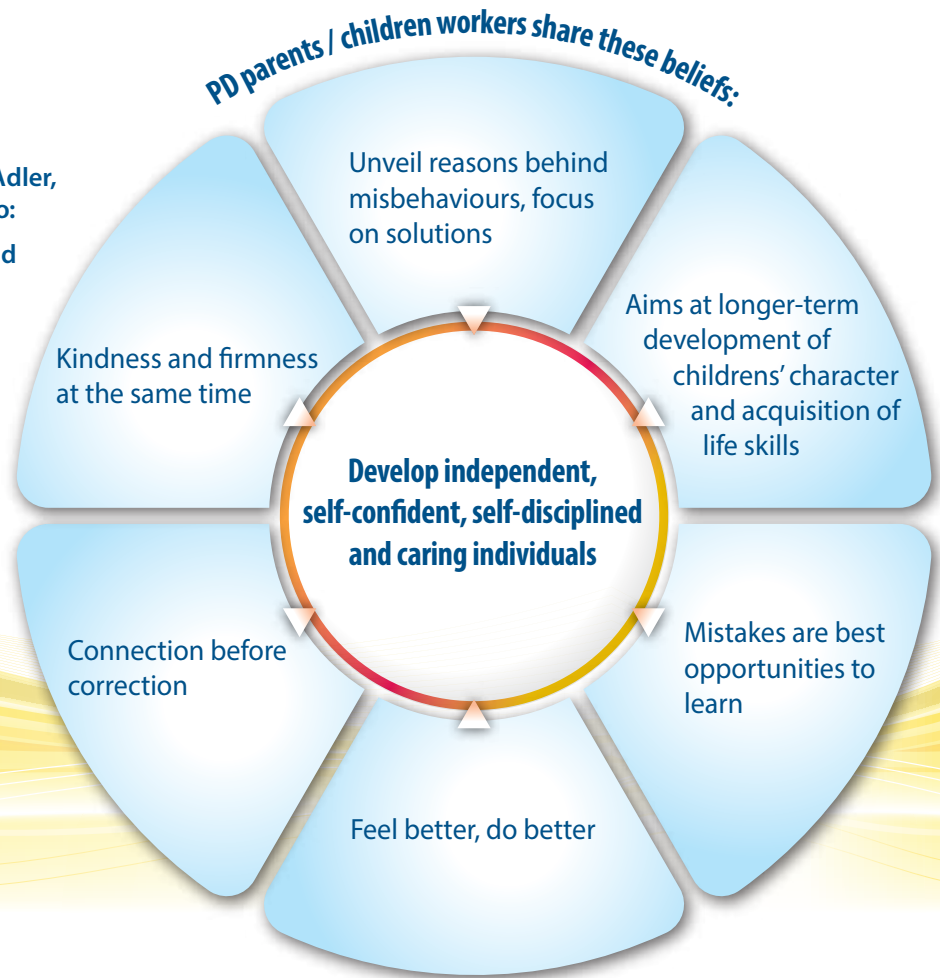


PD website

# Positive Discipline (PD)

A practical approach developed from Alfred Adler, Rudolf Dreikurs, Jane Nelsen, and Lynn Lott to:

- Nurture children to become responsible and contributing social beings
- Develop mutually respectful relationships between parents/teachers and children
- Apply PD principles and tools to build harmony and love in the family/classroom



## Trainers

Trainers at CUSCS are certified Positive Discipline (PD) Educators/Facilitators with training and experience in counselling or related fields.

Key Trainer :



### Dr. Ella Chan

Counseling Psychologist & Educator  
Certified Positive Discipline Parent Educator / Certified Positive Discipline Classroom Educator  
Master Trainer and Instructor (NCDA), USA  
Director, School of Continuing and Professional Studies (CUSCS)

Trainer :



### Ms. Mabel Chan

Counseling Educator  
Certified Positive Discipline Parent Facilitator  
Master Trainer and Instructor (NCDA), USA  
Experienced CUSCS Instructor

## Enrolment

Please submit your completed enrolment form\* to any CUSCS Learning Centres in person, or by post (together with a cheque for tuition fee made payable to "The Chinese University of Hong Kong" in the amount of HK\$6,300) to:

School of Continuing and Professional Studies, CUHK  
6/F, Railway Plaza, 39 Chatham Road South, Tsim Sha Tsui, Kowloon, Hong Kong  
( Please state "Positive Discipline" on the envelope. )

\* Enrolment form can be downloaded at <http://www.cuscs.hk/pd>

## Enquiries

Tel : 2209 0465/ 2209 0269  
Fax : 2603 6565  
Email : [scspd@cuhk.edu.hk](mailto:scspd@cuhk.edu.hk)  
Website : [www.cuscs.hk/pd](http://www.cuscs.hk/pd)



## Enrolment Centres

- Unit A, 1/F, Bank of America Tower, 12 Harcourt Road, Central
- Unit 01, Basement 1, East Ocean Centre, 98 Granville Road, Tsim Sha Tsui
- 13/F, Oriental Centre, 67 Chatham Road South, Tsim Sha Tsui
- Tsui Lam Estate, Tseung Kwan O (opposite Yan Lam House)