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Satir Around the Globe

Mindful Heart Foundation, Hong Kong

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Mindful Heart Foundation is a non-profit organization set up to support the collaboration of Family Medicine and Family Therapy in the Satir principles. The organization was established in 1999.



Our organization promotes the Satir principles of healing. We activate, respect and encourage people to develop in their life energy. We also provide a platform for new therapists to establish themselves. We also encourage continuous learning and create dialogues between different disciplines in the healing professions. We promote both physical and psychological health. The motto of the organization is 4 H which includes health, harmony, happiness and hope. By employing a systemic approach, we see possibilities and needs in the systems instead of stuck places and pathology.

We also set up scholarships and subsidy for both the healers and those receiving care. A team of therapists come together regularly for case study and continued education. On the other ends, we encourage rehabilitation activities and volunteer work.



The above picture summarizes all our activities. All the activities are organized by the board of directors under the governance of the Non-profit Organization in Hong Kong. There are five major areas of services we provide which include: Training of counselors and health workers, Community Education, Provide and Volunteer support, Recreation and Rehabilitation, and direct counseling services.



The above picture summarizes all the activities in the communities that we have been involved in all these years.