WHAT MAKES THE PROGRAMME SPECIAL?

Holistic and Eclectic Approach
We believe our body, mind and spirit are interconnected. Throughout the programme, students will sample a variety of holistic approaches to well-being, such as the body-mind-spirit approach, mind-body medicine (e.g., mindfulness and meditation, etc.), and various arts-based approaches such as dance and movement, etc.

Experiential Learning
We believe in learning by doing. Experiential learning encompasses a wide variety of enriching opportunities for students including experiential workshops, volunteering, research and practicum projects.

Knowledge Enhancement and Personal Growth
We care about both knowledge enhancement and personal growth of the students. Our teaching team is committed to provide a mutually-supportive and conducive learning environment for our students as a platform to support their academic advancement and personal growth.

Integration of Theory and Practice
We believe theory and practice go hand-in-hand. Therefore we emphasize the integration of time-tested clinical techniques and up-to-date evidence-based research findings. The interdisciplinary learning environment allow students from diverse professional background to support mutual learning and promote a culture of understanding and collaboration in the workplace.

INFORMATION SESSION
Date: 2 November 2019 (Saturday)
Time: 2:30pm-4:00pm
Venue: Studio 2, 2/F, 5 Sassoon Road, Pokfulam
Registration: https://bit.ly/2n80Ccl

Admission Requirement
Candidates are required to have a Bachelor’s degree or the equivalent, and preferably a minimum of two years of relevant post-qualification working experience. An academic and work background in a field related to healthcare is preferred.

TUITION FEE*
1-year full-time
HK$136,600 per annum (local)
HK$174,800 per annum (non-local)
2-year part-time
HK$68,300 per annum (local)
* subject to the University’s approval

Deadline of Application
Round I: 2 December 2019
Round II: 31 January 2020

Enquiry
Programme Secretary
Ms. Mona Chan
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Website: http://socialwork.hku.hk/bh

Department of Social Work and Social Administration Centre on Behavioral Health The University of Hong Kong

Master of Social Sciences in BEHAVIORAL HEALTH One-year full-time / Two-year part-time programme 2020-21 Admission
Who will benefit from the programme?

Danny Lo - Occupational therapist
“A multidimensional journey that has been wonderfully taken in my mid-life to review health and learn... an inspirational life impact.”

Agnes Loo - Registered nurse
“It is a very enjoyable programme. You meet a variety of students who come from different professions and there is magical chemistry arising from the group work. The programme guides me to a new horizon of health care, not only enlightens me on the integrative approach but also the new appreciation of Chinese culture and the energy therapy. I look forward to more BMS projects contributing by the students of coming years.”

Raymond Leung - Programme advisor (Non-governmental organization)
“This programme equipped me with practical skills and knowledge in holistic health. Through this course, I gained personal insights to re-define meaning and purpose of life. I would recommend this programme to those who wish to enhance well-being for the self and others.”

Angel Chan - Research assistant
“The best part of this programme was the inspiring and wholesome environment provided by a team of dedicated faculty for students to learn and grow... the innovative curriculum aligned with my academic goals and career development of becoming a therapist. This is a plan that allows you to express your thoughts, enhance creativity within intellectual discourses, and seek empowerment.”

Susanna Chan - Fresh graduate
“The open and supportive environment created by teaching staff throughout the programme enables us to share our experiences and insights with classmates from a diverse background and learn from each other. Not only does this programme enrich my knowledge, but also broadens my perspective of how to see myself and others.”

Rhoda Chan - Administrator
“The diversified health philosophies and practices learned in the course offers me great insight on how to achieve personal well-being. It supports my professional development and personal growth in spirituality. Amid the hectic pace of life, the study inspires me to see the world and my life in a wider perspective, which is truly invaluable.”

Tanny Lai - Social work service supervisor
“the passion of the teaching staff impressed me a lot as well. They have been very supportive, genuine, and willing to share their precious experiences. Undeniably, it’s worthy to attend this course and be induced a driving force to create a better society with care in a holistic perspective together.”

### Objectives
The aim of the programme is to provide a systematic and comprehensive training in behavioral health with a solid, culturally relevant and holistic orientation. It is tailored for healthcare and social service professionals who aspire to develop an evidence-based and integrative model of clinical practice in their workplace. The curriculum covers Eastern and Western health philosophies and intervention approaches for the attainment of body-mind-spirit well-being at both individual and community levels.

### Curriculum
Students are required to complete 4 compulsory courses, 4 elective courses, and a practicum or a dissertation. Classes are conducted during weekday evenings and occasional weekends.

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### Compulsory Courses
- Introduction to behavioral health
- Integrative approaches to holistic well-being
- Scientific inquiry and research methods in behavioral health
- Spirituality in clinical practice

### Elective Courses
- Abnormal psychology
- Assessment in clinical setting
- Contemporary perspectives on death, dying and bereavement
- Counselling and psychotherapy
- Eastern cultural health practices
- Fundamentals of art therapy
- Fundamentals of dance and movement therapy
- Fundamentals of drama therapy
- Fundamentals of music therapy
- Play therapy
- The body: Health and illnesses
- Theories and practices in positive psychology and strength-based interventions
- Use of expressive arts therapy in human services

### Practicum or Dissertation
It comprises no less than 220 hours of prescribed work in relation to behavioral health under the guidance of a supervisor.

### Practicum
- Key components of “Total Practicum”
- Clinical training session
- Practicum group
- Practicum sharing session

### Examples of practicum groups:
- Application of integrative hypnotherapy and counselling in clinical setting
- Mindfulness-based life coaching
- Literacy of the pause: A focusing application on parenting
- Integrative body-mind-spirit approach intervention
- Positive psychology intervention programme for stress and mood problems
- Use of drama in clinical practice
- Use of play as a therapeutic tool to promote well-being
- Satir model for enhancing inner and inter-relationship

### Dissertation
Students have to complete a research project relevant to the field of study. Attendance of clinical training sessions and dissertation sharing session are still required.