WHAT MAKES THIS 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.

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.

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.

THE PURSUIT OF HOLISTIC WELL-BEING

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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$142,200 per annum (local)
• HK$181,800 per annum (non-local)
2-year part-time
• HK$71,100 per annum (local)
*subject to the University’s approval

Deadline of Application
Round 1: noon, 30 November 2020
Round 2: noon, 1 February 2021
Round 3: noon, 30 April 2021 (part-time only)

Enquiry
Programme Secretary
Ms. Mona Chan
Tel: (852) 2831 5166
Email: chanmona@hku.hk
Website: http://www.socialwork.hku.hk/bh
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 betterment 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.

1-YEAR FULL-TIME

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<th>SEMESTER 1</th>
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<td>Clinical Training Sessions Practicum Group OR Dissertation Final Sharing Session</td>
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2-YEAR PART-TIME

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<td>Clinical Training Sessions Practicum Group OR Dissertation Final Sharing Session</td>
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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
- Contemplative practice in human services
- 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 with 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
- ACT and positive psychology intervention programme
- Use of drama in clinical practice
- Use of play as a therapeutic tool to promote well-being
- Baath 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.

WHO WILL BENEFIT FROM THE PROGRAMME?
Medical doctors, nurses, social workers, psychologists, counselors, psychiatrists, dietitians, occupational therapists, physiotherapists, educators, Chinese medicine practitioners, and alternative medicine practitioners.

Why BMS?
- “A multi-dimensional journey that has been wonderfully taken in my mid-life to review health and learn... an inspirational life impact!”
- “It is a very enjoyable programme. You meet a variety of students who come from different professions and there is magical chemistry arises 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.”

Danny Lo, Occupational therapist

Agnes Loo, Registered nurse

Rhoda Chan, Administrator

SUSIES’ VOICE

Angel Chan, Research assistant

Tanny Lai, Social work service supervisor

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