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 lecturing team is committed to provide a mutually-supportive and conductive learning environment for our students as a platform to support their academic advancement and personal growth.

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 practice-based projects.

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.

Information Session
Date: 29 October 2021 (Friday)
Time: 7:00pm – 8:30pm
Format: Conducted via Zoom

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$149,000 per annum (local)
• HK$190,490 per annum (non-local)
2-year part-time
• HK$74,500 per annum (local)
*subject to the University’s approval

Deadline of Application
Round 1: noon, 30 November 2021
Round 2: noon, 31 January 2022
Round 3: noon, 3 May 2022 (part-time only)

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

Master of Social Sciences in Behavioral Health
One-year full-time / Two-year part-time programme
2022/23 Admission
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 weekdays evenings and occasional weekends.

1-YEAR FULL-TIME

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<th>SEMESTER 1</th>
<th>SEMESTER 2</th>
<th>SUMMER</th>
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<td>2 Compulsory Courses</td>
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<td>1 Elective Course</td>
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Clinical Training Sessions
Practicum Group Oil and Dissertations First-Semester Sharing Session

2-YEAR PART-TIME

| FIRST YEAR |
|---|---|---|
| SEMESTER 1 | SEMESTER 2 | SUMMER |
| 1 Compulsory Course | 1 Compulsory Course | 1 Elective Course |
| 1 to 2 Elective Courses | | |

Clinical Training Sessions
Practicum Group Oil and Dissertations First-Semester Sharing Session

| SECOND YEAR |
|---|---|---|
| SEMESTER 1 | SEMESTER 2 | SUMMER |
| 1 Compulsory Course | 1 Compulsory Course | 1 Elective Course |
| 1 to 2 Elective Courses | | |

Clinical Training Sessions
Practicum Group Oil and Dissertations First-Semester Sharing Session

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 practices in human services
- Contemporary perspectives on death, dying and bereavement
- Counseling and psychotherapy
- Fundamentals of art therapy
- Fundamentals of dance and movement therapy
- Fundamentals of drama therapy
- Fundamentals of music therapy
- Play therapy
- Theories and practices in positive psychology and strength-based interventions

Practicum or Dissertation
It comprises no less than 200 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 counseling in clinical setting
- Mindful compassion path to resilience and well-being
- Mindfulness-based life coaching
- Literacy of the pause: A focusing application on parenting
- ACT and positive psychology intervention program
- Use of drama in clinical practice
- Use of play as a therapeutic tool to promote well-being

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, physical therapists, educators, Chinese medicine practitioners, and other complementary and alternative medicine practitioners.

Danny Lo, Occupational therapist
“A multi-dimensional journey that has been wonderfully taken in my mid-life to renew health and learn... an inspirational life impact!”

Angel Chan, U.S. registered dancer/movement therapist
“The best part of this programme was the inspiring and wholesome environment provided by a team of dedicated faculty, students to learn and grow... the innovative curriculum aligned with my academic goals and career development of becoming a therapist. This is a place that allows you to express your thoughts, enhance creativity within intellectual discussions, and seize empowerment.”

Agnes Lo, Registered nurse
“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 into 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.”

Rhoda Chan, Administrator
“The diversified health philosophies and practices learned in the course offer 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.”

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.”

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. Undoubtedly, 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.”