

## Key Features of the Programme



### 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.

### 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\$155,100 per annum (local)

HK\$198,200 per annum (non-local)

#### 2-year part-time

HK\$77,550 per annum (local)

\*subject to the University's approval

### Deadline of Application

Round 1:

noon, 30 November 2023

Round 2:

noon, 31 January 2024

Round 3:

noon, 6 May 2024 (part-time only)

### Enquiry

Programme Secretary

Ms. Mona Chan

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### Website

<http://www.socialwork.hku.hk/bh>

## Master of Social Sciences in

# BEHAVIORAL HEALTH

1-year full-time/ 2-year part-time

2024/25 Admission

Information



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

Application





## 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



### 2-Year Part-Time



### Compulsory Courses

- Integrative approaches to holistic well-being
- Introduction to behavioral health
- 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
- Counselling 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

No less than 220 hours of prescribed work in relation to behavioral health under the guidance of a supervisor

#### Practicum

Students have to complete a practicum group work relevant to the field of behavioral health. Attendance of clinical training sessions, practicum group supervisions, and practicum sharing session are required.

#### 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.

*Note: Not all electives listed above will necessarily be offered in a given year and may subject to change.*

## Who Will Benefit from Our Programme?

Medical doctors, nurses, social workers, psychologists, counselors, psychiatrists, dietitians, occupational therapists, physiotherapists, educators, Chinese medicine practitioners, and other complementary and alternative medicine practitioners.

"... a very enjoyable programme. You meet students from different professions and there is magical chemistry arises from the group work. The programme not only enlightens me on the integrative approach but also the new appreciation of Chinese culture. I look forward to more BMS projects contributing by the students of coming years."

**Agnes Loo**  
Registered Nurse



"...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 place that allows you to express your thoughts, enhance creativity within intellectual discourses, and seek empowerment."

**Angel Chan**  
US Registered Dance/Movement Therapist

"the diversified health philosophies and practices learned in the course offers me great insight on how to achieve personal well-being... the study inspires me to see the world and my life in a wider perspective, which is truly invaluable."

**Rhoda Chan**  
Administrator

