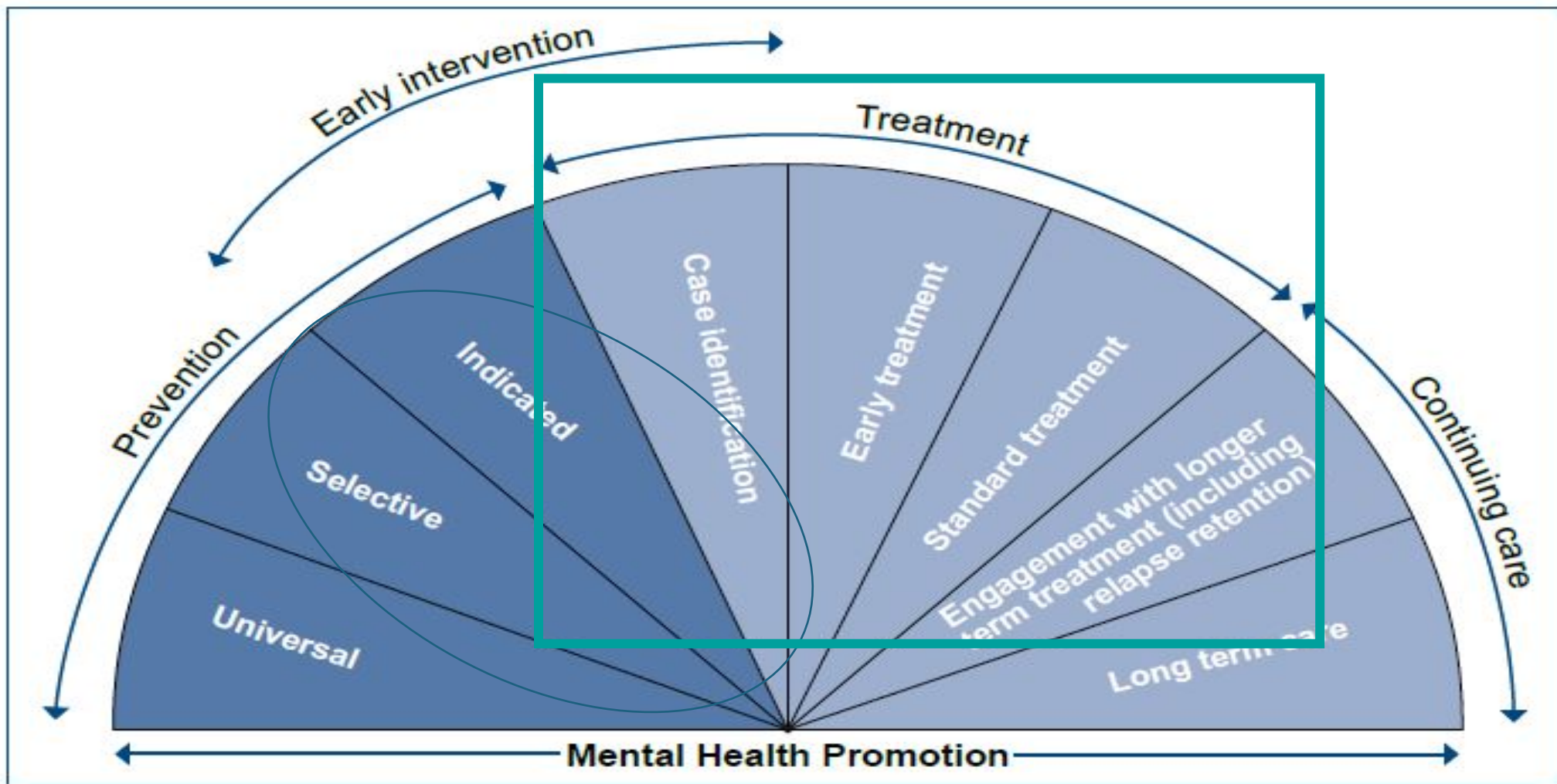


A low-angle, upward-looking photograph of several modern skyscrapers with glass and steel facades, set against a clear, light blue sky. The perspective creates a sense of height and architectural grandeur.

# WELCOME TO THE MASTER OF SOCIAL SCIENCES (COUNSELLING) PROGRAMME INFORMATION SESSION

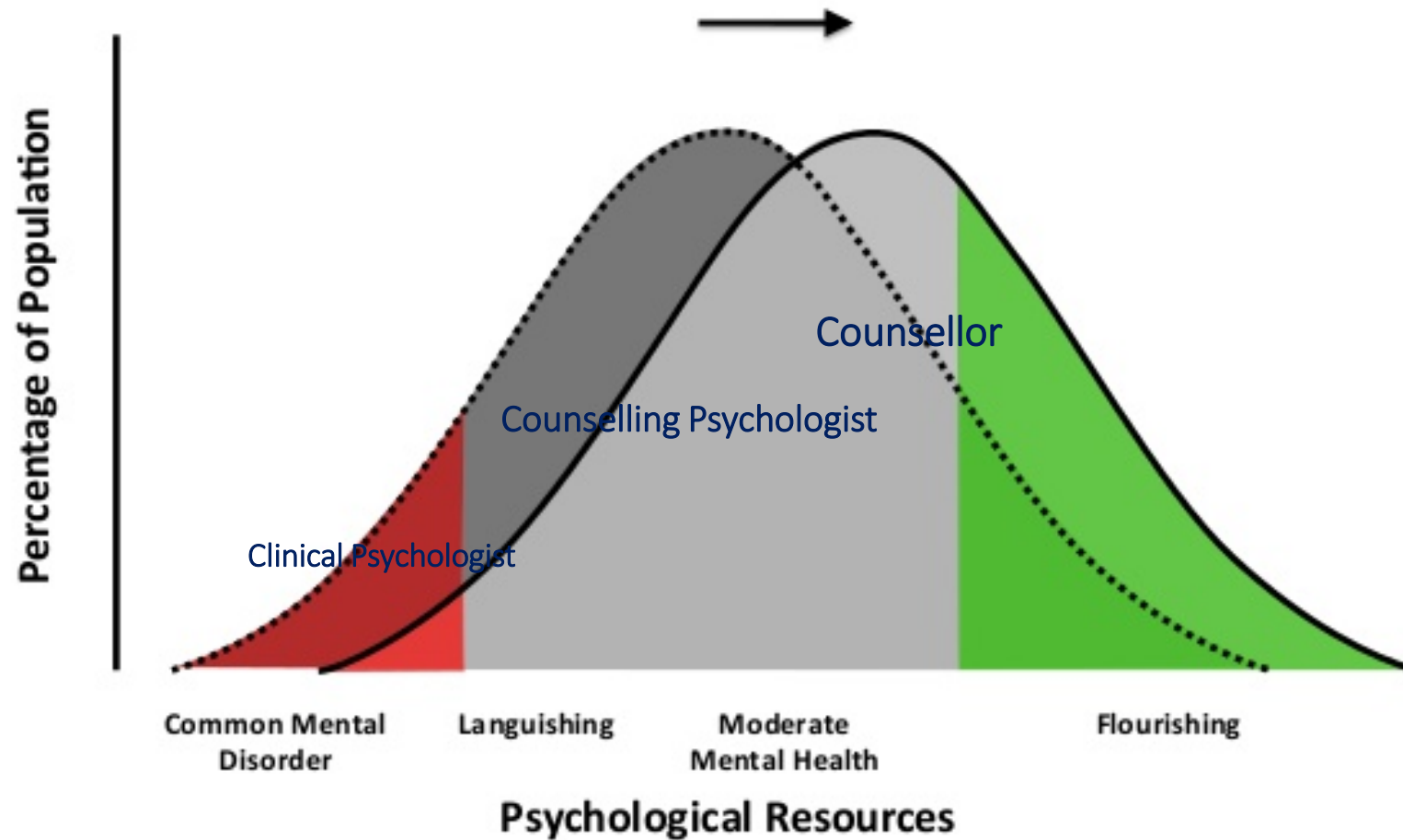
1<sup>st</sup> November 2023  
7:00-8:30 PM



**Figure 6: Mrazek and Haggerty's model of the spectrum of interventions for mental health problems and mental disorders**

Source: Mrazek P and Haggerty R (1994). Reducing risks for mental disorders: Frontiers for preventative intervention research, Committee on Prevention of Mental Disorders, Division of Biobehavioural Sciences and Mental Disorders, Institute of Medicine, Washington, National Academy Press

# Moving the population towards flourishing



Source: Felicia Huppert, Cambridge Wellbeing Institute

# Our VISION for the New NORMAL

While people seek counselling for advice to deal with their life challenges, counselling also aims at facilitating people to nurture the love for self and others (**COMPASSION 慈愛**), to have more precious moments to share with others (**CONNECTION 關係**), and be genuinely **HAPPY (開心)** and remain hopeful even when lives are full of surprises.

Our teaching team wishes students and graduates from our programme will be equipped with the cutting-edge knowledge and skills to enable people's growth through adversity and with the right attitude and wisdom to facilitate people to pursue their happiness. If you are interested to be part of the counselling community, you may consider our programme.

**HKU SWSA** Department of Social Work and Social Administration  
The University of Hong Kong 香港大學社會工作及社會行政學系

The Science and Art of Fostering Authentic Human Connections

CONNECTION  
RESILIENCE  
POSITIVITY  
COMPASSION  
HAPPINESS  
EMPATHY

Master of Social Sciences in the field of  
**Counselling**

Two-year part-time programme  
**Admission 2024-25**

The Department of Social Work and Social Administration offers a postgraduate programme leading to the degree of Master of Social Sciences in the field of Counselling for professionals in human services, such as social workers, teachers, managers, nurses, physiotherapists, occupational therapists, speech and hearing therapists and other related professionals who are interested in counselling. The programme shall extend over two academic years for the two-year part-time study.

**Important Dates**

Event (Round I)	Date
Information Session	1 November 2023
Deadline of Online Application	30 November 2023
Admission Test & Interview	6 December 2023
Announcement of Results (Provisional Offer)	Late December 2023

Event (Round II)	Date
Information Session	10 January 2024
Deadline of Online Application	2 April 2024
Admission Test & Interview	9-10 April 2024
Announcement of Results (Provisional Offer)	Late April 2024

**Entrance Requirement**  
Applicants are required to have a Bachelor's degree or the equivalent and preferably a minimum of two years of post-qualification working experience.

**Information Session I**  
1 November 2023 - 7pm - 8:30pm  
Registration: <https://bit.ly/3LGRy2X>  
Scan the QR Code Below

**Information Session II**  
10 January 2024 - 7pm - 8:30pm  
Registration: <https://bit.ly/3ZCvUa8>  
Scan the QR Code Below

**Online Application**  
<https://admissions.hku.hk/programmes/master-social-sciences-field-counselling>

**Enquiry**  
(852) 3917 2075  
(852) 3917 2075  
swsadm@hku.hk  
<https://www.socialwork.hku.hk/counselling>

**Tuition Fee\***  
The tuition fee is HK\$108,000 (HK\$54,000/year) for 2 years of part-time study.  
\*Subject to the University's approval

# Why HKU and Why this programme?

- The research-led, comprehensive, and globally connected university
- 2024 Quacquarelli Symonds (QS) World University Ranking – 26
- Most importantly, because we CARE for our students



# HKU Master of Social Sciences in Counselling Programme: Pedagogical approach



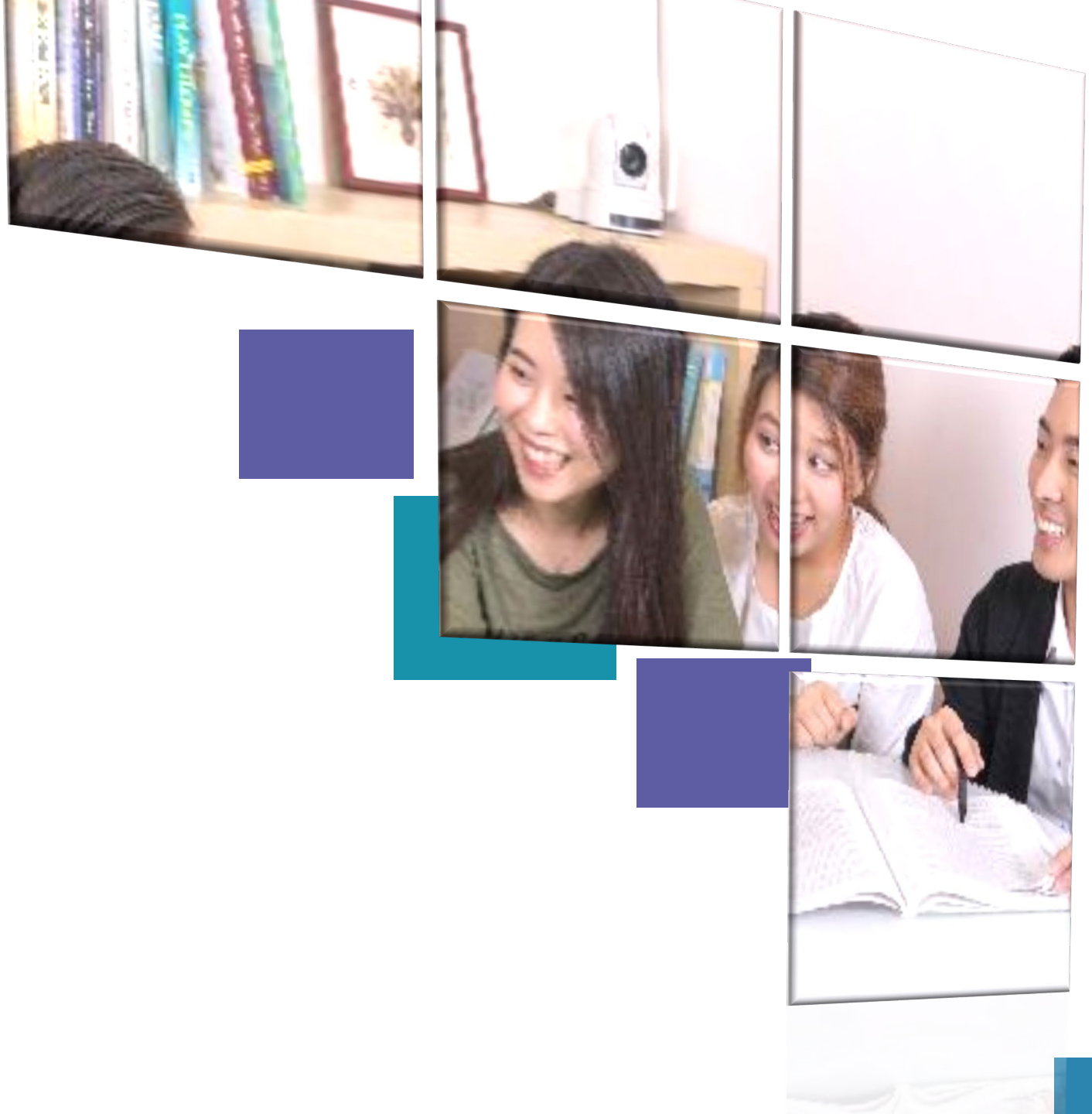
**Personal growth/awareness**

**“Evidence-based”: Clinical skills & cutting-edge knowledge**

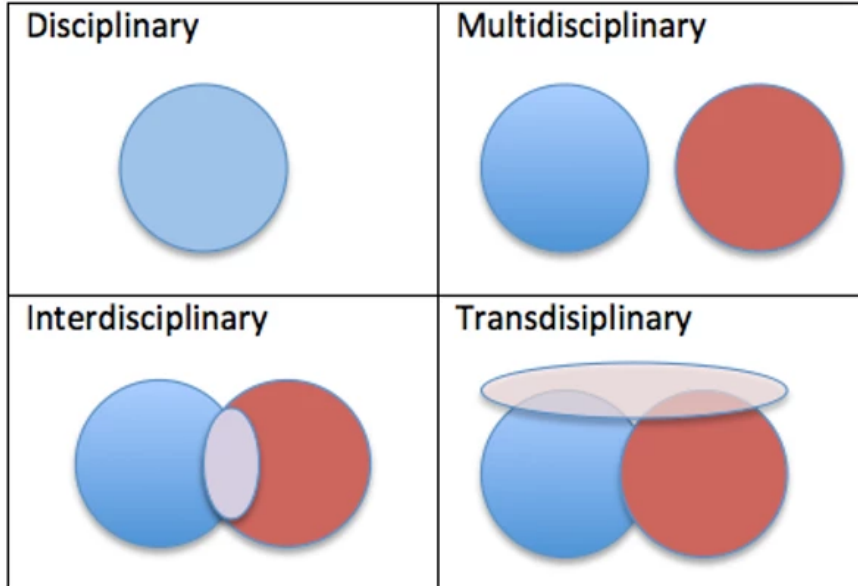
**Critical/analytical thinking: Reflective practice**

# Programme Structure and People

- **Five** foundation courses (1<sup>st</sup> & 2<sup>nd</sup> year)
- **Three** Electives (the dissertation option=**2** electives, subject to approval)
- Skills training laboratory
- Practicum placement (2<sup>nd</sup> year)



## Teaching staff and student community – **Trans**-disciplinary, **Colourful background**



### Teaching staff:

Clinical/ Counselling/ Educational Psychologist, Clinical Social Worker, Art Therapist, Family Therapist, Hypnotherapist, Movement Therapist, Play Therapist

### Student population:

Medical Doctor, Human Resource Personnel, Nurse, Occupational Therapist, Physiotherapist, Speech Therapist, Social Worker, Teacher, Police, Lawyer, Accountant etc.





# Leadership & teachers

# Teaching Staff

**Ms. Julia Byrne (Art Therapist)**

Director, Art Therapy Hong Kong

**Mrs. Peggy Chan (Family Therapist)**

Director, ISS Wofoo Family Institute

**Ms. Belinda Cheng (Clinical Social Worker)**

Lecturer, Dept. of Social Work & Social Administration, HKU

**Dr. Ginette Cheung (Clinical Psychologist)**

Assistant Lecturer, Dept. of Social Work & Social Administration, HKU

**Dr. Eddie Chong (Counseling Psychologist)**

Assistant Professor, Department of Social Work and Social Administration

**Dr. Catherine Chung (Social Worker)**

Lecturer, Dept. of Social Work & Social Administration, HKU

# Teaching Staff

## **Ms. Ester Lee (Clinical Psychologist)**

Clinical Psychologist, Oasis – Centre of Personal Growth & Crisis Intervention

## **Dr. Gracemary Leung (Clinical Psychologist)**

Honorary Lecturer, Dept. of Social Work & Social Administration, HKU

## **Ms. Bibiana Lo (Social Worker)**

Honorary Lecturer, Dept. of Social Work & Social Administration, HKU

## **Ms. Katy Mok (Counselor)**

Counselor and Trainer, Mind Pro Psychological Medicine Centre

## **Dr. Hafiz Muhammad (Certified Behavioural and Career Consultant)**

Lecturer, Dept. of Social Work & Social Administration, HKU

## **Dr. Candice Powell (Clinical Psychologist)**

CEO, Mind HK

# Teaching Staff

**Dr. Jessica Tang (WRAP Facilitator)**

Senior Lecturer, Department of Social Work and Social Administration

**Dr. Kelvin Tang (Certified Clinical Hypnotherapist)**

Director, Pulse Act Consulting Limited

**Dr. Anthony Tong (Clinical Psychologist)**

Clinical Psychologist, United Christian Hospital

**Ms. Natalie Tong (Registered Psychologist)**

Registered Psychologist, Institute for Professional Training in Psychotherapy Ltd

**Dr. Pauline Wan (Social Worker)**

Lecturer, Department of Social Work and Social Administration

**Dr. Paul Wong (Clinical Psychologist)**

Associate Professor, Department of Social Work and Social Administration

# Practicum Training

# Practicum Training

## Objectives

- An opportunity to incorporate theoretical knowledge into the real-world practice

## Schedule of training

- The training will begin from the second year of study, i.e. 1 Sept until 31 May of the next year

## Pre-practicum Stage

- Meeting with personal tutor to discuss practicum plan
- Attend workshops to familiarize with the requirements and workload

# Practicum Training

## Completion of 250 Hours (Assessment 60%)

- 120 **Clinical Hours** (direct contact with clients)
- 60 Hours for **supervisions** (both individual and group)
- 70 Hours for **other non-clinical work**(meetings, report writing, reading references)

## Submission of a practice-based project (Assessment 30%)

- 7,000-10,000 words for the project report to be submitted by end of practicum
- It serves as a **final product** on the critical discussion on **theory integration** and **self-evaluation** throughout the training

## Class participation and attendance (Assessment 10%)

- During the practicum training, students should also attend regular lectures to do self-reflection on integration between theoretical learning and real-world practice

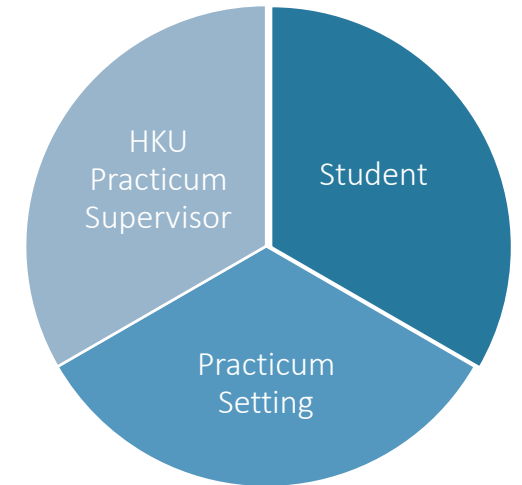
# Practicum Training

## Echo with the teaching approach of the programme –

- Focus on personal growth and importance of self-awareness
- Integration with clinical skills with real-life experiences
- Reflective mindset
- **Humble to learn**

## Collaboration with practicum setting and practicum supervisor

- Not only working with clients at site, students are asked to work independently by setting learning contact with supervisor
- Students should also report work progress with site officials and discuss with caseworkers in a proactive manner

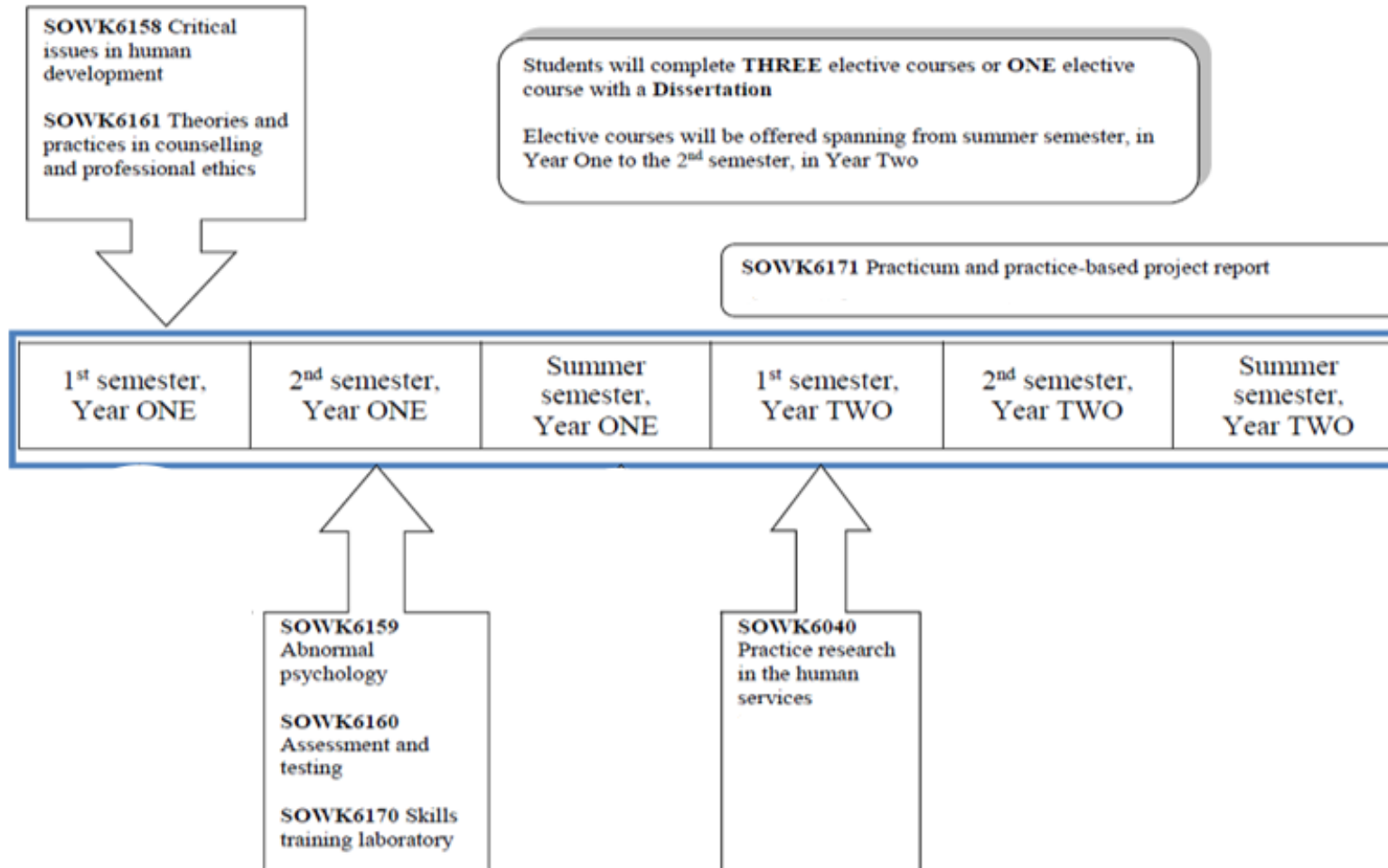






Things you **MUST** notice

# Time commitment in a typical week (the 1<sup>st</sup> year)



# “Will I get a job as a counsellor upon graduation?”

Remain in their own professions  
(majority)

Diverse paths

As volunteer counsellors

Change career to become professional counsellors (paid) - Will take time and get yourself known in the community

Further studies



## Approved Counselling Supervisors List

Overview >

Requirements >

HKPCA Certified  
Counsellors List >

Approved Counselling  
Supervisors List >

Candidacy of CCoun  
List >

Search

Major Study or Research Area: ▾

 Available to provide supervision to Candidacy of CCoun

Total Number of Approved Counselling Supervisors : (106 persons)

Ms. CHAN Au Lee Ellie

陳幼莉女士

AP112

+

Mrs. CHAN CHEUNG Choi Wan Vivien

陳張彩雲女士

AP001

Ms. CHAN Fung Sum

陳鳳心女士

AP004

# Important Dates

Deadline of Online Application	Round 1: 12:00 noon (GMT +8), November 30, 2023 Round 2: 12:00 noon (GMT +8), April 2, 2024
Admission Tests & Interview	<p>Round 1: Date: December 6, 2023 (Wednesday) Time: 4:00p.m. to 10:00p.m. Venue: TBC</p> <p>Round 2: Date: April 9-10, 2024 (Tuesday &amp; Wednesday) Time: 3:00p.m. to 10:00p.m. Venue: TBC</p> <p>* Dates are tentative and subject to change. * Only shortlisted candidates will be interviewed. * Candidates will receive their timeslots by email.</p>
Announcement of Results (Provisional Offer)	Late December 2023 (Round 1) Late April 2024 (Round 2)

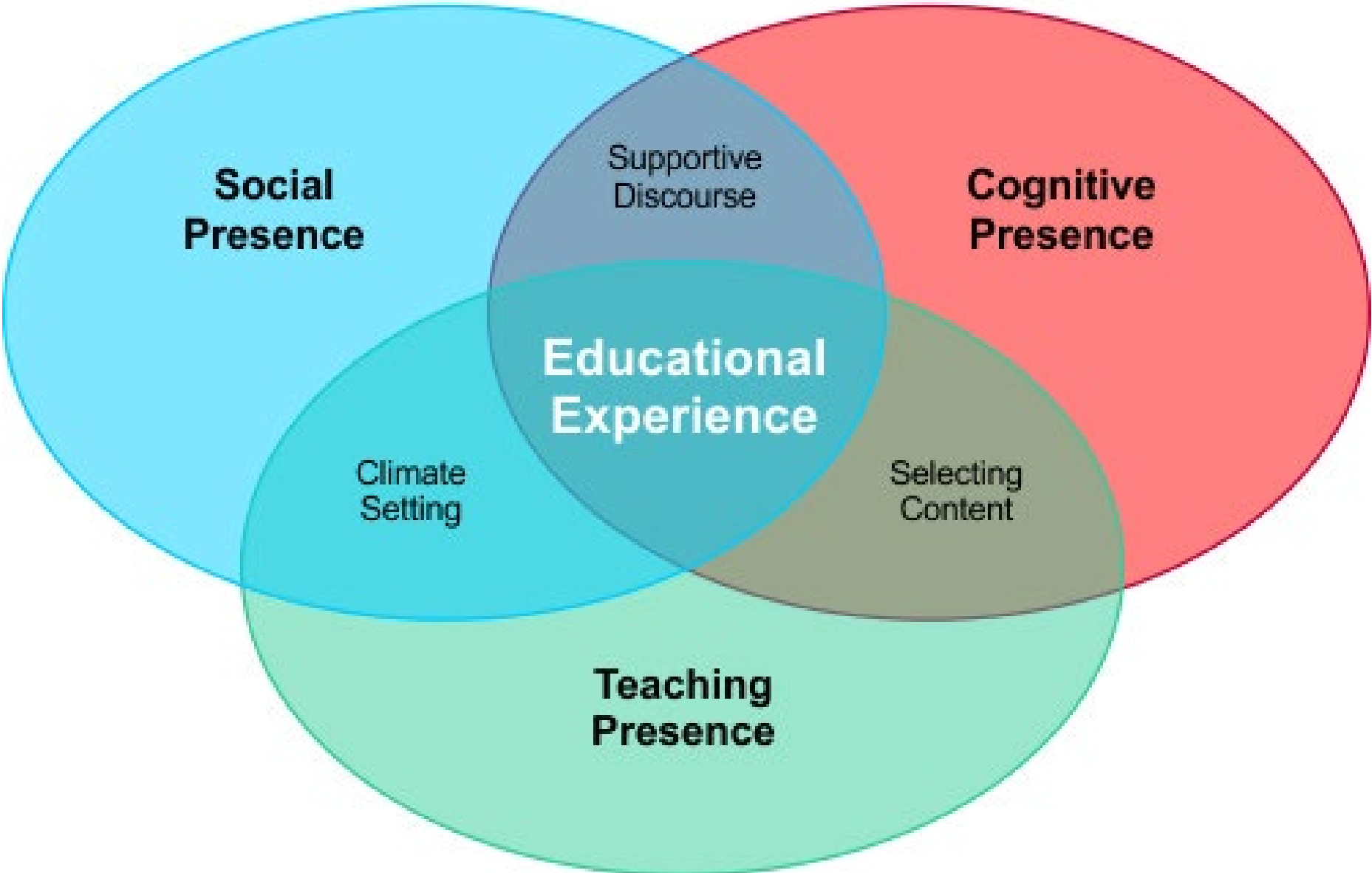
# Things to do before application

- ✓ Read the Student Handbook VERY CAREFULLY
- ✓ Browse the Q&A session in programme website
- ✓ Will this go well with your life planning (at least in the coming few years)?
- ✓ Find time to read this ["The Lancet Commission on global mental health and sustainable development"](#)
- ✓ Take a course about counselling on open-learning platform, e.g., EdX, or Coursera
- ✓ Talk to a practicing counselor if possible
- ✓ Seek support from your social network
- ✓ Learn how to **LEARN**
- ✓ .....



**Learning  
How to Learn**

# Learning Community



# Things to submit during application

1. **Original** or **Certified true copy** of graduation certificate of undergraduate studies
2. **Original** or **Certified true copy** of graduation certificate of postgraduate studies
3. **Original** or **Certified true copy** of complete transcript
4. **Original** or **Certified true copy** of IELTS/ TOFEL/ GRE report  
*(does NOT apply for those who graduated from University using English as a medium of instruction)*
5. **Reference forms**: we require **TWO**, one on the candidate's academic/ study ability (ready for Master's degree); and one on the candidate's character/ personality



Candidates should nominate 2 referees on the application system to support their application to the University. Please communicate with the referees and seek their consent prior to submitting the application. An email will be sent to each referee **AUTOMATICALLY** to seek their confidential reference after successfully submitting an application.

## What is certified true copy?

Certify a document as a true copy of the original by getting it signed and dated by a professional person, like a solicitor.



# Supporting Documents (con't)

We accept the certified true copy done by:

- A. Solicitor (*with Chamber Chop*)
- B. Notary Public (*e.g., 公証處 in China*)
- C. Your home institution (*e.g., the Registry*)
- D. Commissioner for Oaths in Home Affairs Department (HKSAR)  
by doing “**Declaration**” → free of charge
  
- E. Make sure you answer the questions in the application form **attentively**

# Things to do after application

- ✓ Check your e-mails and stay tuned with our programme's materials
- ✓ Join the interview
- ✓ Keep reading and learning



## **PAST Workshops/ seminars for Students...**

- Introduction to hypnotherapy
- Introduction to drama movement therapy
- Introduction to sex therapy
- Self defense workshop
- Academic writing skills
- Group work
- Coaching
- Play therapy



# Celebration of the 20<sup>th</sup> programme anniversary in Feb – Mar 2023

MASTER OF SOCIAL SCIENCES  
IN COUNSELLING



## The 20th Anniversary Celebration Webinar Exploring the Complex Nature of Compassion

Date: 24 February 2023 (Friday)  
Time: 5:30 PM – 6:30 PM (HKT)  
Keynote Speaker: Professor Paul Gilbert  
Moderator: Dr. Paul Wong  
Registration:  
[https://hkuems1.hku.hk/hkuems/ec\\_hdetail.aspx?guest=Y&ueid=85929](https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?guest=Y&ueid=85929)



Prof. Paul Gilbert



Dr. Paul Wong

### About the Webinar

This webinar will explore how humans have the capacity to be one of the most compassionate species on the planet, although at the same time we can also be one of the most vicious and callous. We will explore ways in which we can cultivate compassion in order to inhibit the dark side of our minds.

### About the Keynote Speaker

Paul Gilbert is Professor of Clinical Psychology at the University of Derby and honorary visiting Professor at the University of Queensland. He has written/edited 24 books and over 300 papers and book chapters. He has researched evolutionary approaches to mental health problems and developed Compassion Focused Therapy for people who come from troubled backgrounds.



Enquiries:  
Mr. Kelvin Ho at 3917 2075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)



MASTER OF SOCIAL SCIENCES  
IN COUNSELLING



## Online Workshop on Introduction to Compassion-Focused Therapy

Date: 3 & 10 March 2023 (Friday)  
Time: 1900-2200 (HKT)  
Venue: CPD-G.02, Centennial Campus, HKU  
Trainer: Dr. Chris Irons, Co-director of Balanced Minds, Clinical Psychologist  
Fee: \$1300  
Registration: <https://t.ly/Az95>



Dr. Chris Irons

### About the Workshop

You'll gain an overview of the principles and practices of CFT. During the workshop you'll learn:

- about the historical development and theoretical context of the CFT model
- what compassion is, including some of the common myths and key fears, blocks and resistances to compassion and self-compassion
- some of the key psychoeducational parts of the approach
- some of the core compassionate mind training practices
- how to put the compassionate mind to work

This foundation knowledge would prepare you for further clinical training in CFT or to become a Facilitator of Compassionate Mind Training: The 8-week protocol.

### About the Trainer

Dr. Chris Irons is a clinical psychologist, researcher, writer and trainer specialising in Compassion Focused Therapy. He is co-director of Balanced Minds ([www.balancedminds.com](http://www.balancedminds.com)), a London based organisation providing compassion-focused psychological interventions for individuals and organisations. He is also co-director of BaIO ([www.balo.uk](http://www.balo.uk)), a company focusing on bringing greater compassion and balance to all levels of organisations. Dr. Irons works with Compassionate Mind Foundation, and as a Visiting Lecturer at University College London (UCL). He has published many articles and book chapters on compassion, attachment, shame, and self-criticism.



Enquiries:  
Mr. Kelvin Ho at 3917 2075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)



MASTER OF SOCIAL SCIENCES  
IN COUNSELLING



## Mindfulness and Compassion Retreat

Date: 25 February 2023 (Saturday)  
Time: 10:00 AM – 5:00 PM  
Venue: Tsz Shan Monastery, Hong Kong  
Fee: \$500, or 50% discount for “early bird” registration before 17 February 2023 (Fees paid are nonrefundable)

### Registration:

[https://hkuems1.hku.hk/hkuems/ec\\_hdetail.aspx?guest=Y&ueid=86183](https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?guest=Y&ueid=86183)

### Rundown

- 10:00 – 11:15 Monastery Tour & Water Offering
- 11:15 – 12:30 Zen Calligraphy / Forest Therapy
- 12:30 – 13:30 Mindful Lunch
- 13:30 – 14:45 Forest Therapy / Zen Calligraphy
- 14:45 – 16:15 Dharma Talk – 從佛法的角度如何看現代人的「苦」？又如何幫助人面對生活上的壓力？
- 16:15 – 17:00 Small Group Sharing



Enquiries:  
Mr. Kelvin Ho at 3917 2075  
or [swsamss@hku.hk](mailto:swsamss@hku.hk)



# Workshop on “Interactive Practice for Narrative Therapy” on 7 October 2020



**HKU**  
**SWSA**

Department of Social Work and Social Administration  
The University of Hong Kong  
香港大學社會工作及社會行政學系

## Workshop on Interactive practice for narrative practice

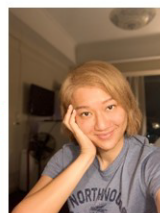
Date: 7 October 2020 (Wednesday)

Time: 7:00p.m. – 9:30p.m.

Venue: MB201, 2/F, Main Building, Main Campus, HKU

### About the Workshop

In this workshop, Carrie will share with you the fundamental philosophical thinkings for narrative therapy. She will also present and demonstrate the essential attitude and skills for the practice including the use of Michael White's Maps. The practice of outsider witness for group work will be introduced. Students are invited to participate in the practice during the time. The theory and the practice will be put into action in this interactive workshop.



Dr. Carrie Wu  
BBA(Marketing) HKUST; MSc&S(Youth Counseling) PhD Baptist U

### About the Speaker

Carrie has many years of experience since her childhood facing mental health and family issues with her family members. She spent her high school life in Northern Ireland and studied Art and design. She came back to Hong Kong and finished first degree in Marketing in HKUST. Then she has done around 10 years for marketing and management in various industries including entertainment and consumer products. She later has finished her master in youth counseling and PhD in Hong Kong Baptist University with passion and mission for counseling. She started her love for studying philosophy and theology too. Her thesis was a narrative research about the process of the reality negotiation in finding hope for the people facing depression. She practices mainly narrative therapy and person-centred therapy privately. She is also currently teaching master and bachelor students in both University of Hong Kong for counseling and in the Department of Religion and Philosophy of Hong Kong Baptist University for general studies. The topics she has experienced teaching including the matter of life and death, dream interpretation, gender studies, Christianity in service leadership, narrative therapy and depression. She participated in writing a number of books including 《真·網樂#從敘事實踐看青少年的「迷網」框外》, 《攸關青春：青年工作的論述對話》, 《凌晨4時40分——花園街火災再思》 and some magazine and newspaper columns. She is currently having her further study in Christian Studies in China Graduate School of Theology. She also has been serving the community through church for many years. And she has heart to serve families with children facing difficult needs too. She is married with three very special children.

Details and Registration:

<https://qrqo.page.link/Tung7>

Enquiries

Miss Elsa Wong at 39172075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)



organized by  
Master of Social Sciences (Counseling) Programme  
Places are offered on a first-come-first-served basis



# Webinars on “Practical Considerations to Practicing Online Counselling” and “Introduction of Gambling Addiction: Definition, Assessment, and Treatment during COVID-19” on 21 August 2020 and 23 October 2020



## Webinar on "Practical Considerations To Practicing Online Counselling"

**Date:** August 21, 2020 (Friday)  
**Time:** 13:00 – 14:00  
**Zoom link:** <https://hku.zoom.us/j/91763754485>  
**Language:** English with Cantonese Supplements  
**Moderator:** Dr. Paul W.C. WONG



Mr. Michael CHENG  
Private Practice Family Therapist

### About the Seminar

Online counselling has an alternative route to engage the people in need due to the recent pandemic when traditional f2f modality has become very difficult to implement. In this webinar, we shall discuss about various practical aspects of online counselling, including technology literacy, techniques, and ethical considerations. Participants will learn about the elements of working with clients online, and the strengths and limitations of such implementation modality.

**Details and Registration:**  
<https://qrqo.page.link/Ma11x>



**Enquiries**  
 Ms. Elsa Wong at 39172075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)



Places are offered on a first-come-first-served basis.



## Introduction of gambling addiction: definition, assessment, and treatment during COVID-19

**Date:** October 23, 2020 (Friday)  
**Time:** 13:00–14:00  
**Zoom:** <https://hku.zoom.us/j/97595372062?pwd=OXRqcXhsZlM2blhtaUdYZmd2K1pSZz09>  
**Language:** English with Cantonese Supplements  
**Moderator:** Dr. Paul W.C. WONG, Director of MSocSc (Counselling)

### About the Webinar

Have you ever been called a workaholic/shopaholic/coffeeholic...? How intense is a person devoted to an activity could be called a – *holic* or an addict?

Could the level be measured in terms of the time or money which involved?

In gambling, how could we tell whether a person is addicted? Any elements in gambling constitute the addiction to happen?

In the talk, we are going to go through with you what gambling is and the addiction concept behind which is helpful for informing the assessment as well as the treatment afterwards.



Mr. Alfred Chan  
Senior Social Work Supervisor

Ms. Polly Ho  
Certified Counsellor

### About the Speakers

Alfred was a graduate of the HKU MSocSc Mental Health programme. He joined the Caritas Addicted Gamblers Counselling Centre as a counsellor in 2007. Currently, he is the Senior Social Work Supervisor of Caritas Addicted Gamblers Counselling Centre and he is responsible for case work, peer supporters group, staff supervision and management, administration, service development, community education, placement students' supervision and professional training.

Polly was a graduate of the HKU MSocSc Counselling programme. She joined the Caritas Addicted Gamblers Counselling Centre as a counsellor in Jan 2019. She is responsible for casework, group work, community education and professional training. She is currently a candidate for certified counsellor of the Hong Kong Professional Counselling Association.



**Details and Registration:**  
<https://qrqo.page.link/aAQtg>

**Enquiries**  
 Ms. Elsa WONG at 39172075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)

Places are offered on a first-come-first-served basis.

# Webinar on “Family Interventions for Trauma” and “Animal-assisted intervention (AAI) and its application in the education setting in time of COVID-19” on 23 April 2021 and 18 December 2020



## Family Interventions for Trauma

**Date:** 23 April 2021 (Friday)  
**Time:** 10:00 - 11:30am  
**Format:** Zoom Live streaming  
**Language:** English



Mr. David Grove, IMFT-S, LISW-S  
 Lecturer, Ohio State University College of Social Work

### About the Webinar

In this webinar we will explore both the impact of family responses and relationships on trauma survivors and on family treatment for trauma survivors. We will examine in detail how specific family responses to trauma survivors can either increase risk or decrease risk for developing PTSD. We will also explore the impact on trauma of the quality of attachments as a risk or a protective factor for developing PTSD and how the family organization in general regulates the quality of attachments. We will identify how several family patterns and organizational structures that predate a traumatic event can interfere with the healing process post trauma.

We will identify cross-cultural aspects of trauma within Hong Kong culture. We will explore patterns common with Hong Kong families that might help or hinder the healing process post trauma. Family intervention procedures will be identified for both clients and families who are willing to focus on trauma and for clients and families who might seek mental health services, but who are not willing to be directly focused on trauma as a problem. Numerous case examples both the US and Hong Kong will be provided.

### About the Speaker

Mr. David Grove is a Lecturer of the Ohio State University College of Social Work. He is a Licensed Independent Marriage and Family Therapist (IMFT) and IMFT Supervisor in Ohio, US. Mr. Grove has rich expertise in applying family therapy and systemic intervention to diverse populations and problems. He received extensive post-graduate training at The Family Therapy Institute of Washington, D.C. from Jay Haley, a key founder of Strategic Family Therapy and Cloe Madanes. Mr. Grove has co-authored four books in family therapy: “Conversations on Therapy”, “Invisible Men”, “Integrative Family and Systems Treatment (I-FAST): A Strengths-Based Common Factors Approach” and “Family Therapy for Treating Trauma: An Integrative Family and System Approach”. Mr. Grove is one of the co-developers and a principal member in the training and research projects of I-FAST. He has been actively providing a wide range of training in I-FAST to numerous social service agencies in the United States and in Hong Kong for many years.

### Details and Registration

<https://bit.ly/3v6g0nS>

### Enquiries

Miss Sonia Chan at 3917 2075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)



Organized by Master of Social Sciences in Counselling



## Webinar on Animal-assisted Intervention (AAI) and its application in the education setting in time of COVID-19

**Date:** 18 December 2020 (Friday)  
**Time:** 13:00 – 14:00

**Zoom link:** <https://hku.zoom.us/j/92232652495?pwd=cGs2cHlTcnZpMGxKSGFGRUERk3c2Zz09>  
**Language:** English with Cantonese Supplements

### About the Webinar

The involvement of companion dogs as an adjunct to human service professionals has been an attractive alternative to conventional interventions. In this webinar, we shall give an overview on the theoretical foundations of AAI and the evidence base for its applications. We shall use an AAI project in primary schools in Hong Kong (CARing Kids) to illustrate the practical aspects of its implementation and shall introduce the concept of One Welfare that serves as the guiding framework in our practice. We shall share how the project meets the challenges brought about by school lockdown and the ‘new normal’ as a consequence to the COVID-19. Examples of how technology is used to enable continued benefits of AAI are illustrated.



Miss Debbie Ngai (R.S.W.,  
 Certified AAT Therapist)



Mr. Joe Ngai (Reg. CoP,  
 Certified AAT Therapist)

### About the Speakers

Debbie is the founder and service director of Hong Kong Animal Assisted Therapy Association (HKAATA). She is a senior social worker and Certified Animal Assisted Therapist specialising in working with children and teenagers. She received her AAI training and credential from Taiwan, U.S.A and Australia. She is now the coach and supervisor of HKAATA Therapist Team, guest lecturer of AAT Therapist training course of PATA, Taiwan & external AAT supervisor of Children Cancer Fund, Singapore.

Joe is a Registered Counselling Psychologist (HKPS) and Certified Animal Assisted Therapist specialising in educational research and well-being intervention. He is now a PhD Candidate at HKU SWSA, and is conducting a research on the implementation and evaluation of “CARing Kids”- the first locally developed Animal Assisted Humane Education program for primary students.

### Details and Registration

<https://qr.go.page.link/VGggB>

### Enquiries


Ms. Elsa Wong at 39172075 or [swsamss@hku.hk](mailto:swsamss@hku.hk)





# Other counselling-related conferences/ workshops/ seminars


**Department of Social Work & Social Administration**  
The University of Hong Kong



## Substance use among adolescents in the context of mass trauma

July 20, 2016 (Wednesday)

Time: 11:00 am – 12:30 pm  
Venue: CPD-LD.63, LD/F, Central Podium, Centennial Campus, HKU  
Fee: Free of Charge



**Dr. Miriam Smith, PhD, MSW, MA**  
Associate Professor,  
The University of Queensland, Australia

**About the Workshop**

This presentation reflects the impact of substance use on adolescents in the context of mass trauma. It will discuss the latest research findings on the impact of mass trauma on adolescents and the role of substance use in this context. The presentation will also discuss the latest research findings on the impact of substance use on adolescents in the context of mass trauma. The presentation will also discuss the latest research findings on the impact of substance use on adolescents in the context of mass trauma.


**About the Speaker**

Dr. Miriam Smith, PhD, MSW, MA, is an Associate Professor and Senior Lecturer, Centre for Social Work, The University of Queensland, Australia. She is also a Senior Lecturer, School of Social Work, The University of Queensland, Australia. She is also a Senior Lecturer, School of Social Work, The University of Queensland, Australia. She is also a Senior Lecturer, School of Social Work, The University of Queensland, Australia.

Details and Registration:  
<https://goo.gl/CDRVM4>


Organized by:  
Ms. Cindy Ho, 35912275 or cindy.ho@social.hku.hk

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**STRENGTH MODEL**  
優勢模式  
- New Era in Asia Symposium

7 October 2016




**2 October 2016 (Friday)**  
10:30am – 3:00pm  
Wong Tai Sin Theatre, Graduate House, The University of Hong Kong  
Free of Charge for ALL Students

**3 October 2016 (Saturday)**  
10:30am – 3:00pm  
Wong Tai Sin Theatre, Graduate House, The University of Hong Kong  
Free of Charge for ALL Students

**Speakers:**  
Dr. [Name], [Title], [Institution]  
Dr. [Name], [Title], [Institution]

Registration: <https://goo.gl/32GTWD>



**Department of Social Work & Social Administration**  
The University of Hong Kong



## Health system innovation to strengthen family caregiving of persons with mental illness

Date: September 20, 2016 (Tuesday)  
Time: 4:30 – 6:00pm  
Venue: CJ7815, The Jockey Club Tower, Centennial Campus, HKU



**Dr. Patricia Lingley-Pottle**  
President & CEO, Stronger Families Institute

**About the Workshop**

Stronger Families Institute (SFI) delivers evidence-based programs for children, youth and families dealing with mental health issues. SFI's programs are designed to bridge the gaps between professional services and family care by training families to care, providing the best of both worlds: quality care, when and where they need it. SFI's youth-friendly, internet-based program, Family Care, helps young people and their families learn how to care for their loved ones with mental health issues. SFI's Family Care program is designed to bridge the gaps between professional services and family care by training families to care, providing the best of both worlds: quality care, when and where they need it. SFI's youth-friendly, internet-based program, Family Care, helps young people and their families learn how to care for their loved ones with mental health issues.

**About the Speaker**

Dr. Patricia Lingley-Pottle is a former President and CEO of Stronger Families Institute. She obtained her PhD at Dalhousie University where she is Assistant Professor, Department of Psychology & Senior Lecturer in the Institute's Family Care Program. She is also a past president of the Canadian Psychological Association. She has published several books and articles on family care, including the book, Family Care: A Guide for Families Caring for People with Mental Health Issues. She is also the author of the book, Family Care: A Guide for Families Caring for People with Mental Health Issues.

Details and Registration:  
<https://goo.gl/32GTWD>



The seminar is hosted by the Department's emerging and mental health research cluster

**You're Invited!**

Co-Organized by:  
Ms. Cindy Ho, 35912275 or cindy.ho@social.hku.hk

# LETTERS

**Share your views** with us and other Post readers in a Letter to the Editor.

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**Address:** 19/F, Tower One, Times Square, 1 Matheson Street, Causeway Bay, Hong Kong.

## Policy address should prioritise happiness, health and hope

Tomorrow is World Suicide Prevention Day, which aims to focus attention on the issue, reduce stigma and raise awareness among governments and the public that suicides are preventable. “Creating Hope Through Action” is the triennial theme for World Suicide Prevention Day from 2021 to 2023, serving as a powerful call to action and a reminder that through our actions, we can encourage hope and strengthen prevention.

The past three years have undoubtedly been very challenging for most people around the world. Although the worldwide suicide numbers did not seem to have significantly increased due to the impact of the Covid-19 pandemic, its negative socio-environmental, physiological and psychological impacts seem to be prolonged.

Numerous local studies have reported the quality of life, psychological health, and happiness of many Hongkongers have decreased. The number of serious assault incidents, heated arguments and fights reported in the media have raised grave concerns about the deterioration of mental health in the city.

Improving mental health and preventing suicides in a city of 7.4 million people is no easy task. It requires thoughtful planning, the good use of limited human and social resources, as well as the commitment, coordination, collaboration and trust of multidisciplinary professionals and between service users, their carers and the public.

I hope the increased attention to and discussion on improving the mental health of Hongkongers, especially since the tragic homicides in June, will

~~become and remain a daily topic of conversation.~~

I also hope that more orchestrated well-being consultations and counselling can be provided at the community level by integrated community centres at present and district health centres in the future with shorter waiting time and more ease of access.

Hongkongers need both hedonistic well-being, involving the maximisation of pleasure and the minimisation of pain, and eudaimonic well-being, focusing on functioning at one’s highest potential to achieve happiness, health and hope. These three should be listed as the main key performance indicators in our chief executive’s policy address.

**Paul W.C. Wong, department of social work and social administration, University of Hong Kong**