

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.

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.

Information Session

November 11, 2017 (Sat)
2:30pm-4pm

Centre on Behavioral Health
2/F, 5 Sassoon Road, Pokfulam

Registration • <https://goo.gl/MGcMdM>



Admission Requirement

Candidates are required to have a Bachelor's degree with honours 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\$125,000 per annum (local)
- HK\$160,000 per annum (non-local)

2-year part-time

- HK\$62,500 per annum (local)

* *subject to the University's approval*

Deadline of Application

ROUND 1 November 30, 2017

ROUND 2 January 31, 2018



ENQUIRY

Ms. Mona Chan
Programme Secretary

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THE PURSUIT OF HOLISTIC WELL-BEING

Master of Social Sciences in Behavioral Health

One-year full-time /
Two-year part-time programme

2018/19 Admission



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

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.

Students are required to complete 4 compulsory courses, 4 elective courses, and a practicum or a dissertation. Each course comprises the equivalent of at least 36 contact hours. Classes are conducted during weekday evenings and occasional weekends.

2-Year Part-time

FIRST YEAR			SECOND YEAR		
SEMESTER 1	SEMESTER 2	SUMMER	SEMESTER 1	SEMESTER 2	SUMMER
1 compulsory course		1 compulsory course	1 compulsory course	1 compulsory course	
1 to 3 elective course(s)			1 to 3 elective course(s)		
Clinical Training Sessions			Clinical Training Sessions Practicum Group OR Dissertation Final Sharing Session		

1-Year Full-time

FIRST YEAR		
SEMESTER 1	SEMESTER 2	SUMMER
2 compulsory courses	1 compulsory course	1 compulsory course
4 elective courses		
Clinical Training Sessions Practicum Group OR Dissertation Final Sharing Session		

Curriculum

COMPULSORY COURSES

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

PRACTICUM OR DISSERTATION

It comprises no less than 220 hours of prescribed work in relation to behavioral health under 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
- Practicum on play therapy
- Use of drama in clinical practice
- Use of music in human service

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.

ELECTIVE COURSES

- Abnormal psychology
- Assessment and interventions in mental health: A clinical case management approach
- Chinese cultural health practices
- 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
- Introduction to energy therapy methods
- Play therapy
- The body: Health and illnesses
- Theory and practice of positive psychology and strength-based interventions
- Use of expressive arts therapy in human services

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

Who will benefit from the programme?

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

Alfred Cheng Social Worker

"I feel exceptionally fulfilling to learn from a group of knowledgeable and enthusiastic teachers. You will be inspired by their wealth of experience and profundity of knowledge."

Danny Lo Occupational Therapist

"A multi-dimensional journey that has been wonderfully taken in my mid-life to review health and learn... an inspirational life impact!"

David Lau Occupational Therapist

"Studying this programme does not only enrich my knowledge, but the interactive teaching method enables me to learn a lot of practice experience."



Ching-Chuen Law Psychiatric Nurse

"Studying MBH is the path to awake myself. Through Body-Mind-Spirit approach, I can understand myself profoundly and aware the way of happiness. All of these experiences enriched my professional development. The core component of MBH is the compassionated and intelligent staff. You can feel it!"

Jimena Velasco Gomez Psychologist

"Studying this programme has been for me not only an academic but also a deep personal experience. Not only has



the programme opened new ways to consider health from a Body-Mind-Spirit perspective, but also I have been able to experience the connection myself."

Agnes Loo Nurse

"It is a very enjoyable programme. You meet a variety of students who come from different professions and there is a magical chemistry arises from the group work. The program 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

"I am so glad to study this programme which 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 have no hesitation to recommend this programme to those who wish to enhance well-being for the self and others."

