

Applied Positive Psychology in Hong Kong 2012 Conference

5th - 7th January 2012
Hospital Authority Building / Centre for Health Protection

Mission:

1. Provide a hub for sharing ideas, knowledge and skills that are related to positive psychology in Hong Kong.
2. Keep track of the latest applications of positive psychology in the overseas and local contexts through professional exchanges and experience sharing.

Schedule

5 Jan (19:00 - 21:00) Pre-Conference Seminar

The Fundamentals of Positive Psychology and Positive Psychological Interventions

Facilitators: Prof. Samuel M. Y. Ho & Dr. Anthony Tong

6 Jan (09:00 - 17:00) Applied Positive Psychology Conference

Keynote Speeches

Positive Psychology Interventions: Deeper, nuanced and culturally conscious clinical applications

Dr. Tayyab Rashid



The wisdom of resilience in traditional Chinese culture

(中國傳統文化的抗逆智慧)

Mr. Shum Yat Fei (岑逸飛先生)



Presentations of Local Positive Psychology Projects

A study on individual happiness and stress among nurses in Hong Kong community hospital

Ms. Mau Ka Yan & Mr. Tsue Siu Kin
Department of Medical and Geriatric, Our Lady of Maryknoll Hospital

Positive Psychology for Teens Programme

Ms. Lam Yee Mui
The Boys' and Girls' Clubs Association of Hong Kong

Is Mindfulness based cognitive therapy effective for healthcare professionals with chronic mixed depression and anxiety?

Ms. Lui Wai Sze, Wacy & Dr. Lo Suk Yee, Rosalie
Corporate Clinical Psychology Services, Hospital Authority

Narrative Therapy: Reconstructing stroke survivors and caregivers' meaning of and purpose in life

Dr. Esther Chow
Department of Applied Social Science, City University of Hong Kong

Joyful later life – Positive Psychology Elderly Groups

Ms. Au Yeung Wing Sze & Ms. Leung Ka Chun
The Chinese Rhenish Church HK Synod

Hope-based group intervention for anxiety and mood disorders in Hong Kong

Mr. Law Yuen King
New Life Psychiatric Rehabilitation Association

Ms. Choy Shan Shan, Susanna

Positive Psychology: Enhancing students' hope and gratitude with cognitive behavioral coaching approach

Dr. Kwok Lai Yuk Ching, Sylvia & Miss Tong Kai Kit, Katrina
Department of Applied Social Studies, City University of Hong Kong

7 Jan (09:15 - 17:00) Workshop

Positive Psychotherapy Workshop

Instructor: Dr. Tayyab Rashid

*The conference will be conducted mainly in Cantonese, except the keynote speech and workshop by Dr. Tayyab Rashid.

Registration Fee

Deadline: 16 December 2011

5 Jan Pre-conference Seminar	\$100
6 Jan Applied Positive Psychology Conference	\$500
7 Jan Positive Psychotherapy Workshop	\$1000

For HA Staff, 15% off discount will be offered.
For Full-time Students, 50% off discount will be offered.

Accreditation:

DCP/CNE/CPD (Pending)

For further information:

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Organized by:



United Centre of Emotional Health and Positive Living



Department of Applied Social Studies
City University of Hong Kong



Oasis - Center for Personal Growth & Crisis Intervention, Hospital Authority

Co-organized by:



Department of Clinical Psychology
Kowloon East Cluster, Hospital Authority

Organized by:



United Centre of Emotional
Health and Positive Living



Department of Applied Social Studies,
City University of Hong Kong



Oasis – Center for Personal
Growth & Crisis Intervention
Hospital Authority

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Kowloon East Cluster, Hospital Authority

“Applied Positive Psychology in Hong Kong 2012” Conference

Keynote Speech by Dr. Tayyab Rashid:

***“Positive Psychology Interventions:
Deeper, Nuanced and Culturally Conscious Clinical Applications”***

6 January, 2012 (Friday)

Hospital Authority Building

Abstract

Shifting the therapeutic focus from amelioration of deficits to cultivation of strengths requires a sea change in clinical settings. Positive interventions have started making this shift. Through careful science, positive interventions have demonstrated that optimism, gratitude, hope, perspective, self-regulation and such strengths not only cause well-being but can be cultivated systematically in clinical settings. Drawing on his own practice and research findings and that of leading experts in the field, Dr. Rashid will focus on deeper, nuanced and culturally conscious clinical applications of positive intervention including:

- Attending and accentuating positive aspects of clients without dismissing or devaluing negatives
- Bouncing back from setbacks and clinical conditions by utilizing one’s strengths and by pursuing meaning
- Translating abstract notions of strengths into empirically valid behaviours and actions
- Acquiring skills and strengths which could help clinicians to grow and flourish

BIOGRAPHY

Dr. Rashid is a licensed clinical psychologist at the Health and Wellness Centre, University of Toronto Scarborough, Toronto, Canada. He also consults with the Values in Action Institute, Cincinnati, OH. Dr. Rashid completed his pre and post doctoral training at the Positive Psychology Centre, University of Pennsylvania, where he co-founded and empirically validated with Dr. Seligman the Positive Psychotherapy.

Dr. Rashid has trained mental health professionals internationally. He has also worked with Asian tsunami survivors and 9/11 families. Dr. Rashid was guest editor of the Journal of Clinical Psychology – In Session’s special issue (May, 2009) on Positive Intervention. His teaching and research has been recognized with several awards and has been published in peer-reviewed scientific journals and has also been featured in Wall Street Journal, Psychology Today, Toronto Star and Globe & Mail.

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Department of Clinical Psychology
Kowloon East Cluster, Hospital Authority

Positive Psychotherapy Workshop

Instructor: Dr. Tayyab Rashid

7 January, 2012 (Saturday)

Centre for Health Protection

Positive Psychology is the scientific study of what goes right in life, from birth to death and all stops in between. It is a new approach within psychology that takes seriously as subject matter those things that make life worth living. Positive psychotherapy (PPT) is a therapeutic endeavour within positive psychology to broaden the scope of traditional psychotherapy. Everyone's life has peaks and valleys, and PPT does not deny the valleys. Its signature premise is more nuanced: what is good about life is as genuine as what is bad and therefore deserves equal attention within the therapeutic context.

This workshop is for wide variety of professionals who are interested in applying and integrating PPT concepts and exercises in their professional work. Parsing happiness in three distinct pathways, this workshop will present that building positive emotions, strengths and meaning, in addition to undoing symptoms, is efficacious in the treatment of psychopathology. Case examples, in-session exercises and video clips will be used to help participants achieve following goals:

1. Comprehend theoretical foundations of PPT that all clients have an inherent capacity for growth, fulfillment, and happiness, and that promotion of positive resources of clients should be equally important in therapy as undoing of symptoms.
2. Learn that positive emotions, strengths and meaning could serve client best not when life is easy but when life is difficult.
3. Build skills and specific strategies which cultivate positive emotions, strengths and meaning, in undoing symptoms.
4. Understand content and process of building sustainable and authentic happiness of clients and learn to harness negative energy to manage and undo symptoms.
5. Learn to draw attention of clients to positives without overlooking negative states and characteristics and without promoting Pollyannaish notions of mere feel-good therapy.

“Applied Positive Psychology in Hong Kong 2012” Conference

<u>Day 1</u>		<u>Pre-Conference Seminar</u>
5 Jan 2012 (Thursday)		Venue: Centre for Health Protection, Lecture Theatre
19:00 – 21:00	The fundamentals of Positive Psychology and Positive Psychological Interventions	Prof. Samuel M. Y. Ho & Dr. Anthony Tong
*This seminar is designed for those who are new to positive psychology and want to learn more about common techniques and exercises related to positive psychology. After the seminar, participants should be able to apply some positive psychology concepts in their daily work as well as be more prepared to participate in the workshop of Dr. Tayyab Rashid.		
<u>Day 2</u>		<u>Applied Positive Psychology Conference</u>
6 Jan 2012 (Friday)		Venue: Hospital Authority Building, Lecture Theatre
09:00 – 09:15	Registration	
09:15 – 09:30	Opening Remarks	
<u>Keynote Speeches</u>		
09:30 – 10:45	Positive Psychology Interventions: Deeper, nuanced and culturally conscious clinical applications	Dr. Tayyab Rashid
10:45 – 11:05	Break	
11:05 – 12:20	The wisdom of resilience in traditional Chinese culture (中國傳統文化的抗逆智慧)	Mr. Shum Yat Fei (岑逸飛先生)
12:30 – 14:00	Lunch	
<u>Local Positive Psychology Presentations</u>		
14:00 – 15:20	A study on individual happiness and stress among nurses in Hong Kong community hospital	Ms. Mau Ka Yan & Mr. Tsue Siu Kin Department of Medical and Geriatric, Our Lady of Maryknoll Hospital
	Positive Psychology for Teens Programme	Ms. Lam Yee Mui The Boys' and Girls' Clubs Association of Hong Kong
	Is Mindfulness based cognitive therapy effective for healthcare professionals with chronic mixed depression and anxiety?	Ms. Lui Wai Sze, Wacy & Dr. Lo Suk Yee, Rosalie Corporate Clinical Psychology Services, Hospital Authority
	Narrative Therapy: Reconstructing stroke survivors and caregivers' meaning of and purpose in life	Dr. Esther Chow Department of Applied Social Science, City University of Hong Kong
15:20 – 15:40	Break	
15:40 – 16:40	Joyful later life – Positive Psychology Elderly Groups	Ms. Au Yeung Wing Sze & Ms. Leung Ka Chun The Chinese Rhenish Church HK Synod
	Hope-based group intervention for anxiety and mood disorders in Hong Kong	Mr. Law Yuen King Integrated Community Centre for Mental Wellness (Sham Shui Po), New Life Psychiatric Rehabilitation Association Ms. Choy Shan Shan, Susanna
	Positive Psychology: Enhancing students' hope and gratitude with cognitive behavioral coaching approach	Dr. Kwok Lai Yuk Ching, Sylvia & Miss Tong Kai Kit, Katrina Department of Applied Social Studies, City University of Hong Kong
16:40 – 17:00	Open Forum	
17:00	End of Conference	
<u>Day 3</u>		<u>Workshop</u>
7 Jan 2012 (Saturday)		Venue: Centre for Health Protection, Lecture Theatre
09:15 – 09:30	Registration	
09:30 – 12:30	Positive Psychotherapy Workshop (Part 1)	Instructor: Dr. Tayyab Rashid
12:30 – 14:00	Lunch	
14:00 – 17:00	Positive Psychotherapy Workshop (Part 2)	Instructor: Dr. Tayyab Rashid