Practical Intervention in Handling Childhood and Adolescent Disorders 2013

Introduction
Stewards is a charitable non-government organization, providing health care, education and social services in Hong Kong since 1962. Since 1988, we have been providing professional rehabilitation service for the mentally handicapped and the ex-mentally ill, focus to provide residential, vocational and community support for adolescents and adults with mental health problems. In 2010, Enrichment Practice Centre was further established and extended from our counseling service that aims at delivering multidisciplinary counseling services for children and their families with special developmental needs. This series is a combination of 6 courses aiming to equip professionals with in-depth knowledge and skills in handling childhood and adolescent disorders.

Aim
The goal of this integrated course is to equip professionals with up-to-date knowledge and hands-on skills on major childhood and adolescent disorders in regard to interviewing strategies, therapeutic assessment, formation of diagnosis and evaluation.
<table>
<thead>
<tr>
<th>DATE</th>
<th>COURSE</th>
<th>SPEAKER</th>
<th>PRESENTATION</th>
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</table>
| 19/04/2013 | PSY 1301 Early Psychosis: Diagnostic & Intervention Approaches | Dr. Lam Mei Ling, May            | · Introduction to early psychosis  
· Secondary prevention strategy: Early detection and treatment of symptoms of early psychosis  
· Intensive case management approach: How to monitor side effects of medication  
· Case sharing: The importance of psycho-education for patients and families that are new to the mental health system  
· Introduce service delivery measurement tools which help clinicians, administrators and researchers to assess the effectiveness of intervention efforts and to maintain accountability  
· Relapse prevention: Skills building (problem solving, social skills training, cognitive rehabilitation, family communication training), stress management and medication management |
| 31/05/2013 | PSY 1302 Attention-Deficit Hyperactivity Disorder: Prevalence, Signs, Symptoms & Social Intervention Skills | Dr. Lai Yee Ching, Kelly         | · What is ADHD? Prevalence, signs and symptoms and etiology  
· The likely learning and behavioral consequences of having ADHD  
· Review current treatment and social intervention skills for ADHD  
· Practical strategies for dealing with ADHD with cases studies  
· Community resources and support |
| 21/06/2013 | PSY 1303 Dyslexia: Assessment Tools & Case Sharing | Dr. Lau Kai Yan, Dustin          | · Brief introduction to the nature of dyslexia: Three children who may be dyslexia  
· Is dyslexia a gift? Individuals with dyslexia more likely to become millionaires  
· Supporting your child: How parents can help?  
· Supporting your client: How can a child survive in school?  
· Introduce a school based approach: How to enhance the reading and writing abilities of children |
| 13/9/2013  | PSY 1304 Autism & Asperger: Diagnosis and Effective Treatment in School-aged Children | Dr. Poon Mak Sui Man, Rachel     | · How to prevent and manage meltdowns or tantrums  
· How to handle behavioral problems collaboratively  
· How to support parents with stress and lifestyle changes for having autistic children |
18/10/2013  PSY 1305  Suicide Risk Assessment & Case Management of Difficult Adolescents  Ms. Wong Wai Lan, Eve

- Understanding the psychosocial clinical assessment of suicidality
- Suicide risk assessment: Principles and practice wisdom
- Hands-on practice in using HEADSSS Psychosocial Biopsy in engagement and case formulation
- Case study and risk management: Practical tips and community resources

13/12/2013  PSY 1306  Addiction & Anxiety  Dr. Chen Yuk Lun, Ronald

- Clinical course and etiology for addiction and anxiety
- Review current medical and psychological treatment and intervention
- Community resources and support

Language
Cantonese supplemented with English

Target
Social workers, counsellors, teachers and allied helping professionals

Venue
The Good Lab
(L1, The Sparkle, 500 Tung Chau Street, Cheung Sha Wan, Kowloon)

Fee of each course

<table>
<thead>
<tr>
<th>Early Bird</th>
<th>Regular</th>
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<tbody>
<tr>
<td>PSY 1301 (on or before 08 Mar 2013)</td>
<td>HK$ 350@</td>
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<tr>
<td>PSY 1302 (on or before 19 Apr 2013)</td>
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<tr>
<td>PSY 1303 (on or before 10 May 2013)</td>
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<td>PSY 1304 (on or before 02 Aug 2013)</td>
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<td>PSY 1305 (on or before 06 Sept 2013)</td>
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<tr>
<td>PSY 1306 (on or before 01 Nov 2013)</td>
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<tr>
<td>Special price for registration of all 6 courses on or before 08 March 2013</td>
<td>Only HK$1200</td>
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Apply NOW !!!  Tel: 2790 1511  Fax: 2790 4209  Email: ssb@stewards.org.hk
**Speakers**

**PSY 1301**
*Dr. Lam Mei Ling, May 林美玲*
Psychiatrist
Honorary Clinical Assistant Professor, Department of Psychiatry, The University of Hong Kong
MB.BS, BSc (Med) (Australia), MRCPsych(UK), FHKCPsych, FHKAM(Psychiatry)
Deputy Chief of Clinical Affairs
Honorary Associate Consultant

Dr May Lam is a Specialist Psychiatrist and an Honorary Clinical Assistant Professor at the Department of Psychiatry, Faculty of Medicine, the University of Hong Kong. Dr Lam graduated in the University of New South Wales, Australia in 1995, and has held Research Fellowship at the Department of Social Medicine, Harvard Medical School, Harvard University in 2004.

Dr Lam has been working in youth mental health and for almost 15 years, specializing in various child and adolescent emotional and behavioural problems, attention deficit disorder, eating disorders etc.

Dr Lam has been actively involved in research in high risk population and early psychosis. Her research focuses on youth mental health and the prodrome of psychosis. Dr Lam has published various papers in international and local peer-reviewed journals and she is an Editorial Board Member for the East Asian Archives of Psychiatry, as well as reviewer for various international peer reviewed scientific journals. She has made numerous oral presentations at various regional and international academic conferences over the past years. She has been actively involved in training local mental health professional and promoting health education by delivering educational talks in general public.

**PSY 1302**
*Dr. Lai Yee Ching, Kelly 黎苡菁*
Associate Professor (clinical)
Department of Psychiatry
The Chinese University of Hong Kong
MB.BS, MRCPsych, FHKCPsych, FHKAM(Psychiatry)
Honorary Consultant, Against Child Abuse
Honorary Advisor, Project Aspire, Institute of Education
Executive Committee Member, Society of Boys’ Centers
Honorary Consultant, Stewards Enrichment Practice

Dr. Kelly Lai has been working as a Child Psychiatrist and teaching in Department of Psychiatry, The Chinese University of Hong Kong for over 20 years. Her research interests lie mainly in eating disorders and ADHD. While most of her work has focused on childhood mental health assessment, intervention and related service for primary prevention, she is an active honorary consultant for community support services for childhood disorders. Apart from her solid clinical teaching experience as mentioned, she has joined with Department of Psychiatry, The Chinese University of Hong Kong delivering “The certificate course in mental health: Child and Adolescent Psychiatry” for medical practitioners and health care professionals who have interests in advancing mental health care annually since 2000.

**PSY 1303**
*Dr. Lau Kai Yan, Dustin 劉啟欣*
Assistant Professor, Department of Special Education and Counseling, The Hong Kong Institution of Education
Ph.D., The University of Hong Kong
B.Sc. (Speech & Hearing Sc.), The University of Hong Kong
Full member of the Hong Kong Association of Speech Therapist

Dr. Dustin Lau earned his Ph. D. in Speech and Hearing Sciences from the HKU. Before joining the Hong Kong Institution of Education, he worked as a speech therapist and clinical instructor in a variety of settings which equipped him with rich frontline experience working with clients with different communication disorders. His research interests lie mainly in clinical psycholinguistics and neurolinguistics. While most of his work has focused on reading development in Chinese, developmental dyslexia in Chinese and its assessment and treatment, he is also interested in conducting research in language development and disorders.
PSY 1304
Dr. Poon Mak Sui Man, Rachel 潘麥瑞雯
Clinical Psychologist
B.Sc. (Hons), B. A. (Hons), M. Soc. Sc. (Clinical Psychology)
D. Psych. (Clinical Psychology), AAMFT Approved Supervisor

Dr. Rachel Poon had been a Senior Clinical Psychologist working in the Child and Adolescent Mental Health Service of Kwai Chung Hospital for over 20 years. She began to study extensively in family approaches to psychological interventions since early 1980s. Her research interests lie mainly in psychiatric setting with special focus on autistic children. She has solid clinical supervision and direct service experience in handling children and families suffering from childhood disorders; she has extensive experience in professional training and development. Her strong interests and passion for serving children with Autism drive her to serve voluntarily in various committees of NGOs concerned with services for autistic children. Besides regular workshop and training for various voluntary agencies, Dr. Rachel Poon is also an Adjunct Associate Professor teaching clinical psychology students at the Department of Psychology, CUHK.

PSY 1305
Ms. Wong Wai Lan, Eve 黃慧蘭
Clinical Social Worker, Adolescent Medical Centre, Department of Paediatrics, Queen Elizabeth Hospital
Bsc., MSW (HKU), PCCC (Hons), CST

Ms. Eve Wong has been working as a clinical social worker in a multidisciplinary team at the Queen Elizabeth Hospital since 1995. She has extensive experience in working with complex childhood and adolescent psychopathologies. Besides, she also provides clinical supervision to postgraduate social work students, practicing social workers and counselors, as well as training for teachers, social workers, psychologists, nurses, pediatricians and other allied health professionals. Her expertise is in various clinical areas: Adolescent Psychotherapy, Sexuality, Satir Model, Use of Expressive Arts and Play, and Group Treatment.

PSY 1306
Dr. Chen Yuk Lun, Ronald 陳玉麟
Psychiatrist
Honorary Clinical Assistant Professor, Department of Psychiatry, The University of Hong Kong
B. Sc (Biomed Sc.), MB.BS (HK), MRCPsych (UK), FHKCPsych, FHKAM (Psychiatry)
Honorary Consultant, Stewards Enrichment Practice

Dr. Ronald Chen has been working as psychiatrist since 1991 and has been teaching in the Department of Psychiatry, University of Hong Kong for over 20 years. His research interests lie mainly in on the neurobiology of mental disorders and maladaptive human behavior, e.g. suicide, excessive gambling, substance abuse, impulsivity and sensation seeking. Moreover, the interface between psychiatry and medicine is another one of his research foci.

He is an active honorary consultant for community support service for gambling and substances rehabilitation services. He has solid clinical experience in handling adolescent disorders and is a well known speaker both for professionals and the community.
# Application Form

## A. Applicant Information

Name of Applicant: ___________________________ (full name in English)  
Tel: ___________________  
Email: ____________________________

Correspondence Address: ____________________________

Occupation: ____________________________  
Organization: ____________________________

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## B. Please [ ] which course(s) you intend to enroll:

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<td>13/12/2013</td>
<td>PSY 1306 Addiction &amp; Anxiety</td>
<td>Dr. Chen Yuk Lun, Ronald</td>
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## C. Course Fee

### Fee of each session

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| Regular                                              | HK$ 350 @  |

### Special price

| All 6 courses (PSY 1301, 1302, 1303, 1304, 1305, 1306) | Only HK$1200 (on or before 08 March 2013) |

Total Course Fee: HK$

Cheque No.: ____________________________  
Bank: ____________________________  
Amount: HK$ ____________

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### How to apply

Application forms are obtainable on-line from [www.stewards.org.hk](http://www.stewards.org.hk) or by calling Ms Kwok 2790-1511.

For registration, please send the completed application form with a crossed cheque made payable to “Stewards Limited” and mail to:

1/F, 145 Hong Ning Road, Kwun Tong, Kowloon, Hong Kong  
Attention: Social Service Branch

### Important Notes

- Registration is on first-come-first-served basis.
- Official receipt and certificate of attendance will be distributed on the day of the course.
- Receipt acknowledgement and application result will be sent by email.
- Payment is non-refundable, and registration is non-transferable.
- Refund will only be arranged upon course cancellation by the organizer.
- If either a Typhoon No.8 (or higher) or a Rainstorm Black Warning Signal is hoisted or in force at or after 11:00a.m, the session of the workshop will be cancelled automatically.
- The organizer reserves the right to make any change to the courses without prior notice.