



Rethink **Mental Health** in the Context of **Spirituality** — From **Concept** to **Practice**

Workshop Details

Workshop A

Facilitating and Sustaining a long-term Mutual Support Group for Persons in Mental Recovery



Dr. LUK Leung, Andrew, RN, PhD

Honorary General Secretary, Christian Oi Hip Fellowship

This workshop aims to share the experiences in organizing, facilitating, sustaining a long-term mutual support group for the mentally recovered. The content of the group, the ways of facilitating, the essential components of sustainability will be shared.

Target Audience: Healthcare professionals, social workers, pastors, fellowship leaders, counsellors, peer support workers

Workshop B

Introduction to Music Therapy and Experiential Workshop



Ms. HO Yong Yan, Joanna & Mr. MAK Chun Yin, Ican

Music Therapist

By means of experiential learning to know about music therapy, its background, objectives and clinical applications.

Target Audience: Healthcare professionals, social workers, pastors, fellowship leaders, counsellors, peer support workers

Workshop C

Plant Self-Healing - Colorful Moss Ball Workshop



Ms. TAM Sin Yi, Xenia

Project Officer, Christian Oi Hip Fellowship

Horticultural Spiritual and Life Education Instructor

Flower Therapist

Through water moss, plants, and colorful threads, handcraft a unique moss ball house plant that is not only aesthetically pleasing but also allows you to feel the healing power brought by plants, helping your mind find a moment of serenity.

Target Audience: Participants who love handicrafts, plants, or anyone looking to relax their body and mind



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Workshop D

Spiritual Connectivity Intervention for Individuals with Depression



Dr. LEUNG Lai Fun, Judy

Senior Lecturer, School of Nursing & Health Sciences, Hong Kong Metropolitan University

This workshop aims to share the experiences in conducting a spiritual connectivity intervention group for clients with depressive symptoms. The spiritual connectivity intervention group includes intervention skills from cognitive behavioural therapy, positive psychology and spiritual practices. The content of the intervention and the facilitation skills will be shared.

Target Audience: Healthcare professionals, social workers, pastors, fellowship leaders, counsellors, peer support workers

Workshop E

Transformative Spirituality and Spiritual Practice



Dr. PAN Yi Jung

Lam Ko Kit Tak Associate Professor (Practical Studies), China Graduate School of Theology

The workshop will introduce the important elements that the Christian faith provides for the promotion of spiritual transformation, the fundamentals and various spiritual practices that benefit mental health, and how to establish a spiritual lifestyle and habits that are conducive to mental health.

Target Audience: All

Seats are limited!
Priority will be given to those
who attended the morning symposium.

Enquiry

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