

Organizers



基督教愛協團契
Christian Oi Hip Fellowship Limited



Department of
Social and Behavioural Sciences
香港城市大學
City University of Hong Kong

Co-Organizers



雅麗氏何妙齡那打素慈善基金會
那打素全人健康持續進修學院
Nethersole Institute of Continuing Holistic Health Education (NICHE)
Alice Ho Miu Ling Nethersole Charity Foundation



香港職業治療學會
Hong Kong Occupational Therapy Association

Spirituality in Promoting Post-Traumatic Growth

6 June 2026 (Saturday) 9:30am - 4:30pm

Joseph Lee Hall (LI3505), 3/F Li Dak Sum Yip Yio Chin Academic Building, City University of Hong Kong

With last year's success in co-organizing the symposium regarding spirituality and mental health with CityUHK and in light of the recent tragedy of the Tai Po fire, this year, Christian Oi Hip Fellowship continues to jointly organize with CityUHK a symposium focuses on the importance of spirituality in promoting post-traumatic growth.

Objectives of this symposium include:

1. To promote the role of spirituality in dealing with traumas, especially among persons in mental recovery.
2. To share different psychotherapy approaches or resources in dealing with clients with trauma.

Target Participants: Social workers, nurses, occupational therapists, counsellors, pastors, practitioners and students of helping professions, and trained volunteers supporting persons in mental recovery.

MORNING PLENARY



Prof. KWAN Shui Man, Simon, PhD

Associate Director (Academic Affairs), Divinity School of Chung Chi College,
The Chinese University of Hong Kong

Spirituality - A Protective Factor for Traumatic Events



Dr. TONG Kwok Kwun, Anthony, EdD, FHKPS, RCP (HKPS)

Adjunct Associate Professor, Department of Social Work and Social Administration,
The University of Hong Kong

Cultivating Psychological Flexibility as the Healing Power for Trauma



Prof. YOUNG Kim Wan, Daniel, RSW, PhD

Discipline Leader, Social Work and Counseling Discipline,
Associate Professor, Department of Social and Behavioural Science, City University of Hong Kong

Narrative Therapy Facilitating Post-Traumatic Growth

AFTERNOON WORKSHOPS

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

- A. Achieving Spiritual Transformation after Traumatic Events:
Self Healing and Supporting Others (by Dr. LUK Leung, Andrew)
- B. Family Resilience and Post-Traumatic Growth (PTG) (by Mr. WAN Sing Hin, Maurice)
- C. Little Moments, Bigger Hearts: Exploring Resilience Through
Expressive Arts When Facing Trauma (by Ms. HUNG Hoi Yi, Phoebe)
- D. The Restorative Power of Nature:
Spiritual Horticultural Workshop (by Ms. TAM Sin Yi, Xenia)

CE Points:

- **CNE (Nurse) and CPD (SW)**
AM / PM: 2 pts | Whole Day: 4 pts
- **CPD (OT)**
AM / PM: 1 pt | Whole Day: 2 pts
- Face-to-face only
- Will be conducted in Cantonese
- An e-certificate will be issued to participants upon 100% attendance.

FREE REGISTRATION



Online
Application
Form

Application Deadline
22 May 2026 (Friday)
11:59pm

CONTACT US

Ms. Joanne LUI and Ms. Angel YAN
2958 1770 | office@oihip.org.hk

For latest information,
please visit Oi Hip website at
www.oihip.org.hk

Supporting Organizations (In alphabetical order)



Spirituality in Promoting Post-Traumatic Growth

Plenary Details



Spirituality - A Protective Factor for Traumatic Events

Prof. KWAN Shui Man, Simon, PhD

*Associate Director (Academic Affairs), Divinity School of Chung Chi College,
The Chinese University of Hong Kong*

Trauma is more than just a psychological shock; it is a profound physiological imprint. To transform "spirituality" into a protective factor against trauma, we must dismantle the traditional dualism between mind and body. In this session, the speaker explores how to transcend these boundaries by reimagining spirituality through the lens of "Embodied Spirituality." By treating the mind and body as an integrated field for healing and prevention, we will discover how spirituality is deeply rooted in neurobiological processes—offering a spiritual force that fosters a holistic resilience for trauma recovery and prevention.



Cultivating Psychological Flexibility as the Healing Power for Trauma

Dr. TONG Kwok Kwun, Anthony, EdD, FHKPS, RCP (HKPS)

*Adjunct Associate Professor, Department of Social Work and Social Administration,
The University of Hong Kong*

Cultivating psychological flexibility in Acceptance and Commitment Therapy can be a powerful healing pathway for trauma. It helps people make room for painful thoughts, emotions, and body memories without being controlled by them, so they can respond with choice rather than fear. By practicing acceptance, mindfulness, and values-based action, trauma survivors can reduce avoidance and rebuild a sense of safety, purpose, and agency. Over time, this flexibility supports resilience, self-compassion, and deeper recovery, turning suffering into an opportunity for growth and meaningful living.



Narrative Therapy Facilitating Post-Traumatic Growth

Prof. YOUNG Kim Wan, Daniel, RSW, PhD

*Discipline Leader, Social Work and Counseling Discipline,
Associate Professor, Department of Social and Behavioural Science, City University of Hong Kong*

Narrative therapy can facilitate post-traumatic growth by helping individuals reframe their relationship with traumatic experiences, shifting from a story of loss and pain to one of agency, meaning, and resilience. Specifically, narrative therapy can help individuals re-author their identity and move from being a "helpless victim" to a "resilient survivor", find meaning in traumatic experiences and recognise what matters after loss, and improve their relationships with and reliance on God.

Spirituality in Promoting Post-Traumatic Growth

Workshop Details

Workshop A



Achieving Spiritual Transformation after Traumatic Events: Self Healing and Supporting Others

Dr. LUK Leung, Andrew, RN, PhD

Honorary General Secretary, Christian Oi Hip Fellowship

What is the meaning of spiritual transformation? What can we learn from survivors of traumatic events for spiritual health? This workshop aims to explore means for life enrichment after traumatic events and learn to be a supporter to those in needs of spiritual care.

Target Audience: Social workers, nurses, occupational therapists, counsellors, pastors, practitioners and students of helping professions, and trained volunteers supporting persons in mental recovery.

Workshop B



Family Resilience and Post-Traumatic Growth (PTG)

Mr. WAN Sing Hin, Maurice, HKROT

*Registered Occupational Therapist
Marriage and Family Therapist*

Family resilience serves as a critical foundation for post-traumatic growth (PTG) by providing a stable, supportive environment that facilitates a trauma survivor from survival to psychological transformation. The workshop will introduce the concept, essential and interacting components of family resilience, and the mechanism of how it contributes to PTG. Ways to develop family resilience will be discussed.

Target Audience: Participants who are interested in family resilience and post-traumatic growth, and preferably with experiences in serving people with trauma.

Spirituality in Promoting Post-Traumatic Growth

Workshop Details

Workshop C



Little Moments, Bigger Hearts: Exploring Resilience Through Expressive Arts When Facing Trauma

Ms. HUNG Hoi Yi, Phoebe, RN

Registered Arts Therapist (Expressive Arts, ANZACATA)

Registered Nurse

Step into a gentle, welcoming space where small creative moments—like bubble-blowing breath—help you explore steadiness, especially when supporting others feels heavier amid tough times.

This workshop offers expressive pathways to resilience when facing trauma: those moments when stress pulls us from groundedness, and the soft ways we can ease back into our body's steady wisdom.

Together, you are warmly invited to explore inner strength through somatic awareness and creative expression—discovering the gentle ways these companions may support emotional balance and resilience building.

No prior art experience is needed—just come as you are.

Target Audience: Social workers, nurses, occupational therapists, counsellors, pastors, practitioners and students of helping professions, and trained volunteers supporting persons in mental recovery.

Warm Remark: Wear comfortable clothes for ease of movement.

Workshop D



The Restorative Power of Nature: Spiritual Horticultural Workshop

Ms. TAM Sin Yi, Xenia

Project Officer, Christian Oi Hip Fellowship

Horticultural Therapist

Spiritual Horticultural and Life Education Activities Instructor

This workshop aims to support participants in expressing and processing post-traumatic emotions, while promoting psychological growth and recovery through the therapeutic use of horticulture.

Target Audience: Social workers, nurses, occupational therapists, counsellors, pastors, practitioners and students of helping professions, and trained volunteers supporting persons in mental recovery.