

# Spirituality

## in Promoting Post-Traumatic Growth

### Symposium Rundown

9:00 - 9:30

Registration

9:30 - 9:55

Opening Ceremony

9:55 - 10:30

**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*

10:30 - 11:05

**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*

11:05 - 11:25

Tea break

11:25 - 12:00

**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*

12:00 - 12:10

**From Toil to Companionship: Carrying Life Through Weakness**

**Mr. HO Chun Yam**

*Sharing of Growth Experience from Trauma by a Person in Mental Recovery*

12:10 - 12:35

Q &amp; A

12:35 - 14:30

Lunch Break

14:30 - 16:30

Workshop

- |  |                           |         |
|--|---------------------------|---------|
| A. <b>Achieving Spiritual Transformation after Traumatic Events:<br/>Self Healing and Supporting Others</b>  | Dr. LUK Leung, Andrew     | LI 3505 |
| B. <b>Family Resilience and Post-Traumatic Growth (PTG)</b>  | Mr. WAN Sing Hin, Maurice | LI 3614 |
| C. <b>Little Moments, Bigger Hearts: Exploring Resilience<br/>Through Expressive Arts When Facing Trauma</b> | Ms. HUNG Hoi Yi, Phoebe   | LI 1511 |
| D. <b>The Restorative Power of Nature:<br/>Spiritual Horticultural Workshop</b>                              | Ms. TAM Sin Yi, Xenia     | LI 1601 |