



Hong Kong Family Welfare Society 70th Anniversary
**Symposium on
Family Wellbeing in a Changing Society**
Hong Kong Convention and Exhibition Centre

17th May 2019



PROGRAMME BOOK

Sole Sponsor:



Supporting Organisations:



家庭議會
Family Council
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Welcome Message



It is my pleasure to welcome you to the 70th Anniversary Symposium of the Hong Kong Family Welfare Society (HKFWS). The theme “Family Wellbeing in a Changing Society” reflects the Society’s mission and dedication to promote family wellbeing in our ever-changing society. We are grateful to have the staunch support of the Lee Kum Kee Family Foundation as our sole sponsor and our thanks also extend to the partners of this Symposium: The Family Council and The Hong Kong Council of Social Service as our treasured supporting organisations.

The Symposium features keynote speeches on family wellbeing in the global and local context. Being a forerunner in putting the concept of family wellbeing into practice, Dr. Anjali Doshi-Gandhi will introduce the Malaysia’s experience of establishing the maiden Family Wellbeing Index, which has become not only a set of indicators measuring the various dimensions of family wellbeing, but also an indispensable point of reference in policy formulation in the country. As family relationships are increasingly influenced by Information and Communication Technologies (ICT) across the globe, Dr. Kasisomayajula “Vish” Viswanath from the Harvard T.H. Chan School of Public Health will share with us his findings and their impact on family wellbeing. In an endeavor to measure and keep track of the wellbeing of Hong Kong families, the HKFWS has commissioned The Chinese University of Hong Kong to develop a Hong Kong Family Wellbeing Index. Spearheading this study are Prof. Joyce Ma and Prof. Mooly Wong who will debut the newly established Index. With all these setting the scene, professionals from different sectors are brought together in a session to exchange ideas and thoughts on how to better promote family wellbeing in our society.

The second half of the Symposium is devoted to the sharing of empirical studies and practices related to family wellbeing. Among the presenters are renowned local practitioners and professionals from the HKFWS who have been working extensively on family issues through various initiatives and collaborations.

I believe this Symposium will be a good platform for a meaningful discourse among professionals, practitioners and other stakeholders who are passionate about family matters. I look forward to seeing you and working together at the Symposium to promote family wellbeing in Hong Kong.

Amarantha Yip

Executive Director

Hong Kong Family Welfare Society

Programme

Time	Programme
08:30 – 09:00	Registration
09:00 – 09:25	<p>Welcome & Opening Theatre 1</p> <p>Guest of Honour: Dr. Law Chi Kwong, GBS, JP <i>Secretary for Labour and Welfare, Hong Kong SAR Government</i></p>
09:25 – 11:15	<p>Family Wellbeing in the Global and Local Context <i>(To be conducted in English)*</i> Theatre 1</p> <ul style="list-style-type: none"> • Family Wellbeing Index – Pioneering Actions to Build a Better Society Dr. Anjali Doshi-Gandhi <i>Former Deputy Director General of the National Population and Family Development Board Malaysia, Ministry of Women, Family and Community Development</i> • Family Wellbeing and ICTs: Challenges and Opportunities Dr. Kasisomayajula “Vish” Viswanath <i>Lee Kum Kee Professor of Health Communication, Co-Director, The Lee Kum Sheung Center for Health and Happiness, The Harvard T.H. Chan School of Public Health</i> • The Development of Family Wellbeing Index in Hong Kong Professor Joyce Ma <i>Professor of Department of Social Work, The Chinese University of Hong Kong</i> Professor Mooly Wong <i>Assistant Professor of Department of Social Work, The Chinese University of Hong Kong</i> <p>Moderator: Professor Daniel Shek, BBS, SBS, JP, Chairman, Family Council</p>
11:15 – 11:30	Coffee break
11:30 – 12:45	<p>Co-creating Family Wellbeing in Hong Kong – A Dialogue Theatre 1 <i>(To be conducted in Cantonese)*</i></p> <p>Panel Speakers:</p> <ul style="list-style-type: none"> • Professor Chiu Chi Yue <i>Dean of Social Science, Choh-Ming Li, Professor of Psychology, The Chinese University of Hong Kong</i> • Ms. Cecilia Lau <i>Consultant, Deacons Hong Kong</i> • Mr. Christopher Law <i>Founding Director, The Oval Partnership</i> • Mr. Jimmy Wu <i>Director, District Health Centre Team, Food and Health Bureau of the Hong Kong SAR Government</i> <p>Moderator: Mr. CHUA Hoi Wai, Chief Executive, HKCSS</p>
12:45 – 14:15	<p>Lunch Break</p> <p><u>13:00-14:10</u> Luncheon (by invitation) Room S221</p> <p>The Future of Family Wellbeing – A Paradigm Shift in the Policy and Social Context Professor Laura Kubzansky <i>Professor of Social and Behavioral Sciences, Co-Director, The Lee Kum Sheung Center for Health and Happiness; Director of the Society and Health Laboratory, The Harvard T.H. Chan School of Public Health</i></p>

Programme

14:15 – 15:15	<p>Working Transgenerationally – A Clinical Discussion on Family Dynamics and Treatment <i>(To be conducted in English)</i>[#] <i>Theatre 1</i></p> <p>Dr. Lee Wai Yung <i>Clinical Director, The Asian Academy of Family Therapy and Shanghai Aitia Family Institute; Honorary Associate Professor, The University of Hong Kong; Founding Director, The HKU Family Institute; Faculty Member of the Minuchin Center for the Family in New York, USA</i></p>
15:15 – 15:30	Coffee Break
15:30 – 16:30	<p>Enhancing Family Wellbeing in Practice – Topical Workshops <i>(To be conducted in Cantonese)</i></p> <ul style="list-style-type: none"> <li data-bbox="335 689 1441 936"> <p>• Workshop 1: Restore Family Functioning in Crisis (I) – Domestic Violence <i>Room S222-223</i></p> <p>Ms. Florence Li <i>Senior Manager, The Hong Kong Family Welfare Society</i></p> <p>Ms. Bonnie Wong <i>Social Worker, The Hong Kong Family Welfare Society</i></p> <p>Ms. Ho Wing Yi <i>Social Worker, The Hong Kong Family Welfare Society</i></p> <li data-bbox="335 981 1441 1227"> <p>• Workshop 2: Enhancing Connection and Wellbeing of University Students, Families and Young Children through Mindfulness Programme <i>Room S224-225</i></p> <p>Dr. Leung Yuk Ki <i>Associate Professor of Practice in Social Work, Department of Social Work, The Chinese University of Hong Kong</i></p> <p>Ms. Lo Hoi Yan <i>Social Worker, The Hong Kong Family Welfare Society</i></p> <li data-bbox="335 1272 1441 1440"> <p>• Workshop 3: Support to Elders /and Caregivers in the Community <i>Room S226-227</i></p> <p>Ms. Stephanie Wong <i>Social Work Consultant, The Hong Kong Family Welfare Society</i></p> <p>Mr. Jason Ng <i>Manager, The Hong Kong Family Welfare Society</i></p> <li data-bbox="335 1485 1441 1870"> <p>• Workshop 4: Enhancing Family Wellbeing of Multi-generational Families <i>Room S228</i></p> <p>- Gearing Up for 3rd Age and Multi-generational Capacity Building</p> <p>Professor Daniel Lai <i>Chair Professor and Head of the Department of Applied Social Sciences, Director of Institute of Active Ageing, The Hong Kong Polytechnic University</i></p> <p>- Working on In-law Relationship in Multi-generational Families</p> <p>Dr. Tabitha Ng <i>Assistant Professor, Department of Social Work, The Hong Kong Shue Yan University</i></p> <p>Ms. Connie Yau <i>Senior Social Worker, The Hong Kong Family Welfare Society</i></p>

Programme

16:30 - 17:30	<p>Enhancing Family Wellbeing in Practice - Topical Workshops <i>(To be conducted in Cantonese)</i></p> <ul style="list-style-type: none"> <p>• Workshop 5: Restore Family Functioning in Crisis (II) – Grief Work <i>Room S222-223</i> Professor Chan Yuk Chung <i>Associate Dean, Faculty of Social Sciences, HKCT Institute of Higher Education</i></p> <p>Dr. Ho Kwok Leung <i>Associate Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University</i></p> <p>Ms. Lau Ching Yee <i>Professional Consultant</i></p> <p>Mr. Tse Tsz Ho <i>Social Worker, The Hong Kong Family Welfare Society</i></p> <p>Ms. Chow Ching Yung <i>Social Worker, The Hong Kong Family Welfare Society</i></p> <p>• Workshop 6: Conflict Resolution for Divorced Families <i>Room S224-225</i> Mr. Patrick Chung <i>Mediation Services Coordinator, The Hong Kong Family Welfare Society</i></p> <p>• Workshop 7: Financial Literacy and Family Wellbeing <i>Room S226-227</i> Professor Minseop Kim <i>(To be conducted in English)</i> <i>Assistant Professor of Department of Social Work, The Chinese University of Hong Kong</i></p> <p>Ms. Venus Chan <i>Manager, The Hong Kong Family Welfare Society</i></p> <p>Ms. Hedy Wong <i>Social Worker, The Hong Kong Family Welfare Society</i></p> <p>• Workshop 8: Working on Grandparents-grandkids Relationship in Multi-generational Families <i>Room S228</i></p> <ul style="list-style-type: none"> - Stem Co-Learning Brings Cross-generation Learning <p>Dr. Anthony Kong <i>Senior Lecturer, Department of Communication Design and Digital Media, Hong Kong Design Institute (HKDI); Associate Director, HKDI Media Lab</i></p> <ul style="list-style-type: none"> - Building Cross Generation Connections through Reading <p>Mr. Kenny Or <i>Picture books collector and publish planner of Picture books</i></p>
17:30	End of Symposium

* The programme is subject to change without prior notice.

Simultaneous interpretation between English and Cantonese will be provided.

Speaker

Family Wellbeing in the Global and Local Context



Dr. Anjali Doshi-Gandhi

*Former Deputy Director General of the National Population and Family Development Board Malaysia,
Ministry of Women,
Family and Community Development*

Anjali Doshi (Ph.D) was formerly the Deputy Director General (Policy) of the National Population and Family Development Board Malaysia, Ministry of Women, Family and Community Development, Malaysia. She retired in May 2017. Key work responsibilities included the development of family development training modules, policy planning, development and implementation, family development initiatives and programs on parenting and reproductive health, social and family research, advocacy, and training. She has a Bachelor of Arts (Honors) in Mass Communication from University Sains Malaysia, Masters of Science (Family Development and Parenting) from University Putra Malaysia and a PhD in Family Ecology. Her PhD was on "Family Functioning and Child Well-Being in Single Mother Families: The Influence of Risk and Protective Factors". She has been directly involved in pioneering the conceptualization and development of the Malaysian Family Well-Being Index, formulation of the National Family Policy and Plan of Action, Malaysian Population and Family Survey and The Population Strategic Plan. She is also one of the writers for the SMARTSTART Pre-marriage Program, Fathering, Adolescent Wellbeing, Parenting@Work and Grand-parenting modules. She has more than 35 year experience as a trainer and educator in the areas of marriage, parenting, adolescent development and family life. She has presented many papers at the national and international level. She was a member of The International Exco Board of Advisors for The World Family Map Project (WFMP) from 2010 to 2015. In 2015, Dr. Anjali Doshi was given the World Family Award by the World Family Organisation for her contribution to the development and wellbeing of Malaysian Families. Dr Anjali received a special excellent service award in 2012 and 2017. In 2017, she was appointed as a member of the Regional Family Focal Point Task Force by the World Family Organisation. She has also received an award from Power Malaysia called the " Malaysian Indian Women Star Award in recognition of her outstanding achievement in the civil service sector" in 2012 which was presented by the Wife of the Prime Minister.

Speaker

Malaysian Family Wellbeing Index (MFWBI) - Pioneering Actions To Build A Better Society

Currently, Malaysian families face many challenges as a consequence of the changes in their structure and dynamics, rural-urban migration, the increase in the proportion of nuclear families, the need to balance family and career, family relationships and changing lifestyles. Realizing that the wellbeing of the family is key goal in the development of the country, the National Population and Family Development Board (NPFDB), an agency under the Ministry of Women, Family and Community Development (MWFCD), pioneered the development of the Malaysian Family Wellbeing Index (MFWBI) in 2011. Taking into cognizance that family wellbeing is a multi-dimensional concept that encompasses various aspects of the living conditions and wellbeing of individuals or families, the MFWBI (2011) consisted of seven domains; Family Functioning, Economy, Health, Safety, Community, Religion and Spirituality, and Housing and Environment and 23 indicators. The MFWBI (2011) score was 7.55 out of 10, indicating that Malaysian families have a moderately high level of well-being and are able to manage the challenges of development. Family and Religion/Spirituality recorded the highest score, followed by Family Relationship and Family and Community. Data for the index has to be collected periodically, to enable the monitoring of the wellbeing of families and to provide directions for the development of family-friendly interventions. Hence, the 2nd MFWBI was conducted in 2016 and it consisted of 1 new domain, that is, family and communication technology. The 2nd MFWBI score was 7.33 out of 10. The Family and Religion/Spirituality domain had the highest score followed by Family and Safety, and Family Relationship. In conclusion, family wellbeing indicators can provide valuable inputs to improve the design of existing policies and programs as well as new programs besides moving beyond the "silo" approach to synergising between different multi sectoral interventions that impact families.

Speaker

Family Wellbeing in the Global and Local Context



Dr. Kasisomayajula "Vish" Viswanath

*Lee Kum Kee Professor of Health Communication,
Co-Director, Lee Kum Sheung Center for Health and Happiness,
The Harvard T.H. Chan School of Public Health*

Dr. K. "Vish" Viswanath is Lee Kum Kee Professor of Health Communication in the Department of Social and Behavioral Sciences at the Harvard T. H. Chan School of Public Health (HSPH) and in the McGraw-Patterson Center for Population Sciences at the Dana-Farber Cancer Institute (DFCI). He is also the Faculty Director of the Health Communication Core of the Dana-Farber/Harvard Cancer Center (DF/HCC). Other additional administrative and scientific leadership positions held by Dr. Viswanath include: Director of the Center for Translational Communication Science, DFCI/Harvard Chan; Co-Director, Lee Kum Sheung Center for Health and Happiness, Harvard Chan; Director, Harvard Chan, India Research Center and Program. He is the founding Director of DF/HCC's Enhancing Communications for Health Outcomes (ECHO) Laboratory.

Dr. Viswanath's work, drawing from literatures in communication science, social epidemiology, and social and health behavior sciences, focuses on translational communication science to influence public health policy and practice. His primary research is in documenting the relationship between communication inequalities, poverty and health disparities, and knowledge translation to address health disparities. He has written more than 240 journal articles and book chapters concerning communication inequalities and health disparities, knowledge translation, public health communication campaigns, e-health and digital divide, public health preparedness and the delivery of health communication interventions to underserved populations. He is the Co-Editor of four books and monographs: *Mass Media, Social Control and Social Change* (Iowa State University Press, 1999), *Health Behavior and Health Education: Theory, Research & Practice* (Jossey Bass, 2015), *The Role of Media in Promoting and Reducing Tobacco Use* (National Cancer Institute, 2008) and *A Socioecological Approach to Addressing Tobacco-Related Health Disparities* (National Cancer Institute, 2017). He was also the Editor of the Social and Behavioral Research section of the 12-volume *International Encyclopedia of Communication* (Blackwell Publishing, 2008).

In recognition of his academic and professional achievements, Dr. Viswanath received several awards including the Postdoctoral Mentor of the Year Award from the Dana-Farber Cancer Institute, Joseph W. Cullen Memorial Award For Excellence in Tobacco Research, American Society for Preventive Oncology, the Dale Brashers Distinguished Mentorship Award, National Communication Association, Outstanding Health Communication Scholar Award jointly given out by the International Communication Association and the National Communication Association and the Mayhew Derryberry Award from the American Public Health Association (APHA) for his contribution to health education research and theory and the CLA Alumnus of Notable Achievement, University of Minnesota. He delivered the 23rd Annual Aubrey Fisher Lecture at University of Utah in 2009. He was elected Fellow of the International Communication Association (2011), the Society for Behavioral Medicine (2008) and the Midwest Association for Public Opinion Research (2006).

Speaker

Family Wellbeing and ICTs: Challenges and Opportunities

Dr. Kasisomayajula "Vish" Viswanath¹; Mesfin Bekalu, PhD; Allison Baker, MPH; Rachel McCloud, ScD
¹Lee Kum Kee Professor, Harvard T. H. Chan School of Public Health (HSPH) & Dana-Farber Cancer Institute (DFCI); Director, Center for Translational Health Communication Science, DFCI/HSPH; Director, Harvard Chan India Research Center; Co-Director, The Lee Kum Sheung Center for Health and Happiness

The broad and deep penetration of information and communication technologies (ICTs) in the 21st Century is having a profound influence on the way we work, live and play. It is this strong influence, both in perception and reality, that has raised alarms among many sections of the society on the negative effects of ICTs, particularly social media and smartphones. Many believe that smartphones and social media are adversely affecting our well-being by impinging on family time, engendering family conflicts and reducing family cohesion among many other ills. Some have gone on to pathologize ICT use by drawing attention to their potential for addiction. If we indeed accept these propositions as tenable, then they call for severely restrictive policies of ICT use at all levels including in the families. But what is the truth? What is the nature and strength of evidence that we have about the impact of social media and smartphones on family, social and psychological well-being? What implications can we draw for families and the society from the current state of the science? We will attempt to illuminate some of these issues by drawing on the empirical work that has been done in field so far and discuss where we should go next in our policies, practice and research.

Speaker

Family Wellbeing in the Global and Local Context



Professor Joyce Ma

*Professor of Department of Social Work,
The Chinese University of Hong Kong*

Prof. Joyce L. C. Ma is Professor of the Department of Social Work. Her specialties and research interests cover the areas of family therapy and multiple family therapy, mental health with recent focuses on eating disorders and attention deficit hyperactivity disorder (ADHD). Teaching at the Department of Social Work, The Chinese University of Hong Kong since 1988, Prof. Ma is a Clinical Fellow and an Approved Supervisor of the American Association of Marriage and Family Therapy (AAMFT), founder of the Shengang Family Treatment Center, Nanshan Hospital in Shenzhen and the Director of the Family and Group Practice Research Centre of the Department. She was appointed the Co-Clinical Director, Academy of Family Therapy, Hong Kong in January 2013, Fellow of the Asian Academy of Family Therapy. In June 2017 she was elected as the President-Elect (2017-2019), International Family Therapy Association and will be the President in 2019 to 2021. She has published five Chinese books and two English books "Anorexia Nervosa and Family Therapy" (2011) and "New Perspectives for Outcome-based Evaluation and Research on Family and Children's Services" (2017), and 94 refereed journal articles at international, regional and local venues of significant impact and visibility.



Professor Mooly Wong

*Assistant Professor of Department of Social Work,
The Chinese University of Hong Kong*

Mooly is an assistant professor of the Department of Social Work in the Chinese University of Hong Kong and a registered social worker in Hong Kong. She participates in professional practice and staff training in child welfare with regard to vulnerable children and their families actively. Since 2009, she has involved in several research projects relating to family centered practice, family mediation, family studies, multiple family groups and mental health needs of children in care. She teaches group work in the undergraduate and the Post-graduate programmes in the University. Her research interests included family study, family-centered practice, child protection, children in care and their families. Her recent publications included "The Practice Manual of Multiple Family Group Therapy for Looked-after Children" in 2009, "The impact of poverty on children in out-of-home care services in a Chinese context and the application of multiple family group therapy to enrich their family lives" in the Children and Youth Services Review in 2017 and "A qualitative study of parents' and children's views on mediation" in the Journal of Divorce and Remarriage (in press).

Speaker

The Development of Family Wellbeing Index in Hong Kong

Prof. Joyce Ma¹; Prof. Mooly Wong²

¹Professor of Department of Social Work, The Chinese University of Hong Kong

²Assistant Professor of Department of Social Work, The Chinese University of Hong Kong

There is a dearth of studies in Chinese societies such as Hong Kong to understand family well-being of Chinese families in our society; nor is there any socially relevant and culturally unique measuring instrument on this area. In view of this knowledge gap, our research team comprising social work and sociology academics has been developing a multi-dimensional family well-being index (consisted of 7 dimensions with about 30 items) for Hong Kong in collaboration with the Hong Kong Family Welfare Society, through comprehensive literature review, interviews with various stakeholders and consultation with multidiscipline experts. This presentation defined the operational domains of family well-being in Hong Kong and reported on the results of our pilot study (number of participants = 205), which was conducted from mid-March to early April, 2019 using a dual frame telephone survey. The results of our study have shown that our measuring instrument is valid and reliable. However, the measuring instrument was revised on the basis of the results of our study. The newly refined measuring instrument will be employed in our main study to be conducted in September 2019. Critical issues for future study will be discussed at the end of the presentation as well.

Speaker

Co-creating Family Wellbeing in Hong Kong – A Dialogue



Professor Chiu Chi Yue

*Dean of Social Science,
Choh-Ming Li Professor of Psychology,
The Chinese University of Hong Kong*

Prof. Chiu Chi Yue is a specially appointed expert in philosophy and social science under the National 1000 Talent Scheme and is currently Dean of Social Science, Choh-Ming Li Professor of Psychology at the Chinese University of Hong Kong.

He received his Bachelor of Social Sciences and Master of Philosophy degrees from the University of Hong Kong, and two Master degrees and PhD from Columbia University (New York). He was previously Associate Dean of Social Sciences and Head of Psychology at the University of Hong Kong, and Professor of Psychology at the University of Illinois, and Professor of Management. When he taught at the Nanyang Business School in Singapore, he was Professor of Management and Marketing, Director of Research and PhD Studies and Director of the Cultural Science Institute and Research Director of the Asian Consumer Insight.

Prof. Chiu's research covers the social psychology of education, culture and psychological processes, human motivation and intergroup dynamics, and he has made outstanding research achievements in these areas. After joining the Chinese University of Hong Kong, he established the Center for Positive Social Science. With sponsorships from the Hong Kong Jockey Club and Bei Shan Tang, he started to promote systematic, innovative and science-informed positive education in the primary and secondary schools in Hong Kong.

Speaker

Co-creating Family Wellbeing in Hong Kong – A Dialogue



Ms. Cecilia Lau

*Consultant,
Deacons Hong Kong*

Cecilia specialises in family law with extensive experience handling a wide range of matrimonial/family-related (often complex and high conflict) matters. Cecilia is also an experienced family mediator, family mediation supervisor, and trainer and coach in various family mediation courses. She has been an active participant in the introduction and development of Parenting Co-ordination in Hong Kong, a child-focused alternative dispute resolution process in which a trained professional assists high conflict parents implement their parenting plan.

Cecilia is currently a member of the Mediation Service and Divorce Service Committee of the Hong Kong Family Welfare Society, an executive committee member of the Hong Kong Family Welfare Society and the Vice Chairman of the Board of Catholic Institute for Religion & Society Limited. Cecilia is recently appointed by the Department of Justice of the HKSAR as a member of the Steering Committee on Mediation and the Vice-Chairperson of the Public Education and Publicity Sub-committee. She also serves as an accredited Family and General Mediator and Family/Family Mediation Supervisor of the Law Society of Hong Kong, HKIAC and HKMAAL.

Speaker

Co-creating Family Wellbeing in Hong Kong – A Dialogue



Mr. Christopher Law

*Founding Director,
The Oval Partnership*

Chris Law is a Founding Director of the Oval Partnership Architects and Urbanists, with offices in Hong Kong, Beijing, Shanghai, London, Cape town and Liverpool. He is a Director of the sustainable and smart city action research organisation INTEGER Intelligent and Green Ltd. He is member of a number of public committees in Hong Kong including Antiquities Advisory Board, the Urban Design Advisory Group of the Development Bureau, the Advisory Committee of the Hong Kong/Shenzhen Innovation and Technology Park of Hong Kong Science Park and the Development Committee of the West Kowloon Cultural District. He is Chairman of the heritage conservation and community participatory Viva Blue House project. He is also the Chief Curator and Founder of the public space action research organisation Very Hong Kong. A graduate of Bartlett School of Architecture UCL, Chris has received numerous accolades over the years including Architect of the Year Award in Hong Kong. He was made an Honorary Member of the American Institute of Architects for his contribution to Architecture. Chris Law is a Justice of the Peace of the Hong Kong SAR.

Speaker

Co-creating Family Wellbeing in Hong Kong – A Dialogue



Mr. Jimmy Wu

*Director,
District Health Centre Team,
Food and Health Bureau of the Hong Kong SAR Government*

Mr. Wu is a physiotherapist by training. He has long years of service in the government, NGOs as clinical physiotherapist and Senior Manager (Allied Health) in the Hospital Authority. Mr. Wu served in various local, mainland and international professional associations, government boards and committees; including President of the Hong Kong Physiotherapy Association, Asia and Western Pacific representative of the World Confederation of Physical Therapy. He also served in the Physiotherapists Board and the Supplementary Medical Professions Council of the Government.

Mr. Jimmy Wu is currently the Director, District Health Centre Team under the Food and Health Bureau of the Hong Kong SAR Government overseeing the developing and implement of the District Health Centre project in all 18 districts.

Speaker

The Future of Family Wellbeing – A Paradigm Shift in the Policy and Social Context



Professor Laura Kubzansky

*Professor of Social and Behavioral Sciences,
Co-Director, The Lee Kum Sheung Center for Health and Happiness;
Director of the Society and Health Laboratory,
The Harvard T.H. Chan School of Public Health*

Laura Kubzansky is Professor of Social and Behavioral Sciences, co-director of the Lee Kum Sheung Center for Health and Happiness, and director of the Society and Health Laboratory at the Harvard T.H. Chan School of Public Health. She also serves as co-director of the JPB Environmental Health Fellowship Program. Professor Kubzansky received her PhD in social psychology from the University of Michigan, and completed a two-year postdoctoral fellowship in social epidemiology, as well as obtained her master of public health, from the Harvard Chan School. Professor Kubzansky has published extensively on the role of psychological and social factors in health, with a focus on the effects of stress and emotion on heart disease. She also conducts research on whether stress, emotion, and other psychological factors help to explain the relationship between social status and health. Other research projects and interests, include a) biological mechanisms linking emotions, social relationships, and health; b) relationships between early childhood environments, resilience, and healthy aging; and; c) how psychosocial stress or assets may interact with toxic environmental exposures (e.g., lead, air pollution) to influence health.

Professor Kubzansky has advised numerous graduate students and postdoctoral fellows as a mentor, academic advisor, and dissertation committee member. She is a fellow in the American Psychological Association and the Academy of Behavioral Medicine Research. She has served as senior advisor to the Robert Wood Johnson Foundation-funded Positive Health Research program, as a member of the Centers for Disease Control and Prevention Healthy People 2020 Health-Related Quality of Life and Well-Being Workgroup, and as a member of the American Heart Association Science of Well-Being Expert Panel. She is a principal investigator or co-investigator on a wide variety of grants funded through the Veterans Administration, Robert Wood Johnson Foundation, Environmental Protection Agency, and the National Institutes of Health, among others.

Speaker

The Future of Family Wellbeing – A Paradigm Shift in the Policy and Social Context

Prof. Laura Kubzansky¹, Ying Chen², Scott Delaney¹

¹*The Lee Kum Sheung Center for Health and Happiness, The Harvard T.H. Chan School of Public Health,*

²*The Human Flourishing Program at Harvard University*

Family well-being has been hypothesized as a major pathway leading to human flourishing. Research suggests health effects may be intergenerational, reaching beyond the individuals in a marital or partnered relationship to their offspring. However, most prior work on the family environment and health has focused on risky familial factors that lead to disruption, deficits, and illness. In comparison, positive family assets that may help promote and maintain health remain poorly understood. In this presentation, we report evidence from large, prospective cohort studies suggesting various aspects of positive family functioning confers health benefits on individuals and their offspring. We consider studies looking at several health outcomes, including brain architecture and behavior in children as well as health and health behaviors among adults. We also review studies examining how interventions and policies targeted at family processes influence health, considering effects of comprehensive maternity leave coverage policies on women's mental health and whether work-family supportive interventions are associated with improved health behaviors. We will discuss the implications of this emerging body of evidence for future research (e.g., measurement issues, utility of an asset-based approach) and for policy (e.g., considering family support programs, efforts to improve work-family balance, importance of monitoring family well-being).

Speaker

Working Transgenerationally – A Clinical Discussion on Family Dynamics and Treatment



Dr. Lee Wai Yung

Clinical Director, The Asian Academy of Family Therapy and Shanghai Aitia Family Institute;

Honorary Associate Professor, The University of Hong Kong;

Founding Director, The HKU Family Institute;

Faculty Member of the Minuchin Center for the Family in New York, USA

Wai Yung Lee, Ph.D., is Clinical Director of Asian Academy of Family Therapy and Shanghai Aitia Family Institute, Honorary Associate Professor and Founding Director of the HKU Family Institute at The University of Hong Kong, as well as Faculty Member of the Minuchin Center for the Family in New York, USA.

Recipient of the 2014 American Family Therapy Academy's Distinguished Contribution to Family Therapy Theory and Practice Award, her work in eliciting children's physiological response to parental relationship and using them to explore family dynamics in therapy is considered monumental in speeding up the therapeutic process. Through her collaboration with Lee Kum Kee Family Foundation, she has further expanded the application of this protocol to capture the response of adult children to their elderly parents, a significant discovery in the understanding of transgenerational dynamics, an important but highly neglected area in the field in recent years.

In addition to her numerous journal publications, Dr. Lee has co-authored three books with Salvador Minuchin and other colleagues, including the first and second editions of "Mastering family therapy – Journeys of growth and transformation" and "Assessing families and couples – From symptom to system", all of which has been translated into many different languages. A newspaper columnist, her series of books on families written in Chinese has been published in Mainland China, Taiwan, and Hong Kong respectively.

Speaker

Working Transgenerationally – A Clinical Discussion on Family Dynamics and Treatment

How does a family maintain and pass on its unique identity and culture? What mechanisms allow the passage of family tradition from one generation to the next? These questions have become crucial in understanding trans-generational dynamics.

Based on her extensive clinical research from the “Trans-generational families” project that was sponsored by the Lee Kum Kee Family Foundation, Dr. Wai Yung Lee will use video segments from live families to demonstrate the many layers in the family structure and provide a clinical model in the assessment and treatment of multi-generational families.

Speaker

Workshop 1: Restore Family Functioning in Crisis (I) – Domestic Violence



Ms. Florence Li

*Senior Manager,
The Hong Kong Family Welfare Society*

Ms. Florence, Yuk Kuen Li, R.S.W., MSSc, B.S.W, Family Therapist (Clinical Externship Programme of Ackerman Institute for the Family, New York) and Accredited Family Mediation Supervisor (Family).

Florence has over 20 years of working experience in rendering family casework service. She is now Senior Manager (Family Service) of our agency. She has rich experience in supervising social workers and social work students and family mediation trainees.

She also wrote an article on casebook on brief family therapy "The Way to Solutions: A Guide to Solution-focused Therapy" that was jointly published by our agency and University of Hong Kong.

Florence joined anti violence work for female survivors, children witness and children victims of intimate partner violence since 2010. In 2011, she had shared the work for children witness of domestic violence in HKCSS Good Practice Sharing. She led "the Women Helping Women Anti Violence Project" from 2015-2018. During 2017-2018, she collaborated with Associate Professors from City University of Hong Kong and Hong Kong Polytechnic University to launch the research on "Help seeking behavior of women who experienced intimate partner violence.



Ms. Bonnie Wong

*Social Worker,
The Hong Kong Family Welfare Society*

Ms. Bonnie, Pong Lee Wong, R.S.W., Certified Dementia Care Planner and completed Bachelor of Arts and Bachelor of social work in Monash University in Australia. Bonnie has years of experience in family casework service and child-centred play counselling. Since 2015, she joined anti-family violence service and delivered services for women survivor and children witness. She has shared her experience in the workshop of Symposium on combating intimate partner and sexual violence from Gender perspective held by HKCSS in March 2018. Bonnie has coordinated with Associate professors of City University of Hong Kong and Hong Kong Polytechnic University and to conduct research on "Help seeking behavior of women who experienced intimate partner violence in 2017-2018".

Speaker



Ms. Ho Wing Yi

*Social Worker,
The Hong Kong Family Welfare Society*

Ms. Ho Wing Yi, R.S.W, BSW., has received clinical training in Emotion-Focused Therapy, Satir Model and child-centred play counselling. She has rich experience in working for children, youth and families at risk. Wing joined our anti-family violence project for years and rendered therapeutic group work service for the women and children victims in our anti-family violence project. She has coordinated agency anti-violence project from 2016 to lead publicity and community education and also casework and group work service.

Speaker

Workshop 1: Restore Family Functioning in Crisis (I) – Domestic Violence

Ms. Florence Li¹, Ms. Bonnie Wong²; Ms. HO Wing Yi²

¹Senior Manager, The Hong Kong Family Welfare Society

²Social Worker, The Hong Kong Family Welfare Society

Intimate Partner Violence creates turbulence in families; it does not only bring forth physical injury, psychological harm and mental health problems to the victims, it may also lead to break-up of families. Relationship between spouses, parents and children would be impaired. According to the report from Social Welfare Department, more than 80% of the victims are women. In these families, children are inevitably exposed to domestic violence and co-occurrence of child abuse is not unusual.

Hong Kong Family Welfare Society is keen on fostering harmonious family relationship and promoting zero-tolerance to domestic violence in the community. We started to run anti-violence programs since 1995 and service targets widely cover perpetrators, victims and children witnesses. In recent years, with the support from Women Helping Women HK Ltd, we paid special efforts on helping women victims and children witnesses. Majority of our service users took years before they sought help and were not aware that spouse was exerting psychological abuse at times when they are suffering from other forms of abuse. The worse is that, even the perpetrators had stopped their violent acts, the complicated feelings of fear, depression and anxiety continues to disturb the women victims. Healing takes time. We develop groupwork package to help them with the themes on self-esteem, empowerment, self-protection and mutual support. From our experience, when women victims become strong and walk out from family crisis, the emotions of the affected children become more stable.

What would be our greatest challenge ahead? Intervention merely stopped the violent acts are far from sufficient. There is high percentage of service users experienced psychological abuse no matter they chose to stay in the marriage or get away from it. It deserves further study, attention and comprehensive intervention service.

Speaker

Workshop 2: Enhancing Connection and Wellbeing of University Students, Families and Young Children through Mindfulness Programme



Dr. Leung Yuk Ki, Timothy

*Associate Professor of Practice in Social Work,
Department of Social Work,
The Chinese University of Hong Kong*

Dr. Timothy Leung Yuk Ki is a Associate Professor of Practice in Social Work at the Department of Social Work, The Chinese University of Hong Kong; he is an experienced practitioner, trainer and social worker with extensive experiences in counselling services and conducting groups on cognitive behavioural therapy, gambling treatment, Gestalt therapy, mindfulness practice, growth groups, team building, family education and experiential learning. He has conducted training workshops using arts, games and Gestalt therapy and mindfulness practices in Hong Kong, Mainland China, Japan and United States. He has utilized art, gestalt therapy and mindfulness practices in working with clients having pain problems, insomnia, earthquake survivors, cancer patients, couples, gamblers, families and students. One of his current interests is conducting workshops for personal growth and development through Dream work with Gestalt art and using mindfulness practice with families and couples. He is the editor in chief on social work group series promoting group work practices in Chinese communities.



Ms. Lo Hoi Yan

*Social Worker,
The Hong Kong Family Welfare Society*

Ms. Lo is an experienced social worker in the kindergarten and women services and also has a rich exposure in delivering supportive and enrichment programmes for young children and parents. She is keen in using the elements of art, play and body movement to promote their mental health and family connection. Over the years, she is committed to the practice of mindfulness and develop mindful activities for young children and their families at Zonta White House, Family Retreat Centre of Hong Kong Family Welfare Society.

Speaker

Workshop 2: Enhancing Connection and Wellbeing of University Students, Families and Young Children through Mindfulness Programme

Dr. Timothy Leung Yuk Ki¹; Ms. Lo Hoi Yan²

¹*Associate Professor of Practice in Social Work, Department of Social Work, The Chinese University of Hong Kong*

²*Social Worker, The Hong Kong Family Welfare Society*

To promote the wellbeing of graduate students, children and families, the Hong Kong Family Welfare Society - Zonta White House and the Department of Social Work, The Chinese University of Hong Kong has launched a series of programs on mindfulness for university students and graduates with enthusiastic results. Further, the facilitators and their team have developed a series of programmes and workshops for children, families and couples using mindfulness at Zonta White House using format such as multi family groups, couple camps, mindfulness workshop for toddlers and parents. In this workshop, we will share our experiences on how to enhance self-understanding and develop family connection by mindful activities with different services targets. Participants will experience in direct practice, enhancing awareness and mindfulness in living in the present moment.

Speaker

Workshop 3: Support to Elders / and Caregivers in the Community



Ms. Stephanie Wong

*Social Work Consultant,
The Hong Kong Family Welfare Society*

Ms. Stephanie, Wong Oi Kau , R.S.W., MSocSc (Gerontology), M.S.W., PgD in Mental Health, B.S.W., Accredited Mediator and Supervisor (Family), Certified Dementia Care Planner.

Stephanie has over 20 years' working experience in mental health and family service. She had been the key worker in the pilot project of Batterer Intervention Programme. She is now the Social Work Consultant of Hong Kong Family Welfare Society supporting Elderly Service. In 2014, she established the Elders and Caregivers Mental Health Service and gradually started projects in elderly depression, dementia, caregivers support and advance care planning. Personally, Stephanie is a caregiver of a person with dementia and also a member of the Guardianship Board.

Her published articles include: "A feasibility study of a home-based intervention for elderly depression among Hong Kong Chinese", "Working with Neurotic Clients – 12 Years Experience of Cognitive-Behavioral Therapeutic Groupwork Service", "Personal Reflections in Using Cognitive Therapy in Working with a Depressed Woman", "I Don't Want to be Crazy: Use of Solution-focused Therapy in Working with a Woman with Depression" and Chinese articles on Reflective Team (團隊培訓的反思)《與神、與人、與服務同行》.

Speaker

Workshop 3: Support to Elders / and Caregivers in the Community

Depression is the leading cause of premature disability worldwide and will among the highest causing disease burden by year 2030 (WHO, 2016). It is highly prevalent among elderly people and their family members experience moderate to high levels of caregiving burden (Perlick et al., 2004).

“Smiley Activation Project” (SAP) was launched using a three-tiers model to raise community’s awareness on elderly depression; offering supportive services to users at risk of depression; and individual intervention named “Smiley Activation Program” to help elders to reduce depression symptoms. In the Smiley Activation Program, social worker offers eight face to face, outreaching, home-based intervention sessions to home-restricted elders with depression or dysthymia over 19-week with three months follow up, using elements of Problem Solving Treatment, Physical Activation and Pleasant Activity Scheduling; complemented by volunteers’ concern visits and para-medical support.

In individual level, analysis of 337 participants indicated participants’ significant improvements in depression, perceived general health, social activeness, number of social activities, physical activeness, and pleasant activity level after completing the programme. All these improvements sustained in the 3-month follow up study. The effect size of depression is very strong, i.e. 1.01. In social/community level, a total of 2,068 users and 11,945 attendances benefitted from this Project, 294 volunteers contributed to a total of 3,455 service hours and over 40 agencies were collaborated in program or volunteer aspects. In project/organizational level, over 78 social workers were trained to carry out SAP. Results demonstrated positive treatment effect and community capacity building which indirectly reduce caregivers stress and enhance family functioning. The experience learned, volunteers pools and network established, can be adapted for future service development. Based on its strong social impact, it is worthwhile to further develop this model in the community to support elders with depression.

Speaker

Workshop 3: Support to Elders / and Caregivers in the Community



Mr. Jason Ng

*Manager,
The Hong Kong Family Welfare Society*

Mr. Jason, Man Ho Ng, Registered Physiotherapist (Hong Kong), MSc Neurological Physiotherapy (HKPU), MSc Acupuncture (CUHK), BSc (Hons) Physiotherapy (HKPU).

Jason has over 10 years' clinical experience in public hospital and non-government organization. He is now the manager of Hong Kong Family Welfare Society to develop and monitor physiotherapy service as part and parcel of elderly service. He is also the clinical educator for Master of Physiotherapy student placement organized by the Hong Kong Polytechnic University.

Jason has strong clinical interest in stroke rehabilitation. He has designed "Health Brain Exercise" (腦康操) to maximize stroke survivors' rehabilitation potential and alleviate caregivers' heavy burden in community.

Speaker

Workshop 3: Support to Elders / and Caregivers in the Community

Stroke, also known as “cerebrovascular accident”, is a common elderly disease in Hong Kong. The symptoms of stroke include double vision, difficulty in swallowing, paralysis of limbs, impaired balance and mobility, resulting in unsatisfactory quality of life when compared with pre-morbid status. Being lack of adequate knowledge and skills in stroke care, caregivers bear enormous family burden daily and they can easily suffer from severe physical and psychological stress.

Hong Kong Family Welfare Society has long been providing holistic care and support for stroke elders and caregivers through multi-disciplinary team approach. In addition to existing rehabilitation service in daycare and home settings, our experienced physiotherapist has designed “Health Brain Exercise” (腦康操) in 2015 with intention of maximizing stroke survivors’ rehabilitation potential and enhancing their re-integration to community. This is consisted of ten exercises that have been introduced to our service users, caregivers and public through different channels. According to periodic assessment, limb strength and balance of learned participants have been generally improved.

On the other hand, “Home-based Carer Training Program”(護老者家居訓練課程) has been introduced to our service users and public in 2014. It is aimed at training caregivers for their family members suffering from stroke. The training materials are designed by our colleagues and the caregivers can choose different training packages according to individual needs. The participants reported that their care burden has been greatly alleviated through being equipped with related knowledge and skills in caring their family members.

In conclusion, it is believed that we can persistently support families to care for elders so as to strengthen value of “Family Matters” through implementation of various interventions.

Speaker

Workshop 4: Enhancing Family Wellbeing of Multi-generational Families



Professor Daniel Lai

*Chair Professor and Head of the Department of Applied Social Sciences,
Director of Institute of Active Ageing,
The Hong Kong Polytechnic University*

Professor Daniel Lai is Chair Professor and Head of the Department of Applied Social Sciences, and Director of Institute of Active Ageing in The Hong Kong Polytechnic University. He is an internationally renowned scholar in social work and gerontology, health and aging, culture and immigration, and outcome evaluation, with close to 30 years of teaching and research experience. Professor Lai has worked to integrate research and practice knowledge, with the aim of strengthening the linkages between social policy, social service provision, and academic teaching and research. In addition to his research collaboration with policy makers, government bodies, and community organizations, he worked in family services, senior services, and non-profit fund raising organizations. He also has served as a board member or in leadership role in many major non-profit community agencies and professional organizations.

Speaker

Workshop 4: Enhancing Family Wellbeing of Multi-generational Families

Professor Daniel W.L. Lai

Chair Professor and Head of Department of Applied Social Sciences, Director of Institute of Active Ageing, The Hong Kong Polytechnic University

Preparation for retirement does not just involve financial preparation. It requires a holistic and insightful approach enabling individuals to anticipate, learn about, and prepare for different challenges in the coming years. Current retirees are more affluent in time than previous generations due to increasing longevity and higher education, and many are able to enjoy different types of activities according to their own schedule, pace, and interests. However, compared to previous generations, they may encounter greater challenges and opportunities associated with role adjustment, unstructured schedules, and physical and mental health. This illustrates the need for practical research-based programs to provide ageing adults with support and skills necessary to face changes, challenges, and opportunities in retirement, and to identify priorities in building multi-generational relationships in an ageing society.

This presentation introduces an ongoing project developed and implemented by the Institute of Active Ageing, Hong Kong Polytechnic University, and funded by the Lee Kum Kee Family Foundation. With a focus on enhancing well-being within multi-generational families, this program engages soon-to-be retirees or grandparents, newly retired, or retired people and their family members, and aims to: 1) enable third agers to understand future challenges and opportunities for retirement life; 2) provide them with confidence to identify their own capacities for their ideal retirement life; 3) enhance their capacity to build harmonious multi-generational family relationships through experiential learning and multi-generational co-created activities; and 4) conduct program/practice research to test the impacts of Multi-Generational Capacity Building for the Third Age. Key program activities include talks by accredited professionals and family-oriented activities such as trips outside Hong Kong, marathon preparation, and co-creative projects. Ultimately, the program aims to enable beneficiaries to enjoy their retirement by mitigating difficulties associated with retirement transitions and nurturing multi-generational family and community members to be part of building a harmonious ageing society in Hong Kong.

Speaker

Workshop 4: Enhancing Family Wellbeing of Multi-generational Families



Dr. Tabitha Ng

*Assistant Professor,
Department of Social Work,
The Hong Kong Shue Yan University*

Dr. Tabitha Ng Yin-ling is currently Assistant Professor of the Department of Social Work of Hong Kong Shue Yan University. She was awarded PhD in Social Sciences at Cardiff University, UK. Her expertise and research interests focus on family work, parent education, youth development, intergenerational conflicts, bereavement and grief work, positive psychology and spirituality. She has published a number of books on parenting, positive psychology, bereavement and grief counselling. Her journal publications involve topics on parent-child conflict, post-80 generation's career development realm, impact of global and Chinese cultural values on youth's perceptions of family building in late modernity, the link between spirituality and psychological well-being and parenting practices of women living in Tin Shui Wai. She has research projects in collaboration with agencies such as the 'BLESSED Project' for the depressive elderly with Baptist Oi Kwan Social Services, and 'Parallel Groups on Emotion Management' for SEN children and their parents with Caritas Hong Kong. She is the advisor of the Best Buddies Hong Kong Movement of Fu Hong Society.



Ms. Connie Yau

*Senior Social Worker,
The Hong Kong Family Welfare Society*

Ms. Yau is the Project-in-charge of the Education and Support Project for Multi-generational Families, and the Centre-in-charge of HKFWS Women and Family Enhancement Centre. She is an experienced Social Worker in HKFWS over eighteen years with expertise in family, elderly and women service. Her team has developed the pilot educational project for multi-generational families since 2015. She has launched lots of groups and programs to the in-laws, grandparents and "middle-men", for strengthening their competence in multi-generational families' relationship building.

Speaker

Workshop 4: Enhancing Family Wellbeing of Multi-generational Families

Working on In-law Relationship in Multi-generational Families: The Experience of the “Education and Support Project for Multi-generational Families”

Dr. Tabitha NG¹, Ms. Connie Yau²

¹Assistant Professor, Department of Social Work, The Hong Kong Shue Yan University, ²Senior Social Worker, The Hong Kong Family Welfare Society

In Hong Kong, one in three households has at least one elderly member. With the increase of our aging population, the number of multi-generational families (MGFs) in Hong Kong will also increase. The diversity and differences in values among generations may create difficulties for multi-generational families to build up harmonious family relationship. Nowadays few studies have explored the nature, dynamics and problems of MGFs specifically regarding in-law relationships because of the complexity of in-law relationships. ‘The Education and Support Project for MGFs’ is a pioneer service project specifically for grandparents, parents and grandchildren. It aims at facilitating members of multi-generational families to build up healthy, positive and harmonious relationship. The Project has conducted educational groups and programs for in-laws, “middle-men” and grandparents aiming to enhance and strengthen their competence to cope with complicated in-law and multi-generational relationship. Evidence showed that the users have undergone changes after joining the project. Majority of in-laws and grandparents’ feedback through pre and post questionnaires indicated that the competence and confidence in strengthening in-law relationship have been enhanced. They also have more positive perception towards in-law and grand-parenting relationship after receiving the service. The integration of intergenerational theories and models into service design and provision will be discussed in the presentation. As well, insights will be highlighted on enhancing positive relationships for multi-generational families to inform the next stage of further study in MGF. Appropriate strategies and relevant social services could be mapped out to meet the needs and problems of multi-generational families in Hong Kong.

Speaker

Workshop 5: Restore Family Functioning in Crisis (II) – Grief Work



Professor Chan Yuk Chung

*Associate Dean, Faculty of Social Sciences,
HKCT Institute of Higher Education*

Professor Chan obtained his PhD degree from the University of Nottingham in 1998. Prior to joining CTIHE, he was Associate Dean of the Faculty of Health and Social Sciences in the Hong Kong Polytechnic University.

Professor Chan has extensive experience in teaching social work at both undergraduate and post-graduate levels. He also supervises Doctoral and PhD students. Professor CHAN has been appointed as external examiners by a number of local and non-local institutions in the field of social work and social sciences. He had been assessment panel member of the HKCAAVQ and is currently assessment panel member of the Social Worker Registration Board.

Professor Chan has been actively engaged in research and consultancy work on families for the Hong Kong and Macau SAR Governments. He has published reports for the two governments to impact on their policies on families, specifically on family violence prevention. Besides, he often engaged in collaborative research work with the NGOs to provide them with empirical information on the direction of their social service development.

Professor Chan authored and co-authored more than 10 consultancy research reports, over 50 articles/book chapters, and 7 books, including the widely adopted social work textbook “社會工作學新論”.



Dr. Ho Kwok Leung

*Associate Professor,
Department of Applied Social Sciences,
The Hong Kong Polytechnic University*

Dr. Ho Kwok Leung Denny, Associate Professor, Department of Applied Social Sciences, Hong Kong Polytechnic University, in recent years, his academic work mainly promotes the application of professional practice research. Early research focused on the design of professional practice research methods, through different forms of workshops, allowing participants to experience the process of knowledge transformation and learn to change their role as knowledge consumers into knowledge creators directly from practical experience. In recent years, research has focused on social work practice research and research and training for social work organizations. In the past two years, local research efforts have focused on practical research applications related to crisis family work. Also, in the mainland China, a one-year social work practice research course has been held for domestic social work training centers. On the other, his involvement currently in ten local social work practice research is concerned with relevant supervision and training. Works on these aspects haven been published in different academic journals.

Speaker

Workshop 5: Restore Family Functioning in Crisis (II) – Grief Work



Ms. Lau Ching Yee

*Professional Consultant,
The Hong Kong Family Welfare Society*

Ms. Lau Ching Yee is a registered social worker, who has worked in the University and social work fields for over 30 years, including grief counselling, suicidal prevention, children and youth services, family services, elderly services, rehabilitation services and welfare policy etc. Before her retirement, she had worked in the Hong Kong Polytechnic University as Assistant Director of Fieldwork Education and Assistant Director of Professional Practice and Assessment Centre. Ms Lau was also the Clinical Associate who mainly supervised and taught the students of Master of Social Work and Master of Counseling. In addition, Ms Lau is actively providing professional training and consultation services to NGOs in Hong Kong and Mainland China. She has been invited to be the trainers in different Universities in Beijing, Sai On, Szechuan, Fujian, Xinjiang etc. Ms Lau graduated from University of Toronto to obtain her Master of Theological Studies, she also finished her Master of Education (Teaching in Higher Education) and Diploma of Social Work in the Hong Kong Polytechnic University. She obtained the Bachelor of Social Sciences (Social Work) in the Chinese University of Hong Kong.



Mr. Tse Tsz Ho

*Social Worker,
The Hong Kong Family Welfare Society*

Tse Tsz Ho, Raymond (R.S.W.) completed his bachelor in social work with first class honour in The Chinese University of Hong Kong. Raymond is a social worker of the Hong Kong Family Welfare Society and also the core team member of the Family in Crisis Support Project in 2017. Upon receiving specialised training in bereavement counselling, narrative drawing and Child Centered Play Therapy etc., Raymond had delivered direct case service with families in crisis with multiple technique. With the support from other team members, Raymond had contributed in the practice research with the Hong Kong Polytechnic University to evaluate the project performance.

Speaker

Workshop 5: Restore Family Functioning in Crisis (II) – Grief Work



Ms. Chow Ching Yung

*Social Worker,
The Hong Kong Family Welfare Society*

Ms. CHOW Ching Yung, R.S.W, MSW, BSW., and has received advanced training on Bereavement counselling in Hong Kong University. She is a social worker of Hong Kong Family Welfare Society and had valuable experience in working for families in crisis and other family casework services. Ava has been joining our Family in Crisis Support Project sponsored by Chow Tai Fook Charity Foundation since 2017. She has participated in practice research held by the Hong Kong Polytechnic University to examine the effectiveness of crisis intervention and identify work practice.

Speaker

Workshop 5: Restore Family Functioning in Crisis (II) – Grief Work

Prof. CHAN Yuk Chung¹; Dr. HO Kwok Leung, Denny²; Ms. LAU Ching Yee³; Mr. Tse Tsz Ho⁴; Ms. Chow Ching Yung⁵

¹Associate Dean Faculty of Social Sciences, HKCT Institute of Higher Education

²Associate Professor, The Hong Kong Polytechnic University

³Professional Consultant

⁴Social Worker, The Hong Kong Family Welfare Society

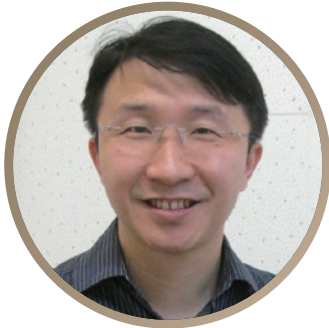
⁵Social Worker, The Hong Kong Family Welfare Society

Grief Work & Crisis Intervention – Sharing of research findings and practice wisdom

Family in crisis can be like a bomb explosion in the family, especially for families painfully encountering the loss of their breadwinners. Their family functioning is being shaken and shattered, their responses become heightened and sensitive in family relationship and in performing their functioning, and they easily fall into a vulnerability cycle. They feel helpless in heading tomorrow. Chow Tai Fook Charity Foundation generously granted funding support to help these needy families during the period of crisis. In addition, this foundation supported a team of social workers in rendering services and research fund in studying the effectiveness of this project. Through this practice research project, our research team has actively participated with the social workers' team during the case conference meetings, to understand the needs and characteristics of these families, to assist them in rendering grief work and the most important part of which is to identify effective strategic mechanisms in helping families in crisis during the process. In facing the loss of significant family member, the whole family is being swallowed by heavy and strong emotions, some families members are hard to touch and they evade to face these hurting feelings. When social workers do grief works, they need courage to accompany with them to face and experience their pain and find ways out. The loss of breadwinner does not merely mean the loss of financial support, it can also mean the loss of hope, the loss of self and the loss of family tie. Unfortunately, they feel that they need to shoulder all the losses by themselves. They have strong feeling of loneliness. This evaluation finds that the company of a social worker is like a person with a compass, they work and walk together in finding an exit from the maze of loss and heading recovery from the family crisis.

Speaker

Workshop 6: Conflict Resolution for Divorced Families



Mr. Patrick Chung

*Mediation Services Coordinator,
The Hong Kong Family Welfare Society*

Mr. Chung received his Bachelor Degree in Business Administration and Master Degree in Social Work at the University of Hong Kong. He is currently the Mediation Services Coordinator of the Hong Kong Family Welfare Society. He is an experienced accredited family mediation supervisor and has conducted over 600 family mediation cases. He has extensive experiences in family mediation and marital casework, supervision work on mediation and mediation training. He has been the trainer of over 10 Family Mediation Trainings (accredited by HKIAC/HKMAAL) since 2012. He conducted live supervision of Family Mediation for 60 trainees including lawyers, social workers and psychologists. He has coached over 20 Mediation Training Courses (include both family and general mediation training) approved by HKIAC/HKMAAL. He has also conducted CPD Workshops and Mediation Training in different social services agencies, governmental departments, corporates and education institutes in Hong Kong, Mainland and Macau since 2008.

Mr. Chung is also a Certified Master Practitioner of Neuro-Linguistic Programming (NLP), a Certified Administrator of Tailor-Johnson Temperament Analysis (TJTA) and a MBTI Step I and Step II certified practitioner. In 2013, Patrick furthered his training with the Cooperative Parenting Institute, USA, and has certified as a Parenting Coordinator.

Speaker

Workshop 6: Conflict Resolution for Divorced Families

It is hard to imagine a more conflictual time than when one is going through a divorce. A divorced person experiences a range of intense emotions that they do not often experience on a day-to-day basis—betrayal, anger, sadness, disappointment, fear, mistrust, revenge, and hopelessness, etc. On a financial level, divorce involves almost every aspect of one's financial life. A divorce involves a division of family assets including the matrimonial home, bank accounts and other personal property. And finally, and probably the most important, divorce decisions need to take children, their parenting schedules, education, health and support into account. When children are involved, finding ways to manage and keep conflict at a minimum are essential.

Unfortunately, most people did not have formal conflict resolution training. As such, for the vast majority of people conflict is handled in two ways— either the conflict is ignored or the reaction is to attack back. As we are hardwired to have the “fight or flight” response. Thus, to address conflict head on in a non-adversarial manner is counter-intuitive. Mediation provides divorce couple with a safe venue to discuss their divorce. Mediation however will not automatically undo years of ingrained behavior. Family mediators can offer clients tools which will help them mentally and emotionally for the divorce process.

Speaker

Workshop 7: Financial Literacy and Family Wellbeing



Professor Minseop Kim

*Assistant Professor of Department of Social Work,
The Chinese University of Hong Kong*

Prof. Kim is an assistant professor at the Department of Social Work, CUHK. His research areas include child/youth development, evidence-based practice, and program evaluation. As a founding member of the Research Program for Social Service Development and Program Evaluation at the Department of Social Work, he has been evaluating multiple programs developed and implemented by Hong Kong NGOs, including the HKFWS' Financial Literacy project.



Ms. Venus Chan

*Manager,
The Hong Kong Family Welfare Society*

Ms. Venus Chan is the manager of Hong Kong Family Welfare Society Financial Education Centre. The service center has been awarded Financial Education Leadership Award by IFPHK and Financial Education Champion by IFEC in 2019. In recent years, she endeavors to promote financial literacy to the general public and training Financial Social Workers. Together with her teammates, she has developed experiential financial education programmes since 2007, being committed to build up the financial quotient of children and youth through various edutainment and raising parents' awareness on the subject matters. It is her dedication to help the community to develop sustainable and healthy financial attitude and behaviour for the benefit of family and individual well-being.

Speaker

Workshop 7: Financial Literacy and Family Wellbeing



Ms. Hedy Wong

*Social Worker,
The Hong Kong Family Welfare Society*

Miss Hedy Wong is an experienced social worker in Hong Kong Family Welfare Society Financial Education Centre. She has a lot of frontline work in youth, family and financial social work services and has a rich exposures in delivering counselling, groups and educational programmes for youths and parents. She worked in Singapore for family services, serving families with financial needs that provides further exposures in working on financial social work for families with different culture. In these years, she is committed to localizing Financial Social Work in Hong Kong through Financial Social Work training and direct practice for parents. She is keen in learning the Satir Model and applying the model in conjunction with Financial Social Work model.

Speaker

Workshop 7: Financial Literacy and Family Wellbeing

Professor Minseop Kim¹, Ms. Venus, WM Chan², Ms. Hedy, CY Wong³

¹Assistant Professor of Department of Social Work, The Chinese University of Hong Kong, ²Manager, The Hong Kong Family Welfare Society, ³Social Worker, The Hong Kong Family Welfare Society

Despite the fact that Hong Kong is a major international financial centre, there has been a lack of financial education, particularly for young people who are likely to be immersed in materialism and/or consumerism, with lack of hope or planning for the future. Currently, financial education is not listed as an essential component of educational curricula, and thus youngsters and their families have little support and opportunity to nurture healthy financial attitudes. Therefore, it is necessary to provide programmes to raise the awareness of the importance of proper financial management, and enhance healthy and sustainable attitudes toward financial management, which will lead our next generation to successfully deal with financial challenges and build our community with sustainable financial wellness. The presentation aims at sharing the Society's practice that incorporates the concept of Financial Social Work with edutainment financial education initiatives into simulation mass programs, group work and casework practices. Specifically, the presentation will share the essence of financial social work, demonstrating the applicability of financial social work as a preventive social work intervention. In addition, we will discuss the implementation process of the intervention, with a focus on how best to promote financial literacy and thereby enhance family and individual well-being. Exploring the potential applicability of financial social work into different settings and/or client groups, we will also discuss and argue the Financial Education Right of our next generation and its potential impact on family wellbeing. In recognizing that social workers are on the frontline of helping clients with financial needs, the Society has also provided the financial social work training to enhance social workers' confidence and self-efficacy in helping financially vulnerable groups of clients. In addition to sharing the Society's practices, therefore, the presentation will share findings from scientific evaluations regarding the Society's financial social work training, which will shed light on the roles that social workers can play in helping financially needy individuals and families.

Speaker

Workshop 8: Working on Grandparents-grandkids Relationship in Multi-generational Families



Dr. Anthony Kong

*Senior Lecturer, Department of Communication Design and Digital Media,
Hong Kong Design Institute (HKDI);
Associate Director, HKDI Media Lab*

Dr. Anthony Kong is a Senior Lecturer in the Department of Communication Design and Digital Media at Hong Kong Design Institute (HKDI) and Associate Director of HKDI Media Lab. He completed his doctoral study at the Hong Kong Polytechnic University and his research interests lie in the interdisciplinary area of educational technology, e-tourism, higher education, interaction design and media production. He currently serves on the both Executive Committees of Hong Kong Designers Association (HKDA) and Institute of Electrical and Electronics Engineers (IEEE) Hong Kong Chapter.

Speaker

Workshop 8: Working on Grandparents-grandkids Relationship in Multi-generational Families

STEM Co-Learning Brings Cross-Generation Learning

This study explores collaborative synergistic learning on elders and kids and provides empirical insights for Science, Technology, Engineering and Mathematics (STEM) education in Hong Kong. Experiment on elder and kid to complete a STEM challenge for measurement. The result shows elders perform well in STEM areas. Elders and kids learning together is significantly more effective, also benefit on both sides.

This study explores collaborative synergistic insights on elder and kid to learn in STEM areas. Experiment on assess STEM aptitude test for solving the types of problems that arise in science, technology, engineering and mathematics. The participants were grouping in pairs into 3 categories: 1. Elder-elder, 2. Kid-kid and 3. Elder-kid. The selected elder aged from 66 to 73 and kid aged from 4 to 8, total 20 persons (10 pairs groups). The test required the participants to complete 10 problems in 20 minutes.

The experiment result was measured by the answer accuracy and finishing time as shown as:

Finding 1 - The elder and kid pairing groups were significantly more effective than the others.

Finding 2 - The elder pairing groups were also performing well in STEM area.

Finding 3 - Indicating elders enjoyed more to learn and play with kids in observations.

Cross generation collaborative learning (co-learning) is significantly beneficial for both generations, not only the acquire for knowledge but also to build emotional attachment for active living. However, the motive for learning of elder is still in low, collaboration with the kids may be one of the motives to commence. The findings also reveal STEM knowledge of elder is high, through co-learning with kids can effectively transfer to kids.

Speaker

Workshop 8: Working on Grandparents-grandkids Relationship in Multi-generational Families



Mr. Kenny Or

Picture books collector and publish planner of Picture books

Reading culture promoter, founder of the Parent-child reading club “Little Green Feet”, Moving Playground.....

He is full of curiosity about child growth, building a community, the usage of space, the operation of community groups.

Speaker

Workshop 8: Working on Grandparents-grandkids Relationship in Multi-generational Families

Building Cross Generation Connections through Reading

“Loving Family: Cross-generation Reading Campaign” enables Little Green Feet Senior to visit different schools and promote the culture of cross-generation getting together through picture books. The project aims at pulling closer relationships between three generations by promoting children to understand more about older generation through reading picture books together.

The founder of the reading club “Little Green Feet”, Kenny Or is going to share experience on cross-generation reading. He also studies how to promote harmony across generations.

About Organiser

The Hong Kong Family Welfare Society

The Hong Kong Family Welfare Society (HKFWS) is a charitable non-governmental social welfare organisation established in 1949. With a family perspective, the Society is dedicated to providing a range of quality and professional services for families and individuals in Hong Kong and to promoting harmonious family relationship and a caring community. The staff force of the HKFWS has grown from 7 at the very beginning to the current number of about 1,000 members, rendering social services for families and individuals through 42 service centres in Hong Kong.

Major types of social services provided by HKFWS:

- 1 Integrated Family Services
- 2 Children and Youth Services
- 3 Mediation and Services for Divorced Families
- 4 Elderly and Community Support Services
- 5 Child Care Services
- 6 Special Services

Our Achievements in 2017-18

In the year 2017-18, the total number of beneficiaries served by the HKFWS was in excess of half a million. Of these, a significant number of services were dedicated to intensive counselling for individual and families, although many more were achieved through the services of volunteers. Additionally, over 5,000 group programmes were organised, while a total of 64 schools benefited from the presence of stationed social work services provided by the HKFWS.



Embracing changes with love in 70 years

About Organiser



An elder at home is a treasure for the family. It is our hope that all elderly persons and their carers could live a life of content and substance.



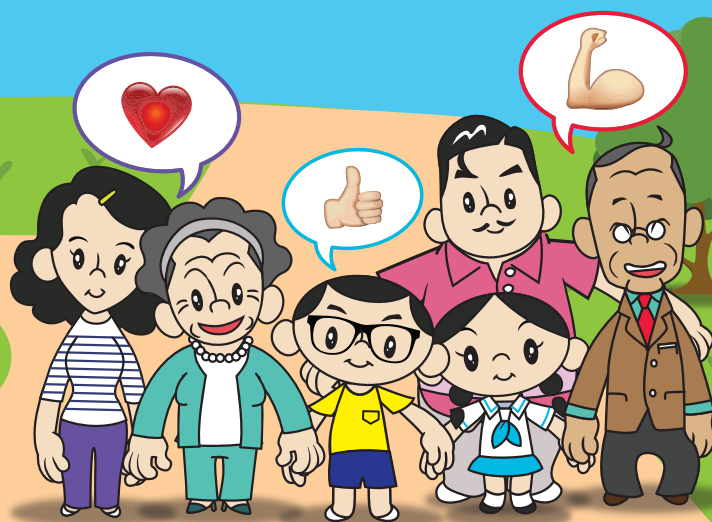
Family is the cornerstone of society. We care and love every single one.



Youth is our future, we walk alongside them.

代代有愛 學校計劃 家庭「種子」基金

Loving Family School Project – Family Seeds Fund



項目資助 (作為上限金額)
Project budget (as the ceiling amount)

HK\$30,000

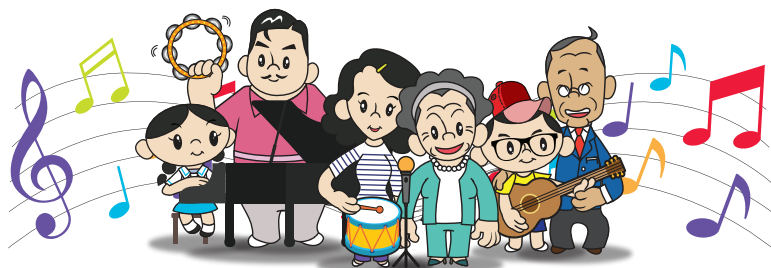
目標參與團體 Target participation group

任何在香港註冊的幼稚園、小學或中學

Any kindergarten, primary or secondary school registered in Hong Kong

計劃詳情: www.lkklovingfamily.com

查詢: info@lkklovingfamily.com



與家人一起享受音樂!

Enjoy the Music with your family!

搶先聽
Listen Now



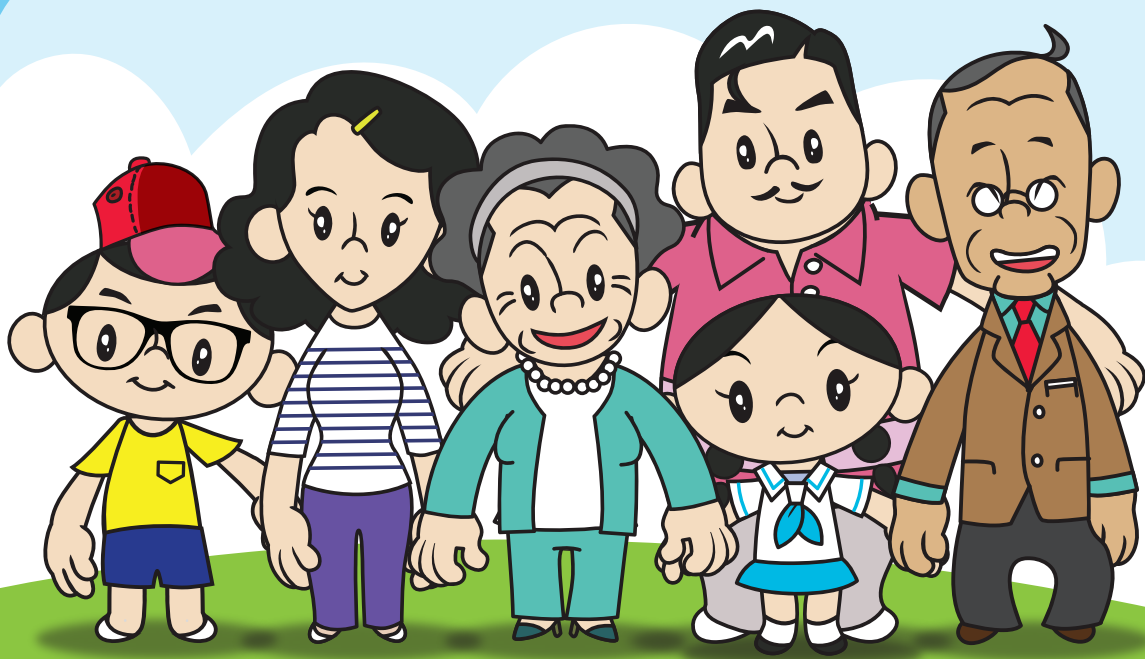
<https://www.lovingfamilysongs.com>





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