



Graduate School
HONG KONG SHUE YAN UNIVERSITY



MRS DOROTHY KOO &
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CIEBPR
Centre for Interdisciplinary
Evidence-based Practice and Research

**Mrs. Dorothy Koo and Dr. Ti Hua Koo Centre for Interdisciplinary
Evidence-Based Practice and Research**
2023-2024 Wednesday Lunchtime Seminar Series

**Animal-Assisted Intervention and Well-being: Enhancing Lives through
Human-Animal Interaction**

28/02/2024 | 12:30 - 14:00 (Hybrid Mode)



RHB 108, Research Complex, HKSYU, 6 Wai Tsui Crescent, Braemar Hill,
Hong Kong



Zoom Meeting ID: 965 1422 4894

Animal Assisted Intervention (AAI) utilizes animals in intervention to enhance the well-being of individuals. This workshop aims to explore the potential benefits of AAI in the Hong Kong context from various perspectives. Scientific evidence generally supports AAI could reduce stress, anxiety, and depression while promoting social interaction, emotional well-being, and physical health. In this workshop participants will gain a deeper understanding of the therapeutic power of animals and how they can be integrated into professional settings. Additionally, insights into the current landscape of AAI in Hong Kong, including existing programs and research, will be discussed to allow participants to learn from practitioners and researchers in the field.

Speaker: Dr NGAI, Joe Tsz Kin

Dr Joe Ngai is a registered counselling psychologist, animal-assisted therapist, and assistant professor in the Department of Counselling and Psychology at Hong Kong Shue Yan University. He has been practicing Animal Assisted Intervention (AAI) for more than a decade, and his research interests include human-animal interaction, humane education, and positive psychology. In recent years, his research has focused on implementing an Animal Assisted Education School Program to enhance children's social-emotional competence.



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Chaired by: Ms. Helen Kwok

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