

Mrs. Dorothy Koo and Dr. Ti Hua Koo Centre for Interdisciplinary
Evidence-Based Practice and Research
2025-2026 Lunchtime Seminar Series

**Pet Loss: Understanding Pet Bereavement, Grief and
Transformation**

24/6/2026 | 12:30 - 14:00 (Online Mode)

Zoom Meeting ID: 975 4583 1321 (Passcode: 123456)

This sharing session aims to revisit the grief associated with losing a companion animal through the lens of psychology. The death of a pet brings not only sorrow and longing, but may also affect one's relationships, sense of identity, daily rhythms, and understanding of life's meaning. The talk will explore the common psychological processes involved in pet bereavement and address the needs of people at different stages of life, including how the loneliness older adults may experience after losing a companion animal, and the role of farewell rituals. Through this sharing, it is hoped that we may view loss from a different perspective, continue bonds through the process of farewell, and reflect more deeply on the relationship between humans and their companion animals.

Speaker: Dr Tsz Kin Joe NGAI



Dr. Joe Ngai is an Assistant Professor in the Department of Counselling and Psychology at Hong Kong Shue Yan University. A registered counselling psychologist and animal-assisted therapist, Dr. Ngai's research interests lie in psychotherapy, mental well-being, and human-animal bonding. His work focuses on how animal-assisted interventions can enhance the well-being of diverse populations and examines how the quality of human-animal interactions, as well as various contextual factors, influence both the process and outcomes of these interventions.



Register Now

Chaired by Dr YUEN Wing Yan Winnie
Department of Counselling and Psychology

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