



Graduate School
HONG KONG SHUE YAN UNIVERSITY



MRS DOROTHY KOO &
DR TI HUA KOO
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

2024-2025 Wednesday Lunchtime Seminar Series

Empowering Young Minds: Evidence-based and Innovative Strategies for Building Resilience and Coping with Adversity

22/01/2025 | 12:30 - 14:00 (Hybrid Mode)



Room 105, 1/F, Main Building, HKSYU, 10 Wai Tsui Crescent,
Braemar Hill, Hong Kong



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



Mental health problems among young people are a critical public health concern. Recent research indicates that adverse experiences in childhood and adolescence can have lasting impacts into adulthood. This seminar will begin by presenting findings from a recent Hong Kong survey, outlining the prevalence of mental health challenges and their correlation with adverse experiences, thereby highlighting the urgent need for effective interventions. It will then explore evidence-based strategies shown to bolster resilience among children and youth. Specifically, the seminar will introduce a strength-focused, youth-driven, co-creative mental health programme, as well as animal-assisted interventions, both designed to equip young people with strategies to enhance self-understanding, manage emotions, and improve overall well-being. By fostering resilience, these approaches aim to mitigate the negative impacts of stress and other challenges, ultimately promoting healthier mental outcomes.



Speaker: Dr. YUEN, Wing Yan Winnie

Dr. Winnie Yuen is an Associate Professor and the co-director of the Positive and Social Psychology Laboratory of the Department of Counselling and Psychology of Hong Kong Shue Yan University. She is keen to promote resilience and mental wellbeing in the community through research and training. Her research mainly focuses on positive development, self-compassion, and evidence-based interventions aimed at improving the mental health of adolescents and individuals in recovery.



Speaker: Dr. NGAI, Tsz-kin Joe

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.



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Chaired by: Dr Winnie Yuen & Dr. Joe Ngai
Department of Counselling and Psychology
Hong Kong Shue Yan University

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