

Parent workshop 6

Behavioural modification and emotions management for gifted children

Date and Time	Target Group
14 & 21 Jan 2012 (Sat) 10:00a.m. – 12:00noon (2 Sessions)	Parents of gifted children

Venue : The Hong Kong Academy for Gifted Education
Sha Kok Estate, Shatin
New Territories, Hong Kong

Speaker and Facilitator : Dr. Winnie KEUNG, Clinical Psychologist

Course Description : **Session 1: Gifted Children and Behaviour Modification**

In this workshop, parents will learn to use behaviour modification techniques at home to improve gifted children's behaviour and learning experiences. Behaviour modification is the use of empirically demonstrated behaviour change techniques to improve behaviour through the positive and negative reinforcement of adaptive and maladaptive behaviour. The techniques are often applied in everyday life and are largely based on the principles of learning.

Session 2: Nurturing the Emotional Development of Gifted Children

In this workshop, parents will learn the emotional needs of gifted children in terms of those that arise because of the interaction with the environmental setting and those that arise internally because of the very characteristics of gifted children. These characteristics may be strengths but potential problems may also associate with them. Parents will learn methods that help their gifted children cope with stress and manage negative feelings.

Course Objectives : Upon completion of this workshop, participants should be able to:

Session 1: Gifted Children and Behaviour Modification

- Acquire knowledge in applying behaviour modification;
- Perform a functional behavioural assessment on their children; and
- Generalise the techniques to different aspects of their children's everyday life

Session 2: Nurturing the Emotional Development of Gifted Children

- Gain a better understanding of their children's emotional needs
- Learn how the characteristics of gifted children can lead to their social and emotional problems
- Teach their children healthy ways of handling stress and

negative emotions

- Course Outline & Format** : 1. Workshop contents
- Session 1: Gifted Children and Behaviour Modification**
- Theoretical background of behaviour modification
 - Techniques involved in behaviour modification
 - Application of behaviour modification in parenting
- Session 2: Nurturing the Emotional Development of Gifted Children**
- Identification of affective characteristics of gifted children
 - Identification of common stressors to gifted children
 - Ways to enhance children's emotional competency
2. Format
- Workshop activities include group discussion and sharing
- Medium of Instruction** : Cantonese
- Course Fee** : Free of charge (Funded by The Hong Kong Academy for Gifted Education)
- Registration Information** : Parents should apply through the online registration system on our website
- Deadline for Registration** : **23 December 2011 (Friday) 5:00p.m.**
Note: Acceptance is on a first-come-first-served basis.
Registrants will be notified of the outcome by end December through email.
- Enquiry** : Tel.:3698 4025 Email: ps@hkage.org.hk

Brief introduction to Speaker:

Winnie Keung received her Psy.D from the Institute for Graduate Clinical Psychology, Widener University in 2003. Her dissertation topic was "A Cross-Cultural Study of Individualism/Collectivism and its Relationship to the Experience and Expression of Anger among Asian and American College Students".

Dr. Keung has been working in the field of clinical psychology in Hong Kong for about 10 years. She had previously worked in the Student Health Service and Child Assessment Service of the Department of Health, and the Student Counselling and Development Service of the Chinese University of Hong Kong.

Dr. Keung is experienced in conducting psychoeducational assessment and providing psychological treatments for various learning, emotional and behavioural problems. During her training in USA, she had worked in various community mental health centres, providing outpatient psychological services to children, adolescents and adults suffering from various conditions, such as depression, anxiety, posttraumatic stress disorder and psychosis.