

APD-AE Parent-Child Parallel Event

Enhancing the Psychological well-being of Gifted Children

Date and Time	Venue	Target Group
23 January 2016 (Saturday) 10:00 a.m. – 12:00 noon (2 hours)	Lecture Theatre 105, HKAGE, Sha Kok Estate, Shatin	APD primary members of HKAGE and their parents

Rundown

Time	Programme	Speaker
9:30 – 10:00	Registration	
10:00 – 10:05	Welcome Address	Professor Ng Tai Kai Executive Director The Hong Kong Academy for Gifted Education
10:05 – 11:05	Keynote Address Enhancing the Psychological well-being of Gifted Children	Mrs Peggy Chan Director of Programme, Senior Counsellor & Family Therapist ISS Family Institute, International Social Service Hong Kong Branch
11:05 – 11:10	Break	
Parent concurrent sessions		
11:15 – 12:00	1 Positive Discipline for Gifted Families	Mr Ching Wing Tak, Victor Educational Psychologist The Hong Kong Academy for Gifted Education
	2 Gifted Challenges: How to Cope with Stress as a PARENT?	Ms Sin Ho Lam, Tiffany Senior Guidance Counsellor The Hong Kong Academy for Gifted Education
Student concurrent sessions		
11:15 – 12:00	1 Drive me Free!	Ms Lee Nga Wai, Arie Guidance Counsellor The Hong Kong Academy for Gifted Education
	2 Developing Resilience: Have you got the right "Mindset"? Quota is FULL	Ms Chow Mei Ling, Jessie Educational Psychologist

- Keynote Address** : Enhancing the Psychological well-being of Gifted Children
- Time** : 10:05 a.m. – 11:05 a.m.
- Speaker** : Mrs Peggy Chan
Director of Programme, Senior Counsellor & Family Therapist
ISS Family Institute, International Social Service Hong Kong Branch
- Course Content** : Gifted children and their families face many challenges. This presentation helps these children and their parents understand ways to enhance the psychological well-being of gifted children, which is a determining factor for the children's academic success and adjustment in life. It will also guide the parents and gifted children to the ways that can enhance the children's psychological well-being, so that the children can learn to act in a rational and objective way instead of being driven by emotions and impulses, while also being able to express their own viewpoints and have meaningful relationships with others.
- Course Objectives** : Upon completion of the programme, parents should be able to:
1. Understand the role of anxiety and the force of togetherness and individuality in affecting the emotional health and psychological well-being of their gifted child;
 2. Distinguish the differences between concern and worry for their children, understand the undesirable effects of worrying and make beginning attempts to be less worrisome about their children;
 3. Be aware of the reciprocal influence on each other's emotion, so as to decrease blaming the other and focusing on his/her problems;
 4. To learn to regulate one's own emotional reactions especially during stressful times.
- Upon completion of the programme, children should be able to
1. Be aware of the impact of anxiety on his/her behaviour;
 2. Be aware of the desirable mode of functioning (emotionally autonomous);
 3. Be aware of the part that he/she plays in the interaction with others, which will help decrease blaming others;
 4. Learn to manage his/her emotional reactions especially during stressful times.
- Course Outline** : 1. Concern and worry – what are the differences and impacts?
Do you want to be a concerned or worried parent?
Do you want to be a child that your parent is concerned or worried about?
2. Which kind of children do you like or want to have/ Which kind of child do you want to be:
 - a) Compliant and obedient
 - b) Rebellious
 - c) Emotionally autonomous
 3. Two factors which affect children's emotional health and psychological well-being:
 - Anxiety
 - Force towards togetherness and force towards individuality
 4. Reciprocal influence – how we influence each other emotionally, we each have a part to play;
 5. Managing our emotional reactivity – be responsible for self.

**Introduction
to speaker**

Mrs Peggy Chan

Director of Programme

Senior Counsellor & Family Therapist

ISS Family Institute

International Social Service Hong Kong Branch

Mrs Peggy Chan holds a BSocSc degree in Psychology and Social Work from The University of Hong Kong and a MEd degree in Guidance and Counselling from The University of Toronto. She has completed 5 years of the Postgraduate Program in Bowen Family Systems Theory and Its Applications and 2 years of Research Seminar from the Bowen Center for the Study of the Family in Washington DC, USA. She has also received 2 years of training in Family Systems Therapy at Pacific Coast Family Therapy Training Association in Vancouver, Canada. Being a Registered Social Worker, she is the Honorary Assistant Professor and Practicum Supervisor at the Department of Social Work and Social Administration of The University of Hong Kong. She is also the Associate Fellow and Approved Supervisor of The Hong Kong Professional Counselling Association.

Mrs Chan has over 20 years of experience in providing individual counselling, family therapy and professional training, both in Hong Kong and in Vancouver. Her areas of specialisation include parent-child relationship difficulties, parenting, behavioural and emotional problems in children and adolescents, personal emotional issues, marital difficulties, women's issues, sexual issues, loss and grief, depression and cultural adaptation. She is a frequent speaker on parenting and family emotional health, providing training for professional social workers, teachers and parents. She has strived to apply the Bowen family systems theory to her counselling work and daily life. She has also developed the "Tranquil Parenting Programme" based on the Bowen theory.

Parent concurrent sessions

Time : 11:15 a.m. – 12:00 noon

Concurrent Session 1 : Positive Discipline for Gifted Families

Speaker : Mr Ching Wing Tak, Victor
Educational Psychologist
The Hong Kong Academy for Gifted Education

Course Outline : 1. Identify communication and relationship issues of gifted families;
2. Understand how discipline problems arise and tips to reduce family stress;
3. Develop effective strategies to foster better communication and a healthier relationship with children.

Introduction to speaker : Mr Victor Ching is a registered psychologist in Hong Kong and Australia. As an educational psychologist of The Hong Kong Academy for Gifted Education, he delivers seminars and workshops, conducts psychological assessments and provides consultation and counselling services for students, parents and teachers. Mr Ching is also experienced in providing behavioural modification programmes for students. During his training in Australia, he worked for the Developmental Disabilities Clinic of Monash Medical Centre and more than 10 primary and secondary schools, providing psychoeducational services for children and adolescents with special learning needs and behavioural issues.

Concurrent Session 2 : Gifted Challenges: How to Cope with Stress as a PARENT?

Speaker : Ms Sin Ho Lam, Tiffany
Senior Guidance Counsellor
The Hong Kong Academy for Gifted Education

Course Outline : 1. Identify sources of stress in parenting gifted children;
2. Enhance the competence to manage the challenges of gifted children;
3. Acquire practical management strategies to cope with parental stress and develop positive well-being of the family.

Introduction to speaker : Ms Tiffany Sin graduated with her Bachelor's Degree (Hons) in Social Work from the Hong Kong Polytechnic University and Master's Degree in School Guidance and Counselling from the Chinese University of Hong Kong. She is a certified Theraplay® Therapist (the United States), registered social worker and member of the Hong Kong Professional Counselling Association and the Association for Play Therapy (the United States). She is also a certified Global Career Development Facilitator (GCDF), CCE, NBCC.

Ms Sin has been dedicated to working with students and parents for more than 10 years. Over the past decade, she has handled over a hundred cases, providing psychotherapy to gifted students and students with special needs, as well as organising numerous parent education programmes. She was a Centre Supervisor of the Special Child Care and Early Education Training Centre and a part-time Lecturer / Tutor of the OUHK, HKIEd and HKIVE. As a Senior Guidance Counsellor of The Hong Kong Academy for Gifted Education, she conducts affective education programmes, including seminars, workshops and parent-child groups, and provides consultation and counselling services for gifted students and their parents.

Student concurrent sessions

Time : 11:15 a.m. – 12:00 noon

Concurrent Session 1 : Drive me Free!

Speaker : Ms Lee Nga Wai, Arie
Guidance Counsellor
The Hong Kong Academy for Gifted Education

Course Outline : 1. Understand the importance and benefits of psychological well-being;
2. Compare and contrast the impacts of positive and negative drives;
3. Learn to develop strategies for coping in tensions and risks.

Introduction to speaker : Ms Arie Lee graduated with a Bachelor's Degree (Hons) in Social Work from the University of Hong Kong and a Master's Degree in School Guidance and Counselling from the Chinese University of Hong Kong. She is a registered social worker and had been a student counsellor serving both secondary and tertiary institutions over ten years before joining the HKAGE. Besides, she is a qualified facilitator of Personality Dimensions® (psychological tool for assessing personality strengths and preferences). She currently serves as a Guidance Counsellor who is responsible for personal growth and social development programmes for gifted students at the HKAGE. With an understanding of the social and emotional needs of gifted children and youth, she has solid experience in exploring and designing various learning opportunities for enhancing their personal growth and social development.

Concurrent Session 2 : Developing Resilience: Have you got the right "Mindset"?

Quota is FULL

Speaker : Ms Chow Mei Ling, Jessie
Educational Psychologist

Course Outline : 1. Relate the importance of psychological well-being to oneself;
2. Identify the importance of mindsets in coping with failure and setbacks;
3. Equip participants with adaptive ways to promote resilience.

Introduction to speaker : Ms Jessie Chow is the Assistant Director (Experiential Learning) of the Faculty of Social Sciences at the University of Hong Kong (HKU). Before joining HKU, she worked as an educational psychologist at mainstream schools, schools for maladaptive children, NGOs and a private edutainment centre. Ms Chow has also conducted numerous workshops and trainings for both pre-service and in-service teachers, gifted adolescents and parents with gifted children at different organisations and tertiary institutions. Her specialisation focuses on giftedness and twice exceptionality.

Medium of Instruction : Cantonese

Course Fee : Free of charge (Funded by The Hong Kong Academy for Gifted Education)

Quota : 100 pairs (1 parent and 1 child per pair)

Registration Information : Parents should apply through the online registration system on our website <https://hkage.org.hk/b5/parent/Registration/pcp/courseLoqon.php?pid=133>

Deadline for Registration : 13 January 2016 (Wednesday) 5:00 p.m.

Notes:

1. Due to the limited capacity, acceptance is on first-come-first-served basis;
2. Registrants will be notified of the outcome by 15 January 2016 (Friday) through email.

Enquiry : Tel: 3940 0104 or Email: ps@hkage.org.hk

Remarks : 1. The course organiser (the HKAGE) will take photos and videos during the programme. The photos and/or videos may be reproduced in electronic forms and/or printed publications for educational, research and marketing purposes upon the participants' consensus in registration.
2. Car park arrangement: No parking spaces are available. Please park at nearby car parks.