

## Parent Seminar

### Positive Psychology for the Gifted – Overcoming Dysphoria with Hope (F1PEP003S)

Date and Time	Target Group
29 January 2020 (Friday) 6:30 p.m. – 8:30 p.m.	Parents of Gifted Children (Priority will be given to parents of HKAGE student members)

- Venue** : Room 403, 4/F, the Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin, New Territories, Hong Kong  
(Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)  
(The parent seminar may be conducted online subject to the latest development of the coronavirus epidemic and EDB’s guidance. Please pay close attention to email notifications and announcements on the HKAGE website.)
- Speaker** : **Dr Richard LAU Kai Cheung**  
Registered Clinical Psychologist, The Hong Kong Academy for Gifted Education
- Content** : It has been said that 2020 is a year filled with dysphoria, as many people are in a state of unease or under general dissatisfaction in their lives. This seminar aims to introduce the application of the character strength of ‘hope’ in positive psychology to overcome one’s dysphoria. At this seminar, participants will learn the meaning of ‘hope’ in positive psychology, the relationship between ‘hope’ and several personal factors (clinical, sociodemographic, psychosocial), a way to measure ‘hope’, ways to comfort individuals’ suffering by ‘hope’, and ways to promote the level of ‘hope’. There will be a Q&A session during the seminar.
- Intended Learning Outcomes** : Upon completion of this seminar, parents should be able to:
1. facilitate their gifted children to discover ‘hope’, a character strength in the theory of positive psychology;
  2. facilitate their gifted children to recognise the benefits of ‘hope’ to various aspects of an individual;
  3. facilitate their gifted children to realise how ‘hope’ can comfort an individual’s suffering and dysphoria; and
  4. adopt suitable ways to promote their own and their children’s level of ‘hope’.
- Language Medium** : Cantonese
- Fee** : HK\$100 (Administrative fee)
- Capacity** : 40



**Registration Information** : Parents should apply through the online registration system on our website:  
<https://hkage.org.hk/b5/academy/Registration/selector.php?pid=57>

**Deadline for Registration** : 22 January 2021 (Friday) 12:00 noon

Notes:

1. Due to limited capacity, registration will be accepted on a first-come-first-served basis.
2. Applicants will be notified of the application results on or before 27 January 2021 (Wednesday) through email.

**Enquiries** : For enquiries, please contact us at 3940 0101 (after language selection, press “4”) or via email: [ae@hkage.org.hk](mailto:ae@hkage.org.hk)

**Remarks** : The organiser (HKAGE) will take photos and / or videos during the seminar. 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.

**Profile of the Speaker:**

**Dr Richard LAU Kai Cheung**

Registered Clinical Psychologist, The Hong Kong Academy for Gifted Education

Dr Richard LAU is a registered clinical psychologist of the Hong Kong Institute of Clinical Psychologist which is fully accredited by the Department of Health. He is also an associate fellow and registered clinical psychologist of the Hong Kong Psychological Society, a full member of the Hong Kong Clinical Psychologists Association, an associate fellow of the Hong Kong Professional Counselling Association, a registered clinical supervisor of the Asian Professional Counselling & Psychology Association, a certified clinical hypnotherapist of the Professional Board of Hypnotherapy, Inc., and a full member of the Australian Psychological Society.

For more than ten years, Dr Richard LAU has developed many training programmes for the gifted population and their parents in various private or non-government organisations in Hong Kong. He was a senior lecturer at the Department of Special Education and Counselling, Faculty of Education and Human Development in The Education University of Hong Kong; an assistant professor at the Nethersole School of Nursing, Faculty of Medicine of the Chinese University of Hong Kong; an assistant professor at the Department of Counselling and Psychology, Faculty of Social Sciences of the Hong Kong Shue Yan University; and a visiting professor at the Faculty of Social Sciences and Education of the University of Saint Joseph (current name) over the last twelve years. Through Dr LAU's teaching work in these universities, he has delivered many courses related to teaching or counselling students with special educational needs including gifted students. He has also trained numerous professional teachers, counsellors and social workers in teaching, counselling, and helping gifted students and their parents.