



Your Psychological Service Station: Parenting Stress and Skills

(F1PSG001G, F1PSF002G, F1PSG003G)

Introduction

The purpose of this series of parent support group sessions is to provide psychological support for parents who have difficulties and find it stressful in parenting their children. During each session, the support group facilitator will facilitate the participants' sharing in their parenting experiences, and guide them to understand more about the characteristics of their children (i.e., with twice-exceptionality, very emotional, or less sociable) and practical ways to nurture them. The participants' psychological well-being will be promoted in this series of support group sessions.

Session	Topic
1	Parenting a twice-exceptional child (F1PSG001G)
2	Parenting a very emotional child (F1PSG002G)
3	Parenting a less sociable child (F1PSG003G)

Intended Learning Outcomes

Upon completion of all the three sessions, parents should be able to:

1. understand the characteristics of twice-exceptional children;
2. understand the characteristics of very emotional children;
3. understand the characteristics of less sociable children;
4. understand practical ways of nurturing twice-exceptional children;
5. understand practical ways of nurturing very emotional children;
6. understand practical ways of nurturing less sociable children; and
7. understand ways to lower their stress and to promote their psychological well-being.

Instructor

Dr Richard LAU Kai Cheung

Registered Clinical Psychologist, The Hong Kong Academy for Gifted Education

Programme Type

Parent Support Group

Schedule

Session	Date	Time	Venue
1	12 August 2021 (Thursday)	7:00 pm-9:00 pm	Room 204, HKAGE
2	19 August 2021 (Thursday)		
3	26 August 2021 (Thursday)		

Target Group

Parents of Gifted Children in Upper Primary School (Only for parents of HKAGE student members)

Capacity	20
Medium of Instruction	Cantonese
Administrative Fee	Nil
Registration Information	<p>Parents should apply through the online registration system on our website:</p> <p>1st session: https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=523</p> <p>2nd session: https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=524</p> <p>3rd session: https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=525</p>
Registration Deadlines	<p>1st session: online registration starts on 8 July 2021 (Thurs) 12:00 noon. The deadline for registration is on 10 August 2021 (Tue) 12:00 noon.</p> <p>2nd session: online registration starts on 15 July 2021 (Thurs) 12:00 noon. The deadline for registration is on 17 August 2021 (Tue) 12:00 noon.</p> <p>3rd session: online registration starts on 22 July 2021 (Thurs) 12:00 noon. The deadline for registration is on 24 August 2021 (Tue) 12:00 noon.</p>
Remarks	<ol style="list-style-type: none"> 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 through email two days before the date of the support group. 3. 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.
Enquiries	For enquiries, please contact us on 3940 0101 (after language selection, press "4").
Instructor Profile	<p>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.</p> <p>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.</p>