

賽馬會「知情達意育優才」計劃  
Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

# Treatments on Illnesses Related to the Brain or Emotions (CD00111819)

<b>Introduction</b>	<p>The brain is a mystery in many respects. In fact, scientists are still not sure how consciousness is generated. Many illnesses such as stroke, Alzheimer's disease and depression are caused by brain damages. These illnesses deeply affect the body functions and emotions of the patients.</p> <p>Apart from conventional medical treatments, some unconventional recovery programmes like art therapy, mindfulness and music therapy are being adopted in recent years to heal brain illnesses.</p> <p>What are the principles behind these kinds of treatments? Are they really effective? How do the patients feel while attempting these treatments? A series of lectures, talks, workshops, as well as a site visit, is included in this programme. Let's show our care about our society and find out the answers!</p>
<b>Programme Type /Level</b>	<p>Introductory Course in Science and Humanities about the Brain and Central Nervous System (<a href="#">Token-required</a>)</p>
<b>Instructor(s)</b>	<p>Please refer to the content under "Schedule"</p>
<b>Target Participants</b>	 <ul style="list-style-type: none"> <li>➤ S2 – S4 HKAGE student members <b>ONLY</b></li> <li>➤ Class size: 30</li> <li>➤ Students should be able to make commitment, be responsible to oneself as well as to the world, and willing to discuss, elaborate, present their in-depth thoughts.</li> </ul> <p><b>* First-come-first-served.</b></p>
<b>Medium of Instruction</b>	 <p>Cantonese with English handouts</p>
<b>Certificate</b>	 <p><b>Certificate</b> will be awarded to participants who have:</p> <ul style="list-style-type: none"> <li>❖ Attended <b>at least 6 sessions, including Session 7 and Session 8*</b>; AND</li> <li>❖ Completed all the assignments with <b>satisfactory performance</b></li> </ul> <p>* Students <b>MUST</b> attend <b>Session 7: Site Visit</b> and <b>Session 8: Sharing Day</b>. "Course incomplete" will be marked for those whose are absent from these 2 sessions.</p>
<b>Intended Learning Outcomes</b>	 <p>Upon completion of the programme, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Briefly describe the structure, organisation and functions of the human nervous system;</li> <li>2. Introduce the conventional treatment for healing brain illnesses;</li> <li>3. Understand by practicing the effectiveness of mindfulness and how it can relieve difficulties suffered from brain illnesses;</li> <li>4. Introduce the holistic approach of art therapy and how it relates to neuroscience;</li> <li>5. Gain hands-on knowledge about how to apply interview skills and ethnographic methods in authentic scenarios;</li> <li>6. Have their awareness of social issues enhanced, and their sense of empathy and positive mindset towards challenges cultivated.</li> </ol>
<b>Application Deadline</b>	<p><b>17 June 2019</b> <b>(Before 12:00 noon)</b></p>
<p>If student members withdraw from the programme after the Application Deadline, the token will be deducted.</p>	

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Schedule



Session	Date	Time	Content	Venue
1	19 Jul 2019 (Fri)	10:00 a.m. – 1:00 p.m.	<p><b>Foundation Course and Workshop: Basic Knowledge about the Brain and Central Nervous System</b></p> <p>Speakers: Dr YUE Ying Kit, Patrick and other instructors, Department of Biology, Hong Kong Baptist University</p> <ul style="list-style-type: none"> <li>Interactive lectures about basic knowledge of the organisation of the nervous system neurotransmission and neural coordination</li> <li>Discussion on the status of using advance technology such as stem cells for neural disease treatment</li> </ul>	OEW1004, Oen Hall Building (West Wing), Ho Sin Hang Campus, Hong Kong Baptist University <sup>1</sup>
2		2:00 p.m. – 5:00 p.m.	<ul style="list-style-type: none"> <li>Hands-on practice and experiments of preparing neural specimens for microscopic and macroscopic study</li> </ul>	
3	2 Aug 2019 (Fri)	1:30 p.m. – 3:00 p.m.	<p><b>Introductory Talk: Conventional Treatment of Brain illnesses</b></p> <p>Speaker: Dr David WONG, experienced doctor participating in medical research studies related to neuroscience</p> <ul style="list-style-type: none"> <li>Introduction to the concept of neuroscience and the conventional medical treatment for healing brain illnesses</li> </ul>	Classroom TBC  Buddhist Kok Kwong Secondary School <sup>2</sup>

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Session	Date	Time	Content	Venue
4	5 Aug 2019 (Mon)	2:00 p.m. – 6:00p.m.	<p><b>Workshop: Mindfulness</b></p> <p>Instructor: Mrs LEE LAU Wing Ying, Winnie, Registered Counselling Psychologist, Caritas Jockey Club Heartspring Development Centre</p> <ul style="list-style-type: none"> <li>● Introduction to the fundamental knowledge of mindfulness through hands-on practice</li> </ul>	HKAGE Room 403
5	6 Aug 2019 (Tue)	10:00 a.m. – 1:00p.m.	<p><b>Workshop: Art Therapy and Neuroscience</b></p> <p>Instructor: Mr Steve LIANG Child Development and Psychologic Consultant</p> <ul style="list-style-type: none"> <li>● Introduction to the application of art therapy and basic neuroscience concepts through games, tutorials, discussion and role play</li> </ul>	Classroom TBC Buddhist Kok Kwong Secondary School <sup>2</sup>
6	7 Aug 2019 (Wed)	9:30 a.m. – 2:30p.m.	<p><b>Workshop: Mini-ethnography - The Art of Interview</b></p> <p>Instructor: Ms MAN Yee Wan</p> <ul style="list-style-type: none"> <li>● Introduction to ethnography as a research method and a mode of inquiry</li> <li>● Hands-on knowledge about how to apply interview and observation skills during the Site Visit and the Sharing Day</li> </ul>	HKAGE Room 403

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Session	Date	Time	Content	Venue
*7	9 Aug 2019 (Fri)	2:00 p.m. – 4:00p.m.	<p><b>Site Visit: Visiting a Rehabilitation Centre</b></p> <p>Speaker: Mr. Kingman CHUNG, Music Therapist</p> <ul style="list-style-type: none"> <li>- Meeting the choir grouping of stroke patients, which is the first of its kind in Hong Kong</li> <li>- Understanding the effectiveness of music therapy through interview with stroke patients, their families and caregivers, therapist and social workers.</li> </ul>	<p>Community Rehabilitation Network. Kornhill Centre,  The Hong Kong Society for Rehabilitation<sup>3</sup></p>
*8	26 Aug2019 (Mon)	10:00 a.m. –12:00n.n.	<p><b>Sharing Day</b></p> <ul style="list-style-type: none"> <li>- Sharing on the feelings and things learned during the programme (e.g. the effectiveness of various therapies, the needs of patients, the importance of studying the brain, etc.)</li> </ul>	<p>HKAGE Room105</p>

\* Students **MUST** attend **Session 7: Site Visit** and **Session 8: Sharing Day**. "Course incomplete" will be marked for those who are absent from these 2 sessions.

<sup>1</sup> Kowloon Tong, Kowloon, Hong Kong ([Map](#))

<sup>2</sup> Sha Kok Estate, Shatin, N.T., Hong Kong ([Map](#))

<sup>3</sup> G/F, Block 6, Kornhill Garden, 1120 King's Road, Quarry Bay, Hong Kong ([Map](#))

**Enquiries**  For enquiries, please contact us at 3940 0514 or [jc@hkage.org.hk](mailto:jc@hkage.org.hk).