

Parent workshop 1

Stress Management

Date and Time	Target Group
Session 1: 23 Jan 2009 (Sat) 10:00am – 12:00pm	Parents of gifted children *
Session 2: 30 Jan 2009 (Sat) 10:00am – 12:00pm	
<i>* Priority will be given to parents who have participated in the focus group interview of the Project Twice Exceptional in July 2009.</i>	

- Venue** : Rm 301, 3/F, HKICC Lee Shau Kee School of Creativity, 135 Junction Road, Kowloon
- Speaker and Facilitator** : Dr Winnie Keung Clinical Psychologist
- Course Description** : Parents nurturing gifted children can be under pressure and this could negatively impact their parenting role if not appropriately managed. The workshop aims at imparting stress management skills that parents can apply to help them reduce their stress due to the challenges of parenting.
- Course Objectives** : Upon completion of this seminar, participants should be able to:
- Understand stress and its symptoms
 - Identify his/her personal sources of stress
 - Know the link between parental stress and children's emotional well-being
 - Learn practical techniques to cope with stress
 - Develop his/her own action plan to manage stress
- Course Outline & format** :
1. Seminar contents
 - What is stress and how does it affect one's life?
 - What is the link between the mind and stress?
 - What are the preventive & management measures?
 2. Format
Workshop activities include stretching exercises, experiential learning activities and discussion
- Medium of Instruction** : Cantonese

- Course Fee** : Free of charge (Funded by The Hong Kong Academy for Gifted Education)
- Registration Information** : Parents are to apply through the online registration system on the HKAGE website
- Deadline for Registration** : **4 January 2010 (Mon) 5:00p.m.**
Note: Priority will be given to parents who have participated in the focus group interview of the Project Twice Exceptional.
Registrants will be notified of the outcome by early January through email.
- Enquiry** : Tel.:36984025 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 Asia and American College Students.”

Dr. Keung has been working in the field of clinical psychology in Hong Kong for about 7 years. She had previously worked in the Student Health Service, Child Assessment Services 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, 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.