



Student Talk / Introductory Level

Promoting Physical Well-being of Gifted Students

Dr Richard Kai-Cheung LAU
Clinical Psychologist, HKAGE



Application Deadline

10 Oct 2024

12:00 noon

Intended Learning Outcomes

Upon completion of the talk, student members should:

1. understand the relationship of emotion and stress with physical health;
2. understand usual ways and the special “Fast-Happy-Charging-Battery” method to manage emotion and stress; and
3. be more willing to try to practice the usual ways and the special “Fast-Happy-Charging-Battery” method for managing their emotion and stress.



◆ Introduction of the Talk

Promoting and maintaining well-being are paramount to the holistic development of gifted students. This academic year, we will explore and explain six aspects of well-being: physical, social and emotional, spiritual, intellectual, vocational, and community. In this talk, the speaker will delve into the intricate relationship between emotion, stress, and physical health, will examine the impact of these factors on various bodily systems, including the musculoskeletal, respiratory, cardiovascular, central nervous, endocrine, integumentary, gastrointestinal, immune, and reproductive systems, and will explore the influence of emotions and stress on daily life aspects such as sleep, eating, and weight. The speaker will introduce two methods for managing emotions and stress: the usual approach and the "fast-happy-charging" technique. Q&A session will be provided by the end of the talk.

◆ Schedule

Date	Time	Venue
26 Oct 2024 (Saturday)	9:30 a.m. – 11:30 a.m.	Zoom Meeting

* The Zoom Meeting ID and passcode will be sent to student members by email before the talk.

◆ Profile of the Speaker

Dr. Richard LAU obtained an Honours Bachelor's degree in Psychology in the UK, an Honours Master's degree in Clinical Psychology in Australia, a Postgraduate Diploma in Clinical Psychiatry in the UK, a PhD in Clinical Psychology in the US, and a PhD in Counseling in Australia, and he is pursuing a Master of Science degree in Clinical Psychiatry in the UK. He is a Clinical Psychologist in the accredited register in Hong Kong (Department of Health), 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 Counseling Association, a Registered Clinical Supervisor of the Asian Professional Counseling & Psychology Association, a Certified Clinical Hypnotherapist of the Professional Board of Hypnotherapy, Inc., an Academic Member of the College of Clinical Psychologists of the Australian Psychological Society, and a Full Member of the Australian Psychological Society.



◆ Profile of the Speaker

Dr. LAU worked as a Senior Clinical Psychologist or Director of Psychological Services in non-governmental organizations and private psychology centers for approximately ten years, during which time he developed numerous training programs for gifted individuals and their parents. Over the past eighteen years, he has held teaching positions at various universities, including Senior Lecturer in the Department of Special Education and Counseling, Faculty of Education and Human Development at The Education University of Hong Kong; Assistant Professor at the Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong; Assistant Professor in the Department of Counseling and Psychology, Faculty of Social Sciences, Hong Kong Shue Yan University; and Visiting Professor at the Faculty of Social Sciences and Education, University of Saint Joseph (current name). Through his university teaching, Dr. LAU has delivered numerous courses related to teaching and counseling students with special educational needs, including gifted students. He has also trained a significant number of professional teachers, counselors, and social workers in methods for teaching, counseling, and supporting gifted students and their families.

◆ Remark

Starting from the 2023/24 school year, after the first review period, ALL student members must complete the following requirements in each school year in order to maintain their memberships:

- Attend One Talk; AND
- Participate in One Programme or Activity of any kind

◆ Pre-requisite

No special prerequisites are needed

◆ Target Participants

- P4 to S6 student members in 2024/25 school year
 - Class size: 290
- * First-come-first-served.

◆ Certificate

E-Certificate will be awarded to participants who have attended the talk and shown active participation in class activities.

◆ Medium of Instruction

Cantonese