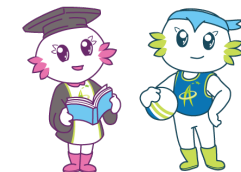




香港資優教育學苑
The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助
Subvented by the Education Bureau, the Government of the HKSAR



[Learn about Gigi & Yoyo](#)

F1PPW035W, F1PPW036W
F1PPW037W, F1PPW038W

[\(Token- required\)](#)

Workshop / Introductory Level

Psychological Exploration of Intimate Relationships (1) to (4)

Dr LAU Kai Cheung Richard, Clinical Psychologist, HKAGE
Miss DU Pui Yu Tinsley, Counselling Psychologist, HKAGE
Ms SO Yin Candy, Programme Officer, HKAGE
Ms LAU Sin Ting Candy, Programme Officer, HKAGE



Application Deadlines

Intended Learning Outcomes

Please refer to the "Important Dates"

Upon completion of the programme, student members should be able to:

1. acquire skills to navigate difficulties and challenges in intimate relationships;
2. practise strategies for managing difficult circumstances related to intimate relationships, with support from HKAGE's professional psychologists and programme officers through counselling or consultation services;
3. foster positive interactions with other gifted students by using appropriate communication and interpersonal methods; and
4. build a supportive network with other gifted students and provide mutual encouragement and assistance.

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

◆ Introduction

Gifted adolescents often experience heightened emotional intensity and intellectual curiosity, which can influence how they approach and navigate relationships. During adolescence, they may grapple with unique questions and concerns about various types of connections, including platonic, romantic, or physical. However, traditional sex education frequently overlooks the nuanced social-emotional dimension of intimacy, especially when considering diverse relationship models beyond heteronormative paradigms.

The programme will begin with a 10-minute expert-led introduction that integrates key concepts from its core clusters, such as an exploration of the Foundations of Attraction and Emotion through the lens of “From ‘Crush’ to ‘Confession’: How Does Psychology Explain Attraction?”; Communication, Boundaries, and Emotional Safety; Social Dynamics and Relationship Models; Friendship and Trust; and Psychological Frameworks and Self-Awareness.

The sessions will also feature group sharing facilitated by psychologists and programme officers, creating opportunities for students to: share personal experiences, challenges, and concerns in a supportive group setting; learn from the coping strategies and insights of their peers; receive group counseling and tailored professional advice to help navigate relationship-related difficulties.

By addressing the emotional and intellectual needs of gifted adolescents, this programme seeks to equip students with the tools to build meaningful and healthy relationships while promoting self-awareness and resilience.

◆ Profiles of Instructors

Dr Richard LAU is a Member of the Register of Clinical Psychologists accredited by the Department of Health, Hong Kong. For more than ten years, Dr LAU has developed many training programmes for the gifted population and their parents in various private or non-government organisations in Hong Kong.

Miss Tinsley DU is a Registered Counselling Psychologist of The Hong Kong Psychological Society Limited (HKPS), provides counselling and psychotherapy. She also conducts workshops and talks for parents, teachers, and individuals of all ages, addressing various psychological and educational needs.

◆ Suitable for

- HKAGE P4 – S6 student members in 2025/26 school year only
- Capacity of each workshop: 60
- * First-come-first-served

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Certificate

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

◆ Important Dates

Date	Venue	Application Commencement Date and Time	Application Deadline (Date and Time)	Please return the "Confirmation Slip" no later than three working days after you applied for the class
F1PPW037W 6 Dec 2025 (Saturday) 9:30 – 11:00 a.m.	HKAGE Room 105	9 Oct 2025 1:00 p.m.	21 Nov 2025 12:00 n.n.	
F1PPW038W 31 Dec 2025 (Wednesday) 10:30 – 12:00 n.n.	HKAGE Room 303	9 Oct 2025 1:00 p.m.	16 Dec 2025 12:00 n.n.	
F1PPW039W 8 Jul 2026 (Wednesday) 3:30 – 5:00 p.m.	HKAGE Room 303	To be confirmed	To be confirmed	
F1PPW040W 4 Aug 2026 (Tuesday) 2:30 – 4:00 p.m.	HKAGE Room 303	To be confirmed	To be confirmed	

* Please visit the [Programme Application page](#) of the academy to check the latest information for each group session.

◆ Enquiries

☎ 3940 0101 ✉ programme@hkage.org.hk



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Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development



◆ **Enquiries**

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