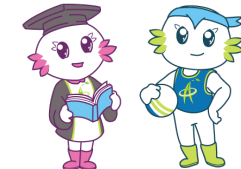




香港資優教育學苑
The Hong Kong Academy for Gifted Education

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



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F1PPW043T

(NOT Token - required)

Student Talk / Introductory Level

High-Intensity Minds, Intimate Worlds: Navigating Social Depth and Relationships in Gifted Youth

Dr Richard Kai-Cheung LAU

Clinical Psychologist, HKAGE



Application Deadline

13 Nov 2026

12:00 noon

Intended Learning Outcomes

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

1. Understand value-based loneliness and cognitive differences in gifted students' relationships.
2. Identify role fixation and power dynamics, and build healthier relational patterns.
3. Understand boundaries and consent, and develop responsible attitudes toward intimacy.
4. Examine how romantic and sexual experiences shape identity and self-awareness.

◆ Introduction of the Talk

Gifted students often reflect deeply on values, justice, and life direction from an early age. Yet beneath their rational and capable exterior, social and intimate relationships may feel complex. Differences in cognitive pacing can create value-based loneliness, while perceived maturity may lead them to adopt fixed roles such as the “rational one,” sidelining their own emotional needs. In romantic and sexual contexts, strong analytical thinking may blur emotional boundaries or obscure power dynamics.

This talk explores these themes through psychological and ethical perspectives, addressing cognitive differences, role fixation, boundaries, and consent. Through guided reflection, students will cultivate self-awareness and develop balanced, responsible approaches to relationships and identity.

◆ Schedule

Date	Time	Venue
28 Nov 2026 (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 a bachelor's degree in theology in HK, an honours bachelor of science degree in psychology in the UK, an honours master of psychology degree in clinical psychology in Australia, a master of science degree in clinical psychiatry in the UK, a PhD in clinical psychology in the US, and a PhD in counselling in Australia. 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 counsellor and a registered clinical supervisor of the Asian Professional Counseling & Psychology Association, a certified clinical hypnotherapist and an approved hypnosis instructor of the Professional Board of Hypnotherapy, Inc., a certified sexologist of the American Board of Sexology, a certified sex educator and certified sex therapist of the World Association of Chinese Sexologists, 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 organisation and private psychology centres for approximately ten years. During that time, he developed numerous training programmes for gifted individuals and their parents. Over the past twenty more 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 counselling students with special educational needs, including gifted students. He has also trained a significant number of professional teachers, counsellors, and social workers in methods for teaching, counselling, 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 2026/27 school year
 - Class size: 200
- * First-come-first-served.

◆ Certificate

An e-certificate will be awarded to participants who have attended the talk and shown active participation in class activities.

◆ Medium of Instruction

Cantonese



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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

