香 港 資 優 教 育 學 苑
The Hong Kong Academy for Gifted Education

F1PPW047W, F1PPW048W
F1PPW049W, F1PPW050W

(Token- required)

Workshop / Introductory Level

Psychological Exploration of Intimate Relationships (1) - (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

Please refer to the "Important Dates"

Intended Learning Outcomes

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.

香 港 資 優 教 育 學 苑
The Hong Kong Academy for Gifted Education

Introduction

Gifted adolescents often demonstrate heightened emotional intensity, intellectual curiosity and sensitivity. These characteristics can significantly shape the ways in which they experience, interpret and navigate interpersonal relationships. During this developmental stage, intimate relationships, including close friendships, romantic interests and other meaningful emotional connections, may give rise to complex psychological and emotional questions.

This programme offers a psychologically informed exploration of intimate relationships tailored for gifted students. Delivered through four open-group sessions across the academic year, each session begins with an introduction to a selected theme, followed by facilitated group discussion designed to encourage self-reflection, deepen interpersonal understanding and foster meaningful peer exchange.

Through participation, students will have the opportunity to:

- Share personal experiences, questions and challenges within a supportive and respectful group environment;
- Learn from the perspectives, insights and coping strategies of peers;
- Engage in facilitated discussions and receive professional guidance on addressing interpersonal, relational and emotional challenges.

The programme aims to equip students with evidence-informed psychological perspectives and practical interpersonal skills that support the development of healthy, respectful and resilient relationships, thereby promoting psychological well-being and positive social development.

Profiles of Instructors

Dr Richard LAU is a Member of the Register of Clinical Psychologists accredited by the Department of Health, Hong Kong, a Board Certified Diplomate and a Certified Sexologist with the American Board of Sexology, a sex educator and a sex therapist of the World Association of Chinese Sexologists, a certified clinical hypnotherapist of the Professional Board of Hypnotherapy, Inc., and a registered clinical supervisor of the Asian Professional Counseling & Psychology Association.

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.

Enquiries 3940 0101 programme@hkage.org.hk

香 港 資 優 教 育 學 苑
The Hong Kong Academy for Gifted Education

Suitable for

- HKAGE P5 – S6 student members in 2026/27 school year only
- Capacity of each workshop: 45
- * 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

Session	Date	Venue	Application Commencement Date and Time	Application Deadline (Date and Time)
1	F1PPW047W 30 Dec 2026 (Wednesday) 2:00 – 3:30 p.m.	HKAGE, Room 403	28 Oct 2026 (Wednesday) 1:00 p.m.	15 Dec 2026 (Tuesday) 12:00 n.n.
2	F1PPW048W 4 Feb 2027 (Thursday) 2:00 – 3:30 p.m.	HKAGE, Room 105	28 Oct 2026 (Wednesday) 1:00 p.m.	20 Jan 2027 (Wednesday) 12:00 n.n.
3	F1PPW049W July 2027	tbc	tbc	tbc
4	F1PPW050W Aug 2027	tbc	tbc	tbc

* Each session requires a separate application.

* Please return the "Confirmation Slip" no later than three working days after you applied for the session.

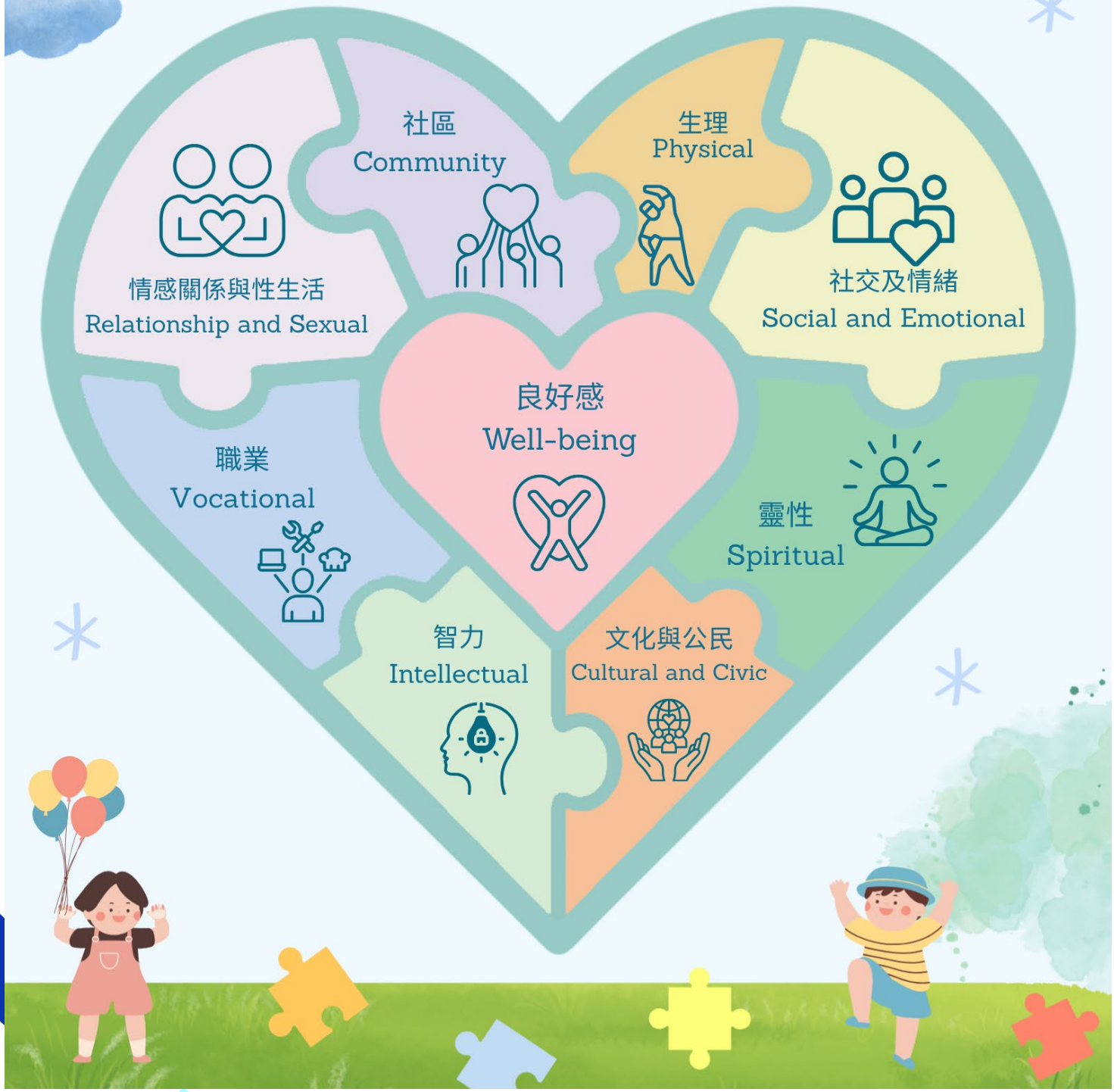
*Please visit the Programme Application page of the academy to check the latest information for each group session.

Enquiries 3940 0101 programme@hkage.org.hk

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

身心靈健康之旅：促進良好感的體驗式學習

- 增進資優學生的良好感
- 提供充足的情緒及精神健康支援
- 培養正向的關係
- 在智力追求與全面發展之間取得平衡



Enquiries 3940 0101 programme@hkage.org.hk