



Parent Advanced Learning Programme 2025/26 Session 1:

Why is stubbornness a good quality in gifted children? How can we prevent stubbornness from becoming a problem?

Dr Richard Kai Cheung LAU
HKAGE, Clinical Psychologist



[Application Here](#)

Intended Learning Outcomes

**Deadline is on 3 December
2025 (Wed) 12:00 noon**

After completing this session, parents should be able to:

- Understand how stubbornness can be a strength and how to prevent it from turning into a negative trait.
- Access counselling or consultation services provided by HKAGE's professional psychologists when needed.
- Apply appropriate strategies and techniques to build positive parent-child relationships.
- Establish a supportive network with other parents of gifted students to share resources and provide mutual support.



◆ Introduction

Our previous "Parent Support Group Programme" was upgraded to the "Parent Advanced Learning Programme" last school year and is now open to all parents of our student members. This advanced workshop offers in-depth support group sessions held quarterly. Each session includes group consultations or counselling, enabling parents to acquire specialised knowledge and build connections for mutual support.

In gifted education, stubbornness is often perceived by teachers or parents as a challenging trait: children who insist on their own opinions can be difficult to persuade and highly persistent in their views. However, from a psychological and neuroscience perspective, stubbornness is closely linked to self-regulation, executive function, and intrinsic motivation. These traits are the foundation of innovation and exceptional performance. Therefore, stubbornness is not a problem but rather an expression of potential. The real challenge lies in guiding gifted children to harness this trait appropriately and prevent it from becoming a disadvantage.

Dr Richard Lau will lead a thematic discussion on stubbornness and provide on-site group counselling and professional support for attending parents.

◆ Profiles of 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 pursuing a certificate in couples and sex therapy in the US. 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.

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 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 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.



◆ Schedule

Session	Date		Time	Venue
1	10 December 2025	Wednesday	6:45 pm – 8:15 pm	HKAGE, Room 303
2	11 February 2026	Wednesday	6:45 pm – 8:15 pm	HKAGE, Room 303
3	20 May 2026	Wednesday	6:45 pm – 8:15 pm	HKAGE, Room 303
4	12 August 2026	Wednesday	6:45 pm – 8:15 pm	HKAGE, Room 303

◆ Target Participants

This programme is open to parents who meet any of the following criteria:

- Parents of HKAGE student members.
- Completed our "Parent Training Programme."
- Completed our "1+1 Parent-Child Programme" or "Be-together Parent-Child Programme" during or after the 2021-2022 academic year.

Class size: 40

* First-come-first-served.

◆ Pre-requisite

While not required, some familiarity with behavioral science, psychology, and parenting concepts is recommended.

◆ Medium of Instruction

Cantonese

◆ Administration Fee

- Nil