



## JCWOW Professional Training Workshop Series

### (賽馬會思妍婦女精神健康計劃- 專業培訓工作坊系列)

October 2019 – April 2020


#### Jockey Club Mental Wellness Project for Women (JCWOW)

JCWOW is a comprehensive and eclectic mental wellness project for women from disadvantaged background. The project contains community public awareness, screening, intervention, training, and research elements. Screening identifies women with different mental health needs: those at risk of common disorders are provided with low-intensity support; those at risk of psychosis are offered an Eclectic Prevention program; and those with established psychosis are offered Body-Mind-Spirit program to attain higher functional outcome. All components will be vigorously evaluated to provide data for future implementation of community-based mental health care for women in Hong Kong.

For more details, please refer to <https://www.jcwow.org>

#### Course Details

This workshop series aim at providing mental health care professionals with knowledge about various kinds of mental health issues, skills in identifying at-risk individuals, as well as understanding the services provided by JCWOW.

Target	Social work and mental health care professionals
Medium	Cantonese, supplemented with English
Fees	Free (\$450 training fee per workshop waived by HKJC Charities Trust)
Registration	<ul style="list-style-type: none"> <li>• Scan QR code <u>or</u></li> <li>• Click to the link: <a href="https://qr.go.page.link/UDqvB">https://qr.go.page.link/UDqvB</a> <u>or</u></li> <li>• Email your name, contact and organization to <a href="mailto:info@jcwow.org">info@jcwow.org</a> (Please indicate workshop code as stated in the course content)</li> </ul> 
Enquiries	Tel: 6746 0005 Email: <a href="mailto:info@jcwow.org">info@jcwow.org</a>

\* Participants must complete **BOTH** basic level topics before proceeding to advanced level.

\*\* Certificate of attendance will be issued to participants who have attended the workshop.

\*\*\* Enrolled participants would receive a confirmation email.

# Course content

## Basic Level \*must complete BOTH basic level topics before proceeding to advanced level

jcwowB101a  
**24 Oct 2019**  
**10:00 - 13:00**

**Introduction of Women Psychosis, At-risk Mental State (ARMS) and JCWOW**  
*Ms. Jade P. S. Wong, Clinical Psychologist, Department of Psychiatry, HKU*

OR

jcwowB101b  
**8 Nov 2019**  
**10:00 - 13:00**

This workshop aims to provide knowledge for mental health care professional about the causes, presenting symptoms, outcomes and currently available service and treatment for people with at-risk mental state of psychosis, in hope of facilitating early identification and detection in the community, allowing those in need to receive timely assistance.

jcwowB102a  
**29 Nov 2019**  
**10:30 - 13:00**

**Introduction of Common Mental Disorder (CMD) and JCWOW**  
*Dr. CHEN YUK LUN, Ronald, Psychiatrist*

OR

jcwowB102b  
**17 Jan 2020**  
**10:30 - 13:00**

This workshop aims to provide knowledge for mental health care professional about the causes, presenting symptoms, outcomes and currently available service and treatment for people with common mental disorders, in hope of facilitating early identification and detection in the community, allowing those in need to receive timely assistance.

## Advanced Level

jcwowB201  
**17 April 2020**  
**14:00 - 17:00**

**Ideas of reference, social anxiety, and psychosis in women: early identification and intervention**

*Dr. Gloria H. Y. Wong, Assistant Professor, Department of Social Work & Social Administration, HKU*

Ideas of reference is recognized as one of the key prodromal signs and warning signals for relapse of psychosis. This workshop provides knowledge for mental health care professional in understanding this common symptom, social anxiety and psychosis in women, and related intervention in hope of facilitating early identification and detection in community.

jcwowB202  
**Mar 2020 (TBC)**

**Bipolar Disorder in clinical perspective**

*Dr. CHANG Wing Chung, Clinical Associate Professor, Department of Psychiatry, HKU*

This workshop provides knowledge and shares clinical experience for mental health care professional in understanding the nature, symptoms, risk and treatment opinions of Bipolar Disorder.

Organizer:



Department of Psychiatry  
Li Ka Shing Faculty of Medicine  
The University of Hong Kong  
香港大學李嘉誠醫學院精神醫學系

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