## Schedule for June, 2019

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<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Speaker/Team</th>
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<tr>
<td>Jun 6</td>
<td>14:30-16:00</td>
<td><strong>Academic Lecture</strong>&lt;br&gt; The puzzles of aging brain</td>
<td>Dr. Hanna LU&lt;br&gt;Research Assistant Professor&lt;br&gt;Department of Psychiatry&lt;br&gt;CUHK</td>
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<td></td>
<td>16:00-17:00</td>
<td><strong>Journal Club</strong>&lt;br&gt; Pharmacological approaches to treating negative symptoms: A review of clinical trials</td>
<td>Dr. Debby Lam</td>
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<td>Jun 13</td>
<td>14:30-16:00</td>
<td><strong>Skills Workshop</strong>&lt;br&gt; Common legal issues with psychiatric patients</td>
<td>Dr. Robyn Mei Yee HO&lt;br&gt;MBBS (London), MRCPsych (UK), FHKCPsych, FHKAM (Psychiatry)</td>
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<td>16:00-17:30</td>
<td><strong>Research Seminar</strong>&lt;br&gt; Emergence of psychiatric disorders and circadian rhythm dysregulations in the offspring of parents with bipolar disorder: A 2-year prospective study</td>
<td>Ms. Betty Lei&lt;br&gt;Supervisor: Dr. Jihui ZHANG&lt;br&gt;Co-supervisor: Prof. Yun Kwok WING</td>
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<td>Jun 20</td>
<td>14:30-16:00</td>
<td><strong>Quality Assurance Meeting (TPH/SH)</strong></td>
<td>All Clinical Staff</td>
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<td>16:00-17:00</td>
<td><strong>Medical Staff Forum (TPH)</strong>&lt;br&gt; Mandatory Training - Management of Alcohol Withdrawal</td>
<td>Dr. Fu CHAN</td>
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<td>17:00-17:30</td>
<td><strong>Frontline Medical Staff Meeting (TPH)</strong></td>
<td>All Frontline Medical Staff</td>
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<td>16:30-17:30</td>
<td><strong>Clinical Forum / Research Meeting (SH)</strong></td>
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<td>Jun 27</td>
<td>14:30-15:30</td>
<td><strong>Academic Lecture</strong>&lt;br&gt; Holistic pathway to functional recovery in MDD</td>
<td>Prof. Pratap CHOKKA M.D.&lt;br&gt;Clinical Professor&lt;br&gt;Department of Psychiatry&lt;br&gt;University of Alberta</td>
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<td>15:30-17:30</td>
<td><strong>Psychotherapy Case Conference</strong>&lt;br&gt; Dynamic Psychotherapy - a case presentation (The Lost and Angry Young Man)</td>
<td>Drs. Peter TK Tsoi, Irene Kam</td>
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<td><strong>Psychotherapy Supervision</strong></td>
<td>Drs. Peter TK Tsoi, Irene Kam</td>
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**Venue:**
- *Seminar Room* TPH: G/F, Multicentre Conference Room 1, Dining Room, G/F, Wing D, Ward 7AB
- Tai Po Hospital: G/F, 2/F, Shatin Hospital, Shatin, N.T.

Please contact 2607-6025 two days before hand to arrange presentation equipment.

http://www.psychiatry.cuhk.edu.hk
**Date:** Jun 6, 2019  
**Time:** 14:30-16:00  
**Venue:** Seminar Room, G/F, Multicenter, Tai Po Hospital, Tai Po, N.T.

**Academic Lecture:**

**Dr. Hanna LU**  
Research Assistant Professor  
Department of Psychiatry  
CUHK

**Topic:** The puzzles of aging brain

**Abstract:**

This world is changing rapidly. Nothing can be said to be certain, except death and taxes (Said by Benjamin Franklin). At this moment, I will add aging into this “certain list”. If aging is unavoidable, can we do something to preserve the brain function during aging process?

In this talk, Dr. LU will introduce the hierarchical structure of cognitive function and their neural mechanisms during normal aging and pathological aging, and how neuromodulation interventions, such as transcranial direct current stimulation (tDCS) and transcranial magnetic stimulation (TMS), will help the senior adults with cognitive impairments. Stemming from the advances and challenges of neuromodulation, she will introduce the LANDSCAPE project (http://thebrainx.com/landscape/) and discuss how to combine individual MRI image to promote the efficacy of neuromodulation in age-specific populations.

**Biography:**

Dr. LU currently works as Research Assistant Professor, and a core member of dementia research unit and neuromodulation lab at the Chinese University of Hong Kong. She is also an Honorary Professor at the Affiliated Brain Hospital of Guangzhou Medical University. Her research interests mainly focus on individualized brain stimulation and its potential mechanisms in aging populations. Meanwhile, the neuroinformatics approach to brain science in psychiatry is also the field of interest.

*All are welcome and no registration required. For enquires, please contact 26076025*
Date: Jun 13, 2019  Time: 14:30-16:00
Venue: Seminar Room, G/F, Multicenter, Tai Po Hospital, Tai Po, N.T.

Skills Workshop:
Dr. Robyn Mei Yee HO
MBBS (London), MRCPsych (UK),
FHKCPsych, FHKAM (Psychiatry)

**Topic:** Common legal issues with psychiatric patients

**Abstract:**
Case sharing with some of the common legal issues that a psychiatrist may encounter with their patients such as fitness to plead, making a will, medical certificate in support of an application under part II of the MHO.

**Biography:**
After graduating from medical school in London, United Kingdom, Dr. Ho started her psychiatric training at the Maudsley and South London National Health Services Trust. She returned to Hong Kong in 2005 and continued her training at Castle Peak Hospital. She became a Specialist in Psychiatry in 2008. She attained a Master in Social Sciences (Criminology) in 2010.

Dr. Ho has a special interest in Forensic Psychiatry all along. From 2005 until August 2012, Dr. Ho worked in the only Department of Forensic Psychiatry in Hong Kong. She has assessed and managed over 2500 forensic psychiatric patients both in Castle Peak Hospital and Siu Lam Psychiatric Centre. She has written more than 2000 psychiatric reports for court. She was appointed as an expert witness for numerous trials in Magistrate, District and High Courts of HKSAR. Since she has been working as a private psychiatrist, from September 2012, Dr. Ho continues to work with Forensic Psychiatric cases.

All are welcome and no registration required. For enquires, please contact 26076025
Research Seminar:
Ms. Betty Lei
Supervisor: Dr. Jihui ZHANG
Co-supervisor: Prof. Yun Kwok WING

Topic: Emergence of psychiatric disorders and circadian rhythm dysregulations in the offspring of parents with bipolar disorder: A 2-year prospective study

Abstract:
Bipolar disorder (BD) is a highly heritable disease with a long prodromal period preceding the typical onset of mania/hypomania. Previous BD offspring cohorts have shown that BD offspring have approximately a 3-10-fold risk to develop mental disorders, such as BD and mood disorders. In the past 2 years, we have initiated a large-scale bipolar offspring cohort in the Greater Bay Area (e.g.; Hong Kong, Shenzhen and Guangzhou) with a specific focus on the comprehensive measures on circadian rhythm and sleep, which may serve as robust prodromal markers of bipolar disorder in both general population and at-risk individuals. The preliminary results from the first 220 offspring are very promising in demonstrating the potential roles of sleep and circadian rhythm disturbances for the clinical staging model of bipolar disorder.

However, it is still unclear on the trajectory of the development of BD and the casual relationship between circadian rhythm dysregulations and BD onset. This study aims to examine the staging model of BD in a high-risk offspring cohort and investigate whether dimensional measures, especially sleep and circadian rhythm at baseline, can predict the trajectory of the development of mood disorders in BD offspring. There are three key hypotheses of the follow-up study. First, BD offspring have a higher cumulative incidence of psychiatric disorders than offspring of healthy parents. Second, baseline dimensional measures, especially sleep and circadian rhythm disturbances, predict the emergent course of mood disorders. Finally, BD offspring show a deteriorating progression of these dimensional measures.

All are welcome and no registration required. For enquires, please contact 26076025
Date: Jun 27, 2019 Time: 14:30-15:30
Venue: Seminar Room, G/F, Multicenter, Tai Po Hospital, Tai Po, N.T.

Academic Lecture:
Prof. Pratap CHOKKA M.D.
Clinical Professor
Department of Psychiatry
University of Alberta

Topic: Holistic pathway to functional recovery in MDD

Abstract:
This lecture addresses the key concern in depression, including differences in treatment goals, functionality, emotional blunting, drug-drug interactions, psychiatric co-morbidities, burden of medical co-morbidities. Aimed at bringing clinicians to re-think the goal attainment in treating depression and approach to revive functionality.

Biography:
Pratap Chokka is a Clinical Professor of Psychiatry at the University of Alberta and a Consultant Psychiatrist at the Grey Nuns Hospital, Alberta, Canada. He graduated as a Doctor of Medicine from the University of Alberta and subsequently completed specialist training in Psychiatry, obtaining a Fellowship of the Royal College of Physicians and Surgeons of Canada. Dr Chokka's main areas of interest are mood and anxiety disorders, reproductive psychiatry and attention deficit hyperactivity disorder, and he has been the principal investigator in >60 clinical trials publishing several papers in these areas.

Dr Chokka established the Chokka Center for Integrative Health, which embraces an integrative, multidisciplinary team approach in the assessment and management of mental disorders by applying conventional medical treatments alongside complementary and alternative therapies. The centre has also developed the Integrative Medical and Evaluation Treatment programme to improve assessment, reduce stigma and treat mental health disorders in the workplace.

All are welcome and no registration required. For enquires, please contact 26076025