

**The Chinese University of Hong Kong  
Department of Psychiatry  
Schedule for December, 2021**

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker/Team</u>
Dec2	14:30-16:00	Academic Lecture * <i>Chronotherapeutic treatments in sleep and mood disorders</i>	Prof. Joey Wing Yan CHAN Associate Professor Dept. of Psychiatry CUHK
		<b>Registration link:</b> <a href="https://bit.ly/3C5J6Gb">https://bit.ly/3C5J6Gb</a>	
	16:00-17:00	Clinical Case Conference *#(SH) <i>Psychiatric practice: Treating the diagnosis versus treating the patient</i>	Drs. Terence LI, Irene KAM
		Journal Club *#	Dr. HM LAI
Dec9	14:30-16:00	Psychotherapy Case Conference *#(SH) <i>Understanding borderline personality disorder in the family context</i>	Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision *#(SH)	
Dec16	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	All Clinical Staff
	16:30-17:30	Clinical Forum / Research Meeting (SH)#	All Clinical Staff
	16:30-17:30	Medical Staff Forum (TPH)#	All Clinical Staff
Dec23		No Event	
Dec30		No Event	

Venue: \*Live video #Closed meeting MUL          TPH          SH  
Seminar Room, Conference Room 1 Dining Room  
Multi-centre, G/F, Wing D          Ward 7AB  
Tai Po Hospital, Tai Po Hospital          Dept. of Psychiatry  
Tai Po, N.T.          Tai Po, N.T.          7/F, Shatin Hospital  
Shatin, N.T.

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

<http://www.psychiatry.cuhk.edu.hk>



# ACADEMIC LECTURE



**Prof. Joey Wing Yan CHAN**  
Associate Professor  
Dept. of Psychiatry  
CUHK

**Date: 2 Dec 2021 (THU)**  
**Time: 14:30 - 16:00**  
**Venue: Zoom Lecture**



**Topic: Chronotherapeutic treatments in sleep and mood disorders**

## Abstract:

Circadian rhythm is the approximately 24 hour oscillation of bodily functions. Emerging evidence have found that circadian disruptions are linked with mood and sleep disorders. This lecture will focus on the assessments of circadian disturbances, the use of chronotherapeutic treatments such as bright light therapy and melatonin in circadian rhythm sleep wake disorders, as well as unipolar and bipolar depression.

## Biography:

Dr. Chan graduated from The Chinese University of Hong Kong and obtained her fellowship from the Hong Kong College of Psychiatrist and the Hong Kong Academy of Medicine in 2013. She is currently the Clinical Associate Professor in the Department of Psychiatry, the Chinese University of Hong Kong. Dr. Chan received training in psychiatry with a special interest in sleep and circadian medicine. Her research centered on mood disorders, circadian rhythm, and the application of chronotherapeutic treatment in sleep and psychiatric disorders. Dr. Chan is currently the honorary secretary of the Hong Kong Society of Sleep Medicine.

Registration is required. For enquiries, please contact 26076025  
Please display the registration name for joining the Zoom lecture

**Please register the Zoom lecture via the link:**  
<https://bit.ly/3C5J6Gb>

