

The Chinese University of Hong Kong
Department of Psychiatry
Schedule for December, 2023

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker(s)</u>
Dec7	14:30-16:00	Light Seminar (MUL)* <i>The New 4P's in Mental Health Promotion?</i> <i>Psychiatry, Psychology, Mental Health Promotion, and</i> <i>Photography</i>	<u>Dr. Ivan Wing Chit MAK</u> Clinical Associate Professor (Honorary) Department of Psychiatry The Chinese University of Hong Kong
		Registration: https://bit.ly/3QVtNtk	
Dec14	14:30-16:00	Psychotherapy Case Conference (MUL)* Van der Kolk - Understanding Disorganized Children (Self Psychology Teaching Aide #56)	Presenter: Dr. Ron LEE Moderator: Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision (MUL)*	
Dec21	14:30-16:00	Quality Assurance Meeting (SH)#/(TPH)#	
Dec28		No Event	
Venue:	*Live video #Closed meeting	@Non-CME Event	MUL TPH SH 1AL Seminar Room, Conference Room 1 Dining Room Rm. 1005, Dining Room Multi-centre, G/F, Wing D Ward 7AB Ward 1AL, 1/F Tai Po Hospital, Tai Po Hospital Dept. of Psychiatry Tai Po Hospital Tai Po, N.T. Tai Po, N.T. 7/F, Shatin Hospital Tai Po, N.T. Shatin, N.T.

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

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

LIGHT SEMINAR



Department of Psychiatry



Dr. Ivan Wing Chit MAK
Clinical Associate Professor (Honorary)
Dept. of Psychiatry
CUHK

Date: 7 Dec 2023 (THU)

Time: 14:30 – 16:00

Venue: Seminar Room, Multicentre, TPH & Zoom

Topic: The New 4P's in Mental Health Promotion? Psychiatry, Psychology, Mental Health Promotion, and Photography

Abstract:

In our modern digital era, the widespread use of digital photography and social media platforms has transformed the way we capture, share, and connect with others. These platforms have become a powerful medium for raising awareness about mental health issues, transcending traditional boundaries and offering a unique language of communication and engagement.

Join us for an immersive seminar session as we explore the convergence of the new 4P's in mental health: psychiatry, psychology, mental health promotion, and photography. Our speaker will take us on a personal journey, sharing insights and experiences in utilizing photography as a potent tool for promoting mental well-being.

Through the shared experience of viewing thought-provoking photo images, we will explore the transformative impact that photography can have on destigmatizing mental health and promoting well-being. Participants will be encouraged to actively reflect on their own roles in promoting understanding and empathy, as well as exploring practical ways to utilize photography as a tool for fostering positive mental health narratives.

Together, let's empower ourselves and others to create a more compassionate and supportive society for mental health.

Biography:

Dr. Mak is a specialist in Psychiatry, a fellow of the Hong Kong College of Psychiatrists and a member of the Royal College of Psychiatrists. He is currently practicing as a private psychiatrist. He also serves as an Honorary Clinical Associate Professor at the Department of Psychiatry in the Faculty of Medicine as well as the Jockey Club School of Public Health and Primary Care at the Chinese University of Hong Kong. He has previously worked as an Associate Consultant at the Department of Psychiatry, United Christian Hospital and as a Child and Adolescent Consultant Psychiatrist (part-time) at Queen Mary Hospital.

In the field of psychotherapy, Dr. Mak is recognized as a Cognitive Therapist accredited by the Academy of Cognitive Therapy, United States. He is also a Fellow of the Asian Academy of Family Therapy.

Throughout the years, Dr. Mak has been actively involved in various public services and community organizations. He is the Chairman of the Council of Queen Elizabeth Foundation for the Mentally Handicapped and a member of the Guardianship Board. He is the Executive Committee of the Mental Health Association of HK, Richmond Fellowship, and Hong Kong Society of Psychiatrists. He serves as the Convenor of the Education and Prevention Subcommittee of the Mental Health Association of HK and has previously served as the Chairman of the Public Awareness Committee of the Hong Kong College of Psychiatrists.

Consistent with his vision in promoting mental health of the general public through photography, he founded the Mental Health Photographic Society (MHPS), a non-profit charitable organization in 2013. He has published book that combine photography with his experiences, "Souvenir for the Soul – Cuba travel by a Hong Kong doctor" in 2013 and "Sunshine Amid the Pandemic" in 2023, which focuses on the reprocessing of memories and emotions during the COVID-19 pandemic through photos and real-life stories.

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076025.
Please display the registration name for joining the Zoom lecture.

Link for registration:
<https://bit.ly/3QVtNtk>

Registration

