

服務焦點  
SERVICE FOCUS  
27.10

## 「舞動耆跡 X 福樂滿心」以「身體動作」介入改善長者抑鬱情緒及服務研究成果分享會

本院安老服務部「活出快樂時光計劃」聯同香港大學秀圃老年研究中心及生命原點—表達性及身體心理治療中心舉行該分享會，向機構和業界同工分享研究成果，推廣創新介入手法。



生命原點—表達性及身體心理治療中心創辦人孫廣和先生帶領參加者，體驗「舞動耆跡X福樂滿心」介入手法的特色活動。

Mr. SNG Simon, Founder, Life Origin - Centre for Expressive & Somatic Psychotherapy, guided the participants to experience "Movement-based X 'Elderspirituality-Fu Le Man Xin' Intervention".

## Seminar on "Movement-based X 'Elderspirituality-Fu Le Man Xin' Intervention" Service and Research Study

The Seminar was organised by "Happy Living Project" of TWGHs Elderly Services Section, Sau Po Centre on Ageing of The University of Hong Kong and Life Origin - Centre for Expressive & Somatic Psychotherapy to present the research results and to promote the innovative intervention model to the counterparts in the sector.

香港大學秀圃老年研究中心總監樓瑋群教授（右二）及「舞動耆跡X福樂滿心」參與長者一同肯定介入手法對提升長者精神和靈性健康的功效。Prof. LOU Wei Qun, Vivian (right 2), Director, Sau Po Centre on Ageing of The University of Hong Kong, and elderly participants complimented 'Elderspirituality-Fu Le Man Xin' Intervention" model as it effectively enhances elders' mental and spiritual health.



11.11

香港教育大學課程與教學學系系主任霍秉坤博士（後排左二）總結課堂。Dr. FOK Ping Kwan (back row, left 2), Head of the Department of Curriculum and Instruction, The Education University of Hong Kong, rounded up the Class.



## 東華三院德育課程拓展計劃公開課

該課堂於東華三院郭一葦中學舉行，讓教師了解及討論德育價值觀在學科教學的實踐模式，參與試教的多名教師、專家及學者出席公開課及評課會議。課題探討19世紀末海外華人的生活，以及本院協助歸籍故里的情況，帶出同舟共濟的精神，培養學生對國民身份的認同。

## Public Class of TWGHs Moral Education Curriculum Extension Project

The Class was held at TWGHs Kwok Yat Wei Secondary School, allowing teachers to explore the value of moral education for academic subjects using practical approaches. A number of experts, scholars and teachers attended the trial lesson and evaluation meeting. The Class featured the topic of the lives of overseas Chinese people in the late 19th Century and the repatriation of remains service of the Group to bring out the spirit of solidarity and enhance students' recognition of national identity.



評課會議後大合照  
Group photo of experts, scholars and teachers after the Evaluation Meeting

## 11 & 18.11 「情緒GPS - 自閉症青少年情緒調節技能計劃」發布會

該計劃由東華三院何玉清教育心理服務中心於2020/21至2021/22學年期間於8間中學試行，並製作一套結合辯證行為治療及接納與承諾治療的自閉症青少年情緒調節小組訓練教材套。團隊本月透過網上發布會向超過700位專業人士介紹並發放「情緒GPS」教材套。

## Dissemination Seminars of "GPS to Emotion Regulation Programme for Adolescents with Autism Spectrum Disorder (ASD)"

Implemented by TWGHs Ho Yuk Ching Psychology Service Centre, the Programme was implemented in 2020/21 and 2021/22 in 8 secondary schools. It developed an autistic teenager emotion regulation group training manual incorporated with Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). The team conducted online seminars for more than 700 experts this month to introduce and distribute the manual.



東華三院教育科主管吳奇燦先生（左）贈送紀念品予是次發布會主題分享嘉賓香港精神科醫學院副院長（常務）陳國齡醫生（右）。Mr. WU Kee Huen, Kenneth (left), Head of Education Division of TWGHs, presented a souvenir to Dr. CHAN Kwok Ling, Phyllis (right), Vice-President (General Affairs), The Hong Kong College of Psychiatrists, as a token of gratitude for being the guest speaker for the sharing session.

「情緒GPS - 自閉症青少年情緒調節技能計劃」教材套  
The "GPS to Emotion Regulation programme for adolescents with Autism Spectrum Disorder (ASD)" group training manual



9.11

「2022和富亞洲傑出家庭工作計劃」頒獎典禮大合照  
Group Photo of "Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2022" Prize Presentation



## 何玉清教育心理服務中心「腦力教出情緒智慧」計劃於「2022和富亞洲傑出家庭工作計劃大獎」奪獎

該計劃由中國銀行（香港）資助，早前參加由亞洲區家庭研究聯盟(CIFA)主辦的「2022和富亞洲傑出家庭工作計劃大獎」，並奪得「銀獎」及「我最喜愛計劃獎」。該計劃能有效減低親職壓力、提升家長回應幼兒情緒的技巧，並且減少幼兒的情緒行為問題。

## "Brain-based Emotion Coaching Parenting Programme" by Ho Yuk Ching Educational Psychology Service Centre Awarded in "Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2022"

Funded by the Bank of China (Hong Kong), the Project participated in "Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2022" organised by the Consortium of Institutes on Family in the Asian Region (CIFA) and was awarded the "Silver Award" and "My Favourite Project". The Project was empirically validated to be effective in alleviating parenting stress, enhancing emotion coaching skills of parents and reducing emotional-behavioral difficulties among young children.



計劃團隊獲頒「銀獎」及「我最喜愛計劃獎」。The Project team was awarded the "Silver Award" and "My Favourite Project".