



Society for Optimisation of Psychological Wellbeing

心理精臻學會

<http://www.optimise.us>

Annual General Meeting and Annual Scientific Meeting 2023

Topic: Buddhist Psychotherapy and Taoist Psychotherapy

Date: 6 April 2023 (Thursday)

Venue: Bowen Room, Conrad Hotel, Admiralty, Hong Kong

Time: 7:15pm - 7:30pm Annual General Meeting

7:30pm - 8:30pm Annual Scientific Meeting

8:30pm - 9:30pm Dinner

7:30pm - 8:00pm Lecture 1: Buddhist Psychotherapy

Speaker: Dr Chun Bun Gordon Wong

Specialist in Psychiatry

Ancient Buddhist scripts are described as deep in psychological concepts, and therefore the Buddha is sometimes named as the oldest psychotherapist. Dr Wong will talk about Buddhist psychology, and its application to modern psychotherapy. Studies regarding the efficacy of Buddhist psychotherapy on mood disorders will be presented.

8:00pm - 8:30pm Lecture 2: Taoist Psychotherapy

Speaker: Dr Chong King Yee

Specialist in Psychiatry

Taoism is an integral part of Chinese history and culture. How Taoism relates to psychotherapy will be explored in this lecture.

Chairman: Dr Chu Lap Sun

Specialist in Psychiatry

CME accreditation: Psychiatrists: 1 CME point (PP/CP).

Reply slip

Name: _____

Hospital / Clinic: _____ Contact email: _____

I shall join the lecture only. () I shall join the lecture and dinner. ()

RSVP: Please register by email cwong51@its.jnj.com before 31 March 2023

This programme is supported by Janssen Hong Kong