

# Meeting Adult Autism Spectrum Disorders (ASD) Individuals

## Online Workshop



## Dr. Rachel POON

*Clinical Psychologist*

*Adjunct Associate Professor,  
Department of Psychology, CUHK*

*Clinical Member & Approved Supervisor,  
American Association of Marriage and Family Therapy*

### **Date & Time**

26 – 27 August 2021 (Thursday & Friday), 2:30 pm – 5:30 pm

### **Platform**

Online (via Zoom\*)

*\* Participants are required to register a Zoom account in advance*

### **Target Participants**

Healthcare professionals, social workers and teachers who have direct experiences with ASD individuals

### **Course Fee**

- HK\$1,500 per person (HK\$1,300 per person for early bird registration on or before 12 July 2021)
- Special price for full-time students of mental health related subjects: HK\$700 per person<sup>#</sup>

*# Limited seats are available on a first-come, first-served basis*

### **Application Deadline**

5 August 2021

Please visit IMH website [www.imh.org.hk](http://www.imh.org.hk) for more details and download the enrolment form



### **Enquiry**

Tel: 2456 7773 (Ms. HO)  
Fax: 2455 9330  
Email: [cph\\_imh@ha.org.hk](mailto:cph_imh@ha.org.hk)  
Website: [www.imh.org.hk](http://www.imh.org.hk)



青·山·醫·院  
Castle Peak Hospital



青山醫院精神健康學院  
Institute of Mental Health  
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### Course Description

The online workshop will provide an overview on the conditions of adult Autism Spectrum Disorders (ASD) individuals with normal intelligence and an elucidation of the lifespan perspective in the support of these individuals.

### Objectives

- ◆ To give an update on the conditions of adult ASD
- ◆ To enhance skills of professionals in supporting and managing adult ASD
- ◆ To enhance ability of professionals in coaching parents in managing their grown-up children

### Course Outline

- Day 1**
- ◆ Challenges encountered by ASD at various life stages
  - ◆ Difficulties in diagnosing mental health problems in adult ASD and difficulties in management
  - ◆ Prognosis of ASD adults across the spectrum
  - ◆ Basic principles in helping ASD adults that differ from those with younger individuals
  - ◆ Resources in the community and their effective use
- Day 2**
- ◆ Sharing of cases
  - ◆ Difficulties and challenges of family members in supporting adult ASD
  - ◆ Discussion of cases presented by participants
  - ◆ Demonstration / role play in managing adult ASD
  - ◆ Support to individuals with ASD in integrating into society

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### Submit your case summary and enjoy fee exemption!

You are encouraged to submit summary of a case you had encountered for discussion and demonstration during the workshop. You can enjoy course fee exemption if your case is selected!

#### Notes:

- ◆ Participants who wish to submit case summary MUST hand in the enrolment form together with the crossed cheque for payment in advance.
- ◆ A summary of each case (no less than 200 words in Chinese or English) should be submitted to [cph\\_imh@ha.org.hk](mailto:cph_imh@ha.org.hk) by **5 August 2021** for selection by Dr. Rachel POON. Please indicate your interest to participate in your enrolment form.
- ◆ Please make sure that all personal information in the case summary submitted are de-identified.
- ◆ Late submission of case summary and/or enrolment form with payment will NOT be considered.
- ◆ Participants will be notified by email if your case summary is selected. Your submitted crossed cheque will be returned. No receipt will be issued to those qualified for a fee waiver.
- ◆ In case of any dispute, IMH reserves the rights of final decision.

### Medium of Teaching

Cantonese supplemented with English (with English handouts)

### Accreditation

CME/CNE/CPD/CE accreditation in application.

Certificate of attendance will be issued with FULL attendance.



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### About Dr. Rachel Poon

Dr. POON MAK Sui-man, Rachel (潘麥瑞雯博士) has extensive clinical supervision and direct service experience in issues related to ASD patients and their families.



She worked in the Child and Adolescent Mental Health Service of Kwai Chung Hospital for over 20 years, and has left the position of Senior Clinical Psychologist for a limited private practice since 2011. Her expertise lies mainly in children and adolescents families in psychiatric setting with special focus on autistic children.

Dr. POON is experienced in providing training and workshops for professionals. She is a Clinical Member and Approved Supervisor of the American Association of Marriage and Family Therapy (AAMFT), and an Adjunct Associate Professor of the Department of Psychology, Chinese University of Hong Kong (CUHK).

