



青山醫院精神健康學院  
Institute of Mental Health  
Castle Peak Hospital

# Certificate Course in Mental Health (MHC28)

organised by  
the Institute of Mental Health  
Castle Peak Hospital



## Introduction

With the increasing emphasis on community mental health and mental well-being in Hong Kong, it is not uncommon for professionals in any field to find themselves in a position to render assistance to people with mental health problems or to support their carers. In order to best serve the needs of the society, it is important to equip oneself with the knowledge and skills in managing people with mental health problems to facilitate early detection, timely intervention and care.

## Course Description

This Certificate Course in Mental Health (MHC) is a 13.5-hour training course organised by the Institute of Mental Health (IMH) of Castle Peak Hospital (CPH). It aims to provide training to professionals, health care professionals and related personnel on the common mental illnesses and the skills in managing mental illnesses by comprehensive lectures.

A certificate would be granted to participants having satisfactory course attendance (at least 75%) and having passed the multiple-choice examination at the end of the course.

***(This course will be conducted online via Zoom.)***

## Target Participants

Professionals, health care professionals and related personnel who may come into contact with people with mental health problems or their carers in their daily practice including doctors, nurses, psychologists, occupational therapists, social workers, counselors, hostel workers, allied health workers, teachers, police, and housing officers. People interested in pursuing a mental health related career are also welcome.

## Course Advisor

Dr. Bonnie SIU, Hospital Chief Executive, CPH/SLH; Co-Chairman, IMH ExCo, CPH

## Course Coordinators

Dr. Wilson LAU, Convener, Public Education Subcommittee, IMH, CPH

Dr. Martina CHEUNG, Member, IMH ExCo, CPH

Ms. Michelle LAU, Assistant Hospital Manager (Public Affairs & Institute of Mental Health), CPH

Ms. Eunice AU, Hospital Administrative Officer (Public Affairs), CPH

Ms. Rio WU, Clerk III, General Registry, CPH

Ms. Candice NG, Executive Assistant II, Institute of Mental Health, CPH

Ms. Anna CHAN, Executive Assistant IIIA, General Registry, CPH

## Course Trainers

Psychiatrists and Clinical Psychologists

## Date & Time

Day 1: 21 September 2024 (Saturday) 8:55 am – 5:45 pm

Day 2: 28 September 2024 (Saturday) 9:00 am – 5:20 pm

***(followed by an online MCQ examination)***

## Platform

Online ***(via Zoom)***

## Course Content

The 13.5-hour course is divided into four half-day sessions online via Zoom. Lectures are provided with electronic handouts.

### **Psychopathology and psychiatric interview**

– **Dr. YIP Sek Lam, Stanley** (葉錫霖醫生)

- ◆ Concept of mental health and the brain-mind system; psychopathology; psychiatric history taking and mental state examinations

### **Severe mental disorders**

– **Dr. YIP Sek Lam, Stanley** (葉錫霖醫生)

- ◆ Clinical features, aetiologies, prevalence, prognosis, and management of severe mental disorders including schizophrenia and bipolar affective disorder; mental state assessments case discussions

### **Depression**

– **Dr. Jason WONG** (王緯曜醫生)

- ◆ Clinical features, aetiologies, prevalence, prognosis, and management of depression; mental state assessments and case discussions for depression

### **Anxiety disorders**

– **Dr. Jason WONG** (王緯曜醫生)

- ◆ Clinical features, aetiologies, prevalence, prognosis, and management of anxiety disorders including generalised anxiety disorder, phobic anxiety disorders, panic disorder, stress-related disorders; mental state assessments and case discussions for anxiety disorders

### **Psychological treatments for common mental disorders**

– **Ms. Phoebe KWOK** (臨床心理學家郭羨珩小姐)

### **Substance related psychiatric disorders**

– **Dr. Amy YEUNG** (楊詩詠醫生)

- ◆ Clinical features and management of substance (such as ketamine, amphetamine, heroin, cannabis) related psychiatric disorders; mental state assessments and case discussions

### **Child psychiatric disorders**

– **Dr. Eugenia LOK** (樂蓉晶醫生)

- ◆ Clinical features and management of child psychiatric disorders including autism, attention deficit and hyperkinetic disorders; mental state assessments and case discussions

### **Suicide risk assessments and management**

– **Dr. Elson LAM** (林浩然醫生)

### **Violent risk assessments and management**

– **Dr. Kimberly YIP** (葉健欣醫生)

### **Organic psychiatric disorders and psychiatric disorders in the elderly**

– **Dr. MAK Shun Chi, Mercedes** (麥舜芝醫生)

- ◆ Clinical features and management of organic psychiatric disorders including dementia and delirium; mental state assessments and case discussions



## Course Examination

An online MCQ examination (in English) will be held at the end of the course.

## Certificate

A certificate would be granted to participants passing the online MCQ examination and having at least 75% of course attendance.

## Teaching Language

Cantonese supplemented with English (with English electronic handouts)

## Course Fee

\$2,400 per course  
(\$2,000 per course for early bird registration before 9 August 2024)

## Accreditation

CME/CNE/CPD Accreditation in application

## Application Deadline

30 August 2024

### Mobile App “減壓情識” (Stress Management DIY)

“減壓情識” (Stress Management DIY) developed by the Institute of Mental Health, Castle Peak Hospital aims to promote mental well-being and to enhance people’s understanding of stress management. It allows you to know more about your own emotions and encourages positive thinking when facing stress in daily life.

This app is now available on **App Store** and **Google Play**. You are encouraged to download and share the app with your family and friends who may be interested in the app. (This app is in Traditional Chinese only.)

For more information, please visit our website:  
[www.imh.org.hk](http://www.imh.org.hk).



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