

Mindfulness and its Application in Preventive Intervention for Parents and Youth

Prof. LAM Shui-fong



- Honorary Professor in the Faculty of Social Sciences, The University of Hong Kong
- Director, The Jockey Club “Peace and Awareness” Mindfulness in School Culture Initiative
- Ph.D. (School Psychology), The University of Minnesota

Course fee:

- HK\$4,200 per person
- HK\$3,300 per person for early-bird registration on or before **27 March 2026**

Application Deadline:

- 17 April 2026

Date and Time:

- 8 & 9 May 2026
(Friday and Saturday)
- 9:30 a.m. - 5:00 p.m.

Venue:

- Lecture Theatre, 2/F, Block S, Castle Peak Hospital

Format:

- Face-to-face

Please visit IMH website www.imh.org.hk for more details and download the enrolment form



Enquiry

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Course Description

- To introduce the practice and research of mindfulness to the participants.
- To demystify the misunderstanding about mindfulness.
- To analyze the mechanism of mindfulness-based intervention (MBI) in promoting mental health and how it is different from other approaches, such as cognitive therapy.
- To introduce mindful parenting to participants and equip them to be a facilitator of a mindful parenting movie show cum workshop for parents and children.
- To explain how mindfulness can reduce stress in participants and equip those who have completed an 8-week mindfulness course to be facilitators of a workshop that helps adolescents cope with academic stress.
- To explain how mindfulness can enhance performance to the participants and equip those who have completed an 8-week mindfulness course to be facilitators of a workshop that helps adolescents to excel in the tasks that they have intrinsic motivation.
- To build foundational awareness for the application of mindfulness in preventive intervention for parents and youth, while the course is distinct from formal, accredited training or certification programs.

Target Participants

Professionals in mental health and education including doctors, psychologists, nurses, social workers, counselors, therapists, and teachers, etc.

Medium of Teaching

Cantonese supplemented with English

Accreditation

CME/CNE/CPD/CE (HKPS and HKICP)
accreditation in application

Certificate

A Certificate of Attendance will be issued with 75% or above attendance

**Important Notes

Please note that this two-day training workshop provides a foundation in basic mindfulness concepts, offering participants a good opportunity to determine whether they wish to pursue this therapy further. This workshop does not contribute to any official training pathway of mindfulness teachers.



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Course Content

Day 1 - 8 May 2026 (Friday)

Day 1 - AM

- Introduction of the practice and research of mindfulness
- Taste of mindfulness practice
- Mechanism of MBI in the enhancement of mental health
- Demystification of the misunderstanding about mindfulness

Day 1 - PM

- Introduction of mindful parenting: Research and practice
- Demonstration of a movie show cum parenting workshop for parents and children
- Pedagogy in running this movie show cum parenting workshop

Day 2 - 9 May 2026 (Saturday)

Day 2 - AM

- Mindfulness and stress reduction
- Demonstration of a workshop for adolescents on academic stress coping
- Pedagogy in running this workshop for adolescents

Day 2 - PM

- The relationship between mindfulness, performance, and motivation
- Demonstration of a workshop for adolescents on the promotion of absorption and excellence in performance
- Pedagogy in running this workshop for adolescents



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About Prof. Shui-fong LAM

Prof. Shui-fong Lam is an Honorary Professor in the Faculty of Social Sciences at the University of Hong Kong (HKU). She obtained her bachelor's degree and post graduate diploma in education from the Chinese University of Hong Kong, master's degree (counseling psychology) from the University of Texas, and doctoral degree (school psychology) from the University of Minnesota.



Prof. Lam was a recipient of the Outstanding Teaching Award from the HKU, the Outstanding International Scholar Award from the International School Psychology Association, and the Knowledge Exchange Award from the Social Sciences Faculty at HKU. She is now the Director of the Jockey Club “Peace and Awareness” Mindfulness in School Culture Initiative. It is her aspiration to promote the mental health of students, teachers, and parents in Hong Kong through the training and research in mindfulness.

Suggested Reading Material for Participants to Better Equip for the Training

- 林瑞芳：《靜觀自得：生命的祝福》（香港：皇冠出版社，2021年）。
- 林瑞芳、羅偉柏：《讓你的學生投入學習》（香港：香港大學心理學系，2014年）
<https://www.ke.hku.hk/assets/doc/keLunchMeeting/201701/Lam%20%20Law.pdf>
- 林瑞芳、唐瑩：《讓你的孩子投入學習》（香港：香港大學心理學系，2014年）
<https://www.ke.hku.hk/assets/doc/keLunchMeeting/201701/Lam%20%20Tong.pdf>
- 林瑞芳、關匡宏、蘇文朗、曾家儀：《靜觀校園文化》（香港：香港賽馬會及香港大學社會科學學院，2022年）。
<https://www.socsc.hku.hk/jcpanda/guidebook/>
- 林瑞芳主編：《靜觀課堂實例》（香港：香港賽馬會及香港大學社會科學學院，2025年）。<https://www.socsc.hku.hk/jcpanda/guidebook2-downloadlink/>
- Lam, S.-f., Tsang, K. K. Y., Shum, K. K.-m., Wong, G., H. Y., Wong, S. W.-H., Wu, K. C., Kwan, H. W., & Su, M. R. (2024). Emotion regulation versus emotion care as a mechanism of mindfulness in predicting well-being. *Mindfulness*, 15, 2888-2905. <https://doi.org/10.1007/s12671-024-02471-x>
- Tsang, K. K. Y., Shum, K. K.-m., Chan, W. W. L., Li, S. X., Kwan, D. W. H., Su, M. M. L., Wong, B. P. H., & Lam, S.-f. (2021). Effectiveness and mechanisms of mindfulness training for schoolteachers: A randomized control trial in difficult times. *Mindfulness*, 12, 2820-2831. <https://doi.org/10.1007/s12671-021-01750-1>

