

**The Chinese University of Hong Kong
Department of Psychiatry
Schedule for September, 2021**

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker/Team</u>
Sep2		No Event	
Sep9	14:30-16:00	Psychotherapy Case Conference *#(SH) <i>Family therapy for psychiatric patients</i>	Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision *#(SH)	
Sep16	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	All Clinical Staff
	16:30-17:30	Clinical Forum / Research Meeting (SH)#	All Clinical Staff
	16:30-17:30	Medical Staff Forum (TPH)#	All Clinical Staff
Sep23	14:30-16:00	Academic Lecture * <i>Treating insomnia in youth: What works</i>	Dr. Shirley X LI Assistant Professor Dept. of Psychology HKU
	16:00-16:30	Journal Club *	Dr. HM LAI
		Registration link: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637237	
Sep30	14:30-16:00	Academic Lecture * <i>First Episode Psychosis: updates in young persons management of schizophrenia</i>	Prof. COGHILL David Professor of Child and Adolescent Psychiatry Royal Children's Hospital Melbourne Financial Markets Foundation Chair of Developmental Mental Health Depts. of Paediatrics and Psychiatry
	16:00-17:30	Clinical Case Conference & Journal Club *# <i>Challenges in early identification for patients at risk of first episode psychosis</i>	Drs. Jason WONG, YC WONG Dr. HM LAI
Venue:	*Live video #Closed meeting ^ Seminar Room, Conference Room 1 Dining Room Multi-centre, G/F, Wing D Ward 7AB Tai Po Hospital, Tai Po Hospital Dept. of Psychiatry Tai Po, N.T. Tai Po, N.T. 7/F, Shatin Hospital Shatin, N.T.		

Please contact 2607-6025 two days before hand to arrange presentation equipment.

<http://www.psychiatry.cuhk.edu.hk>

ACADEMIC LECTURE



Dr. Shirley X LI
PhD, DCLinPsy, CPsychol, AFBPsS
Assistant Professor
Dept. of Psychology
HKU

Date: 23 Sep 2021 (THU)

Time: 14:30 - 16:00

Venue: Zoom Lecture



Topic: Treating insomnia in youth: What works?

Abstract:

Adolescence is a critical transitional stage characterised by a cascade of developmental changes in biological, cognitive, and psychosocial functioning. Insomnia, characterised by difficulties initiating sleep and maintaining sleep, is common in adolescents. Youth insomnia, if left treated, may run a chronic course and lead to a constellation of negative psychosocial and health-related outcomes. The present talk will provide a brief overview of the prevalence, associated factors and consequences of insomnia in adolescents. Challenges in the management of adolescent insomnia will be discussed, followed by the presentation of our recent research work on the interventions for insomnia in youths.

Biography:

Dr. Li graduated from University of Toronto where she received her Honours BSc in psychology. She obtained her MA and PhD in Medical Sciences (Psychiatry) from The Chinese University of Hong Kong, and received her Doctorate in Clinical Psychology (DCLinPsy) from University College London. She is a Chartered Clinical Psychologist in the UK and the Associate Fellow of the British Psychological Society. Dr. Li's clinical and research interests centre on sleep and sleep disorders, particularly sleep disturbance and mental health, and psychological and behavioural treatments of sleep problems in the context of psychiatric and medical illnesses in children and adults. She received the Elio Lugaresi WASM Award for Sleep Medicine from the World Association of Sleep Medicine in 2009. She was awarded the Young Investigator Award in the World Congress on Sleep Medicine in 2013 and 2015 respectively. She also received 2017 Outstanding Early Investigator Award (Honorable Mention) from Sleep Research Society.

Registration is required. For enquiries, please contact 26076025
Please display the registration name for joining the Zoom lecture

Please register the Zoom lecture via the link:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637237>



Organised by



Department of Psychiatry CUHK



Co-organised by



First Episode
Psychosis

Updates In Young Persons Management Of Schizophrenia

Date

**30th September 2021
(Thursday)**

Time

**2:30pm – 3:30pm,
via Zoom**

Registration Deadline

30th September 2021, 1:30pm



Scan the QR code



AGENDA

2:30pm

2:35pm

Opening remarks and Introduction

Prof. Sandra Chan

*MBChB(CUHK), FRCPsych(UK),
FHKAM(Psychiatry), FHKCPsyc*



2:35pm

3:10pm

First Episode Psychosis: Updates In Young Persons Management Of Schizophrenia

Prof. Coghill, David

*Professor of Child and Adolescent Psychiatry,
Royal Children's Hospital Melbourne,
Financial Markets Foundation,
Chair of Developmental Mental Health,
Departments of Paediatrics and Psychiatry*



3:10pm

3:25pm

Question & Answer / Discussion

3:25pm

3:30pm

Closing remarks

Prof. Sandra Chan

**CME accreditation
in progress**

A confirmation email with full login details will be emailed to you shortly after registration. If the confirmation is not received with 48 hours, please contact **Ms. Cheryl Leung** at **2607 6025** or email **cherylleung@cuhk.edu.hk** for assistance.