



HKU Master of Social Sciences (Counselling) Alumni Association 香港大學輔導學碩士校友會

c/o Department of Social Work and Social Administration,
Rm. 534, 5/F, The Jockey Club Tower, Centennial Campus, The University of Hong Kong, Pokfulam Road, Hong Kong.
Email: hkucounsellingalumni@yahoo.com.hk Website: <http://graduate.socialwork.hku.hk>

Continuing Education Seminar cum Annual General Meeting 1st June 2024

Venue: CPD-3.04, Run Run Shaw Tower, Centennial Campus, The University of Hong Kong

Programme:

2:15 - 2:30 pm Registration

2:30 - 4:30 pm **Seminar on “From Horror to Hope – Trauma Healing.”**
創傷治療 - 從恐懼到盼望
Guest Speaker – Ms. Vava Kwok (2006 Graduate)

4:30 - 4:45 pm Break

4:45 - 5:30 pm Annual General Meeting

6:30 - 9:00 pm Dinner (Venue to be confirmed)

Seminar Target Participants:

- Counselors, Psychologists, Therapists, Educators, Teachers, Graduates and Students of Master Programmes in Counselling
- Related professionals as recommended by AA members

Fee: Seminar free. Cost of dinner shared by participants (estimated \$280 per person).

Registration: via e-form [2024 HKUMSSCAA AGM Registration](#)

Deadline for Enrollment: 25th May 2024



Seminar Synopses:

This seminar offers an understanding of the impacts of trauma and the related symptoms. Through case examples of different types of trauma, such as sexual abuse, physical abuse, adverse childhood experiences (ACEs), and shock trauma, participants will gain insight into the meaning of these symptoms and why trauma survivors would feel stuck in their trauma if it remains unresolved. The seminar will also explore how to make sense of self-harm and suicidal ideations within the context of trauma.

Practical skills from Somatic Experiencing and Bodydynamic Body Psychotherapy will be covered, providing participants with counselling skills to help clients regulate their dysregulated trauma arousal and overwhelming difficult emotions, and to promote healing and trauma resolution so that clients can resume function and thrive in everyday life. Skills for developing a Trauma-Sensitive Practice that emphasizes the importance of creating a safe and supportive environment for trauma victims will be shared.

The Speaker:

Ms. Vava Kwok holds a Bachelor of Social Sciences (Hons) degree in Psychology and a Master of Social Sciences degree in Counselling. Since 2008, she has been working as a Student Counselor at The Hong Kong University of Science and Technology as well as offering consultation and mental health training to university staff. Her interests in trauma healing began in 2006, which led her to become a registered practitioner of Somatic Experiencing (SE), Dynamic Attachment Repatterning Experience (DARE) and Integral Somatic Psychology (ISP). Currently, she serves as the Lead Training Assistant in SE Training in Hong Kong, and also assists in the Training of DARE and ISP. She is currently undergoing training as a Bodydynamic Body Psychotherapist.



In addition to her trauma healing work, Vava has been involved in Satir Family Therapy and Family Reconstruction training courses, as well as in Family Reconstruction Camps led by family therapist and Annual Retreat Camps for our Alumni Association. Vava has also offered supervision to MindHK Youth Wellbeing Practitioners on Low-Intensity Acceptance and Commitment Therapy, and candidates of the Certified Counselor scheme of the Hong Kong Professional Counselling Association. She was Chairperson of the Alumni Association in 2014-15, and has served in the Executive Committee since 2008.

Language for Presentation: Cantonese (with written presentation in Chinese and English)