

Organised by



The 2025 HKCPsych International Mental Health Congress

27-29 / 06 / 2025

Hong Kong Convention and Exhibition Centre



Towards Mental Health for All:
邁向全民精神健康
Translating @ 轉化
Transforming # 蛻變
Transcending # 超越

PRE-CONGRESS WORKSHOP 2 “Mindfulness Practice”



27 June 2025 (Friday)



15:45-17:15



S228, Level 2
Hong Kong Convention and Exhibition Centre

Mindfulness based interventions have been effectively employed in stress reduction and treatment of various mental health conditions, especially mood and anxiety disorders, and its role in improving neuroplasticity. The UK NICE guidelines recommend Mindfulness-Based Cognitive Therapy (MBCT) as an evidence-based treatment for preventing relapse in recurrent depression.

In this experiential workshop, participants will practice various guided mindfulness meditation exercises, giving them a personal experience of the benefits these techniques can offer. We will explore what mindfulness is- and what it is not, addressing common misconceptions. Additionally, we will discuss the safety of mindfulness practices, including who might need extra care when trying them.

To support participants in sustaining their mindfulness journey, the workshop will provide guidance on integrating mindfulness into daily life. Finally, we will outline pathways to becoming a certified mindfulness instructor, encouraging attendees to explore training opportunities and ways to foster mindfulness in others.



Dr Eric KP LEE (Hong Kong)

Dr Lee graduated from the University of Hong Kong in 2007 after completing medical school. He has over 10 years of experience practicing family medicine in Hong Kong and obtained his specialist qualification in 2016. In 2014, he earned a Master's degree in Mental Health from the Chinese University of Hong Kong (CUHK) and, in 2020, another Master's degree in Evidence-Based Health Care from the University of Oxford. Additionally, he completed teacher training and received certification in teaching Mindfulness-Based Cognitive Therapy (MBCT) from the Oxford Mindfulness Foundation. He has personal daily mindfulness practice for more than 14 years and had attended silent retreats.

Currently, Dr Lee serves as a Clinical Associate Professor at CUHK. He has conducted mindfulness workshops at both HKU and CUHK and has taught MBCT to medical students at CUHK. His research has demonstrated that mindfulness practice can reduce office blood pressure and has included randomized controlled trials indicating that mindfulness may help lower nocturnal hypertension.



Dr Elisabeth WONG (Hong Kong)

Dr Elisabeth Wong is a Specialist in Psychiatry. She is Honorary Clinical Associate Professor, Department of Psychiatry, Faculty of Medicine, Chinese University of Hong Kong and Honorary Clinical Assistant Professor, Medical Ethics and Humanities Unit, School of Clinical Medicine, University of Hong Kong.

She started personal practice of mindfulness in 2009. She has since received teacher training in various programmes including Mindfulness Based Cognitive Therapy, Mindful Parenting, MyMind - a mindfulness programme for parents and children with ADHD and ASD, and Mindfulness Matters - a programme for teaching mindfulness to children. She also conducts mindfulness workshops for undergraduate medical students of both medical schools in Hong Kong.

The programme is subject to change without prior notice.

Registration Fees

For Fellows, Members & Inceptors of the Hong Kong College of Psychiatrists **HK\$ 1,500**
For other medical and allied health professionals **HK\$ 2,000**



Please register ONLINE at
www.psy2025.hk

CME Points: Pending



Department of Psychiatry
Faculty of Medicine
The Chinese University of Hong Kong



School of Clinical Medicine
Department of Psychiatry
香港大學精神醫學系



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