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**People-centred Behavioural Health Interventions: Innovative Approaches**

**Aims**

To familiarize participants with innovative, new approaches to making psychiatric care more person-centered and strength-based.

**Background/ Context**

As part of the recovery movement, mental health practice is in the process of shifting from being primarily focused on symptom reduction to being focused, in addition, on promoting a meaningful life in the community. For that life to be meaningful, the person should be involved in shaping his or her daily life in accord with his or her own preferences and interests. New approaches to clinical care and rehabilitation incorporate person-centered care planning and supporting people in the activities of their choice.

**Discussion**

Discussion will focus on what it may take to implement such practices within the Hong Kong community, including the possible need for cultural adaptations to strengthen family involvement as well.