

## **Concurrent Session 1**

### **From Trapped Self to Liberated Self: Recovery-Oriented Cognitive-Behaviour Approach For Working with People with Mental Illness**



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#### **Biography**

Miss Oiying Siu works in Baptist Oi Kwan Social Service as a social worker in the Integrated Community Centre for Mental Wellness. She is involved in different recovery-oriented services such as CT in recovery, strengths model case management, and co-production of recovery-oriented courses in the Mindset College. She manages and develops volunteer projects to facilitate PIRs to discover and excel their strengths and become peer support in the service. Oiying and her team has also translated University of Kansas' "Pathways to Recovery" a Strengths Recovery Self-help Workbook into Chinese in 2016.