

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

Professor Daniel Fu Keung Wong is a clinical psychologist and a mental health social work academic at The University of Hong Kong. His major research interests revolve around evidence-based practice in mental health, cognitive-behavioural therapy (CBT), and mental health literacy and promotion. Professor Wong has been a pioneer in indigenizing the application of CBT for Chinese people. In the past ten years, Daniel and his team have obtained numerous funding to develop innovative culturally-attuned intervention models to tackle social issues such as depression, anxiety problems, chronic illnesses, gambling problems, drug addictions among the Chinese. His works have been published in prestigious academic journals such as *Depression and Anxiety*, *Australian and New Zealand Journal of Psychiatry*, *British Journal of Social Work* and *Research on Social Work Practice*. In addition, he has written 15 books and professional manuals, and has popularized CBT for use by mental health professionals and the general public.