## Panel Discussion 1

## **Recovery-oriented Care in Undergraduate Curriculum**



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## **Biography**

With a dual professional background in mental health social work and Chinese medicine, my research theme is mental health, mental disorders and culture. My current research areas include (i) operationalization of the Chinese medicine stagnation syndrome as a psychological construct useful to all mental health practitioners; (ii) family expressed emotion of persons with schizophrenia and its impacts on the course of illness; (iii) critical re-examination of the conceptualization of mindfulness; and (iv) workplace well-being: a paradigm shift of focus from stress and burnout to meaning and engagement.