

Plenary Presentation 2

Mental Health and Integration: Provision for Supporting People with Mental Illness



Ms. Candice Ling

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New Life Psychiatric Rehabilitation Association

**presenting on behalf of Ms. Sania Yau, Chief Executive Officer of New Life Psychiatric Rehabilitation Association*

Biography

Candice is a practicing clinical psychologist in New Life Psychiatric Rehabilitation Association. She has background training in philosophy and psychology in her undergraduate studies. She obtained two master degrees of Trauma Psychology and Clinical Psychology, while is finishing a doctoral degree of Clinical Psychology in 2017. She has been devoting herself in mental health recovery by conducting research, training and developing innovative toolkits since 2009. Under the leadership and mentorship of Ms. Sania Yau, J.P, the CEO of NLPRA, Candice also translated 100 Ways to Support Recovery and Person-centered Care Planning (PCCP) into Chinese. She is also a consultant of a Chinese book, 《改變幻聽的世界》(Changing the World of Auditory Hallucination). Clinically, she is an experienced mindfulness facilitator and specialized in group therapies. She developed Transdiagnostic Cognitive Behavioural Therapy in groups, TCBT(G) for people with common mental disorders (CMD), and self-compassion program for carers supporting people in recovery. She is the project lead of eGPS to provide low-intensity cognitive behavioural therapy (LICBT) for mild to moderate CMD. She is one of the founding members of newlife.330 mobile app to promote community well-being. Research-wise, she is interested in area of group therapies, and currently involved in an internet-based therapy for social anxiety disorder with Oxford University.