

Organised by:

Funded by:



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club  
Charities Trust



# Jockey Club Family Therapy Programme

## Interactive Workshop

### Bridging the Gaps: Integrative Mental Health in Primary Care

**Date:** October 22<sup>nd</sup>, 2025 (Wednesday)  
**Time:** 7:00pm – 9:00pm  
**Venue:** Asian Academy of Family Therapy, No. 4 Pottinger Street, Central  
**Fee:** Free of charge  
**Presenter:** Dr. Lam Wing Wo 林永和醫生  
**Audience:** Helping professionals  
**Language:** Cantonese (supplemented with English)

#### About the Workshop

Hong Kong faces a growing mental health challenge across all ages. We need to respond timely with a feasible, cost-effective, collaborative, community-based approach.

This workshop is a call to action for social workers, psychiatrists, family doctors, community nurses, counsellors, clinical/educational psychologists and educators. We will explore practical strategies for prevention, screening, early detection, first-line intervention, seamless referral pathways and collaborative care within our networks.

A special focus will be on the integration of Family Systems thinking into primary care — a powerful approach to understanding individuals within their relational context.

Join us to:

- Build your local multidisciplinary support network.
- Develop shared frameworks for complex cases.
- Move towards a truly integrated model of care that benefits our patients, students, and families.

Let's work together to strengthen our community's mental health fabric.

#### About the Presenter

Dr. Lam Wing Wo is a Family Doctor and a Marriage and Family Therapist who has been practicing in the community for over 30 years. He is committed to empower clinicians to improve patient care by applying an evidence-based, patient-centered, family-oriented clinical approach which integrates Family Medicine and Family Therapy. He is active in various channels of the media for public education, discussing different hot topics on public health and family well-being. Currently, he is serving in several professional bodies, including the Advisory Committee on Mental Health, and the Primary Healthcare Committee, Health Bureau.

To register, please visit: <https://forms.gle/GmdnFv9Pe5GdsmMy5>



Successful applicants will be notified in writing one week before the event.  
Kindly note that your registration is not complete until you have confirmed receipt of our attendance confirmation email.  
AAFT reserves the right to make final decisions on all program-related matters.