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The Hong Kong Jockey Club Charities Trust

Jockey Club Family Therapy Programme

Interactive Workshop

Supporting Couples in Stressful Relationships

支援壓力下的夫婦關係

Date:	Dec 13, 2024 (Friday)
Time:	7:00pm – 9:00pm
Venue:	Asian Academy of Family Therapy (AAFT), No. 4 Pottinger Street, Central
Fee:	Free-of-charge
Presenter:	Ms Lucy Shuk-Ha Lee
Language:	Cantonese (supplemented with English)

About the Workshop

This workshop is tailored for professionals working with couples who aim to enhance their knowledge and skills in supporting couples in challenging relationships. Through the analysis of case studies, participants will engage in interactive discussions to delve into key concepts including:

- Attachment theory, Attachment theory, providing a basis for understanding how attachment patterns in early life can impact relationships.
- The vulnerability cycle, offering insights into negative patterns that impede intimacy and connection.
- Through self-reflexivity, professionals will examine their own biases and assumptions, empowering them to approach relationships with empathy and efficacy.

About the Presenter

Ms Lucy Shuk-Ha Lee is a Fellow member of the AAFT and is registered as a Family Psychotherapist in the UK and as a Social Worker in Hong Kong. She earned her Master's degree in Family Counseling and Family Education from The Chinese University of Hong Kong. Afterward, she moved to the UK, where she completed a Postgraduate Certificate in Child Focused Systemic Practice at the Institution of Family Therapy and a Master's in Family Therapy from King's College London. With nearly 20 years of experience working with couples and families, Ms Lee currently holds the position of Senior Trainer at the AAFT and serves as a part-time Lecturer at the University of Hong Kong.



To register, please visit: <https://forms.gle/Y9fS7BPwe5HbrDc86>

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.