

## **The Association for Contextual Behavioral Science Hong Kong Chapter Annual Report (2024-25)**

The Association for Contextual Behavioral Science Hong Kong Chapter (ACBS- HK) was officially incorporated on 10th December, 2019. The Chapter aims to serve as a scientific and professional platform for those in Hong Kong who embrace the principles and practices of contextual behavioral sciences and acceptance and commitment therapy (ACT). Our organization is one of the chapters of the Association for Contextual Behavioral Science, the international organization that houses acceptance and commitment therapy.

This is the fifth year since the inauguration of the Chapter. We had a good start in the first four years. Last year we completed organizing the Advanced ACT Training Modules conducted by two worldwide ACT experts -- Dr. Robyn Walser and Dr. Darrah Westrup. After the completion of the course, we continued to organize a series of case group supervision for local ACT practitioners conducted by the two trainers from October, 2024 to August 2025. There were altogether 6 online supervision meetings and about 16 participants in the supervision group. All the participants found the experience extremely fruitful and useful for their ACT practice.

We are planning to have a local Chinese ACT training program with lectures and case consultations for Chinese speaking practitioners from May, 2026 to Feb., 2027. This will be the first local training program in ACT conducted in Chinese with highlights on localization and cultural adaptations of ACT in Hong Kong. The trainers are committee members of our Chapter who had ACT practice and training experiences with various parties over the past few years. We are hoping that this will be the beginning of a series of local ACT trainings run by our Chapter in the coming years.

Besides, in 2025 we also started to write an edited book in Chinese on the theory and practice of ACT in the Hong Kong context. We hope the book would highlight the cultural adaptations of ACT in the Chinese socio-cultural context. We have also invited various local organizations hosting ACT projects in Hong Kong to contribute to the book, including universities and healthcare agencies. It may be the first one of the kinds and we are very excited about this writing of this book.

Hong Kong has undergone many important transitions and changes in the past few years. The mental health of the population has become a grave concern with higher and higher prevalence of common mental health disorders. It is of particular concern in view of the global instability and rapid changes in the socio-economic realms we are witnessing and experiencing at present. We firmly believe that contextual behavioral science and acceptance and commitment therapy are highly relevant and important to the mental health of individuals and the community. We are dedicated to continue to build a strong ACT professional network and community in Hong Kong.

Anthony Tong, Ed.D.  
Chairman,

The Association for Contextual Behavioral Science Hong Kong Chapter