



Hong Kong Chapter

The Association for Contextual Behavioural Science Hong Kong Limited (ACBS-HK) Annual Report (2019 – 2020)

The Association for Contextual Behavioural Science Hong Kong Limited (ACBS- HK) was officially incorporated on 10th December, 2019. The Chapter aims to serve as a scientific and professional group for those in Hong Kong who embrace the principles and practices of contextual behavioral sciences and acceptance and commitment therapy. Our organization is one of the chapters of the Association for Contextual Behavioral Science, the international organization that houses acceptance and commitment therapy. The first Executive Committee of ACBS- HK consists of eight members, including Dr. Anthony Tong (chairperson), Dr. Jessica Wong (chairperson-elect), Dr. Ada Yuen (secretary), Dr. Tony Wong (treasurer), Dr. Puihan Joyce Chao (membership and external affairs officer), Dr. Candy Powell (training and education officer I), Ms. Rebecca Cheung (training and education officer II), and Dr. Amanda Cheung (research and development officer).

The ACBS- HK aims at inviting worldwide ACT gurus to conduct educational workshops for professionals, develop local ACT training and practicing materials, conduct scientific research and promote ACT in the community for the much-needed enhancement of well-being among the general public. Our first event was Welcoming Dinner for all our new members held on 17th January, 2020. The dinner was well attended and we had a wonderful time knowing each other more. Then, in the year of 2020 with the challenges and opportunities posed by COVID-19, the ACBS- HK had organized three online ACT workshops, and all of them had received unanimously positive feedback.

Firstly, a free webinar by Dr. Robyn Walser, a world-renowned ACT expert from the United States, was held on 25th April, 2020, supported by the New Life Psychiatric Rehabilitation Association and the United Christian Nethersole Community Health Service. The topic was “COVID-19 Mental Health Impact: Using Acceptance and Commitment Therapy to face Global Fears and Improve Personal Well-being.” A total of 169 participants attended the training. The webinar covered the mental health effects of pandemics, provided intervention techniques aligned with ACT and designed to promote well-being through enhancement of flexibility and focus on values-based action in recovering from the devastating effects of COVID-19.

On 11th and 12nd September, 2020, a Cantonese speaking workshop with the title “Building Resilience and Psychological Flexibility in Adversity through Acceptance and Commitment Therapy Online Workshop” was held, and altogether there were 44 participants. The speaker was Dr. Anthony Tong, the chairperson of our association. The workshop was co-organized with the Division of Clinical Psychology, Hong Kong Psychological Society. The

objective of the workshop was to acquire through knowledge and experiential learning skills of using ACT during adversity, so as to develop resilience, psychological flexibility, awareness, open-mindedness and acceptance leading up to a full, rich and meaningful life.

The third training event, the "E-learning Series: ACT for PTSD and Trauma-related Problems", co-organized with the Division of Clinical Psychology, Hong Kong Psychological Society, was held on 9th, 10th, 16th and 17th October 2020, amounting to a total of 12 hours' training. Seventy-two health care professionals participated. It covered ACT principles and their application to the fallout of trauma, the current state of research on the use of ACT in treating trauma, the way to integrate a trauma focus into ACT work and how ACT could fit in with other first line trauma interventions, the power of value-based work in guiding trauma survivors back to a life worth living, as well as ways to navigate client challenges that are specific to trauma. Through ACT exercises, experiential learning, experience sharing and role play, participants had a better understanding towards the application of ACT in trauma.

Besides, in April, 2020 our association had also created Chinese subtitle for an ACT video titled "The 'FACE COVID' - How to respond effectively to the Corona crisis" produced by Dr. Russ Harris (FACE COVID - 如何有效面對新冠肺炎危機) which was uploaded to our Chapter's Facebook and disseminated to the community through various channels for the well-being of our citizens in facing the challenges of COVID-19.

Between September 2019 to March 2021, there were a total of 74 individuals registered to be a member of the ABCS- Hong Kong Chapter. There were fourteen members residing outside of Hong Kong.

In July 2020, the Chapter began to enact the membership fees system of Life-time Member (HKD1500), Professional Member (HKD220), and Student Member (HKD110). As of 1st April, 2021, there are twenty-three active paid-up members, including fifteen Life-time Members, five Professional Members, and three Student Members.

In the coming year, ACBS-HK will continue to provide professional trainings for helping professionals in learning and practicing ACT in the local context, and to promote ACT in the community for the betterment of the mental wellness of our community.

ACBS-HK Chairperson (2019-2020)

Dr. Anthony Tong