



Registration Form

Sweat the brain - Exercise and cognition in psychosis

Personal Information

Prof. Dr. Mr. Miss Ms. Mrs.

Surname: _____ First Name: _____

Tel: _____ Fax: _____

Email: _____

Institution: _____ Position: _____

Correspondence Address: _____

Registration Details

I will attend the workshop on 11 April 2014

Enclosed please find a crossed cheque of HK\$ _____ (Amount)

payable to: **Early Psychosis Foundation**

Please return this form with payment to:

c/o Prof. Eric Chen

Department of Psychiatry, The University of Hong Kong,

Queen Mary Hospital, 102 Pok Fu Lam Road, Hong Kong

Note:

1. Number of places is limited to 100 & registration will be made on a first-come-first-served basis.
2. Confirmation will be sent to registrants either by email / fax / mail before the workshop.
3. The organizers reserve the right to change the venue, date and programmes due to unforeseeable circumstances.

Early Psychosis Foundation (EPISO), co-organising with the Department of Psychiatry, Li Ka Shing Faculty of Medicine, the University of Hong Kong, are pleased to announce the one-day workshop "Sweat the brain-Exercise and cognition in psychosis". The workshop provides invaluable opportunity for frontline professionals to gain scientific understanding on how exercises improve cognitive functioning of patients with psychosis and learn practical skills to deliver exercise intervention. At the workshop, Prof. Peter Falkai and Prof. Eric Chen will explain the importance of exercises as an additional effective treatment for our patients. Other professionals will share their researches in physical exercises in clinical populations and experiences in delivering the treatment to patients in the community. Topics to be covered are relevant to professionals in medicine, nursing, psychology, social work, counseling, and education, and to those who are working for people with early psychosis and related conditions.

思覺基金與香港大學李家誠醫學系攜手舉辦，題為「腦力運動-運動與思覺失調的認知能力」的工作坊。此工作坊將透過互動形式去剖釋運動如何有效地提升早期思覺失調患者的認知能力，讓前線工作人員加以掌握並於平日的介入工作中應用。工作坊期間，擁有豐富經驗的德國著名學者 **Prof. Peter Falkai** 將會聯同陳友凱教授一同去解釋以運動作為輔助治療的重要性及效用。此外，一眾專業人士將會分享其他有關運動的臨床研究及其成果，和拓展社區運動治療計劃的經驗。本工作坊專為醫護界、心理學界、社會工作界、輔導界、及教育界的專業人士而設，並歡迎熱心於思覺失調服務的人士參與。

The workshop will be led by Prof. Peter Falkai and Prof. Eric Chen, together with a number of experienced professionals. The morning session will concentrate on in-depth discussion of the research findings on clinical researches about exercises and cognition in patients with early psychosis. The afternoon session will focus on experiences and skills of exercise intervention programmes in the community. Participants will gain a fruitful learning experience, as the materials will be delivered through a variety of medium including presentations, case studies, and group discussions.

本工作坊將由 **Prof. Peter Falkai** 及陳友凱教授主講，及由一眾精神健康工作者所帶領。工作坊分為上、下午兩部分。上午部分將集中討論運動的在思覺失調患者群的研究數據，而下午部分則會演示於社區推廣輔助治療思覺失調運動計劃的經驗和技巧。工作坊將以簡報，個案研究及分組討論等形式進行，希望參加者能藉此加深了解運動對患者的重要性，使日後的個案工作更加多元化。



Sweat the brain - Exercise and cognition in psychosis 腦力運動 - 運動與思覺失調的認知能力

11 April 2014 (Friday)



Programme

8:00 – 9:00	Morning Tea and Registration
9:00 – 9:15	Welcome Speech <i>Prof. Eric Chen</i>
9:15 – 10:15	How does exercise support the well-being of patients with schizophrenia? <i>Prof. Peter Falkai</i>
10:15 – 10:30	Tea Break
10:30 – 11:15	Taichi and physical exercises in Schizophrenic patients <i>Dr. Rainbow Ho</i>
11:15 – 12:00	How does different exercise help cognition in patients with early psychosis? <i>Dr. Jessie Lin</i>
12:00 – 12:45	How to promote exercise in community - FitMind Program <i>Dr. Edwin Lee + Mr. Daniel de Sousa</i>
12:45 – 14:15	Lunch
14:15 – 15:00	Dr. Michael Tse
15:00 – 15:45	How to motivate patients to establish an exercise habit <i>Ms. Jenny Lee</i>
15:45 – 16:00	Tea Break
16:00 – 16:15	FitMind + Yoga Demonstration
16:15 – 17:15	Motivation and Coaching Skills Group Discussion
17:15 – 17:30	Overall Remarks



Prof. Peter Falkai



Prof. Peter Falkai is Professor and Chairman of the Department of Psychiatry and Psychotherapy at the University of Munich, Germany since 2012. He went to Medical School at the University of Düsseldorf, Germany and spent his final year with TJ Crow at Northwick Park Hospital, London, England. He then did his specialist training at the Department of Psychiatry, University of Düsseldorf. In 1996 he was appointed Professor of Medical Psychology and vice-chairman of the Department of Psychiatry, University of Bonn, Germany. From August 2002 to July 2006 he was Professor and Chairman of the Department of Psychiatry and Psychotherapy at the University of Saarland, Germany. Since August 2006 he was Professor and Chairman of the Department of Psychiatry and Psychotherapy at the University of Goettingen, Germany until he took over the current position in July 2012. His research focus is the neurobiology of psychotic disorders, schizophrenia in particular. He has built up a multidisciplinary team of researchers since 1992, allowing the use of techniques ranging from functional imaging to gene expression in human post-mortem-tissue to investigate on the neurobiological origins as well as causal treatment options of psychotic disorders. He has been involved in creating treatment guidelines for schizophrenia for the German Society of Psychiatry, Psychotherapy and Nervous Diseases, of which he is head since 2011, and for the World Federation of the Biological Societies.

Speakers

Prof. Peter Falkai

Chairman
Department of Psychiatry
University of Munich
Germany

Dr. Rainbow Ho

Director
Centre on Behavior Health
Department of Social Work and
Social Administration
Faculty of Social Sciences
The University of Hong Kong
Hong Kong

Dr. Jessie Lin

Post-doctoral Fellow
Department of Psychiatry
Li Ka Shing Faculty of Medicine
The University of Hong Kong
Hong Kong

Mr. Luiz Daniel de Sousa

Project Manager
Department of Psychiatry
Li Ka Shing Faculty of Medicine
The University of Hong Kong
Hong Kong

Prof. Eric Chen

Chairman
Department of Psychiatry
Li Ka Shing Faculty of Medicine
The University of Hong Kong
Hong Kong

Dr. Edwin Lee

Clinical Assistant Professor
Department of Psychiatry
Li Ka Shing Faculty of Medicine
The University of Hong Kong
Hong Kong

Dr. Michael Tse

Director
Active Health Clinic
Institute of Human Performance
The University of Hong Kong

Ms. Jenny Lee

MPhil student
Department of Psychiatry
Li Ka Shing Faculty of Medicine
The University of Hong Kong
Hong Kong



Date: 11 April 2014 (Friday)

Time: 8:30 am – 17:30 pm

Venue: Underground Lecture Theatre 1,
New Clinical Building,
Queen Mary Hospital,
102 Pokfulam Road, Hong Kong

香港薄扶林道102號瑪麗醫院新教授樓
地下演講廳一



Language:	English
Members/Full-time Students:	HK\$680
Non-members:	HK\$800

(handouts, certificate of attendance, buffet lunch, and refreshment are included)

Number of places is limited to 100, Registration will be made on a first-come-first served basis.

CME/CNE/CE/CPD accreditation per day

Hong Kong College of Psychiatrists	Pending
The Hong Kong College of Family Physicians	Pending
Hong Kong Psychological Society	Pending
Board of Occupational Therapist of Hong Kong	Pending
Social Workers Registration Board	Pending

Enquiry and Registration

Address: c/o Prof. Eric Chen
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The University of Hong Kong
Queen Mary Hospital
102 Pok Fu Lam Road, Hong Kong

Tel: (852) 2255 4166 (Ms. Edith Yim)

Fax: (852) 2872 7495