



# 香港精神科醫學院

**The Hong Kong College of Psychiatrists** Ltd.

Website: <http://www.hkpsych.org.hk/> Email: [hkpsych@hkam.org.hk](mailto:hkpsych@hkam.org.hk)

## **Newsletter #1-2012**

20 January 2012

Dear Fellows, Members, Inceptors and Affiliates,

### **Obituary**

#### **Dr Christoph Y YUNG Formerly Fellow of the Hong Kong College of Psychiatrists**

After fighting chronic disease for many years, Dr. Christoph Y. Yung, aged 75, passed away on July 4, 2011 in Toronto, Canada. Unfortunately death is never peaceful. It was in fact a long, insidious, 25 year decline from the horrible affects of radiation. He was a dedicated psychiatrist with exemplary contribution to psychiatric education and pioneered the development of dynamic psychotherapy in Hong Kong.

Dr. Yung obtained his medical degree from the National Taiwan University in 1960. After completing his psychiatric residency training in Pennsylvania's Norristown State Hospital and McGill University's Montreal General Hospital, and before coming to Hong Kong, he obtained clinical posts at Wayne State University's Detroit General Hospital, New York Downstate Medical Centre, Louisiana State University and Texas Tech Health Science Centre.

Over all, he was most proud of his training experience at McGill. But truly, of more importance to him, was that all of his past clinical experience could be of use in helping his Chinese patients in Hong Kong. It was as if coming back to his own people, was at the core of his being. Truly a swan song if you like. In early 1980s, Dr Yung returned to Hong Kong as senior lecturer at the Department of Psychiatry of the Chinese University of Hong Kong (CUHK). His teaching has always been interesting and insightful, and demonstrated the elegance of psychiatric assessment with the BEST (Behavior, Emotion, Sensorium and Thought) approach. Trained as a dynamic psychotherapist, he started the teaching of psychotherapy to students at CUHK and professionals in Hong Kong. His charisma inspired many devoted followers to embark on the psychiatric career.

In 1990 he returned to the United States semi-retired. With full dysarthria and dysphagia fast approaching, he knew his end was near. So he joined his family here in Toronto until his death in 2011.

Dr. Yung had impressed his colleagues with his truthfulness and gentleness. He was a devoted clinician, a therapist and a mentor. As a colleague, he was a respected man with integrity and warmth. His concerns towards patients that he served would be well remembered. His teachings have set foundation for dynamic psychotherapy in Chinese community over the years.

He is survived by a brother, 3 sisters, his wife, Carol, daughter, Jennifer, son, Christopher and 2 grandsons, to whom and to his family we extend our deepest sympathy. Dr. Yung would be fondly remembered by his students for his inspiring attitudes, and by his fellow colleagues for his humble and genuine character.

**The Hong Kong College of Psychiatrists  
January 2012**

Please take note of the following announcements:

**I. The President's Prize for the Best Part III Candidate sponsored by the Yao Yiu Sai Education and Charitable Memorial Fund**

There were no nominations for the captioned Prize this year.

**II. College Research Grant 2012/13**

The College has set up mini-research grant to support young fellows, who attained the College fellowship for not more than 5 years, to conduct locally oriented research projects in agreed aspects. A working group is set up to vet applications. The amount of grant normally does not exceed HK\$100,000, with an expected duration of project for not more than two years. The Principal Investigator of the project, if successful, will be the grant holder. Guidance note and the application form for this mini-research grant are available online. Please visit the College website at [http://www.hkpsych.org.hk/index.php?option=com\\_docman&Itemid=221](http://www.hkpsych.org.hk/index.php?option=com_docman&Itemid=221) for details.

Completed application form should be submitted to the **College Secretariat:**

**Room 906, 9/F, Hong Kong Academy of Medicine Jockey Club Building,  
99 Wong Chuk Hang Road, Aberdeen on or before 31<sup>st</sup> May 2012.**

Applications received after the closing date will not be considered. Funding results will be announced in early August 2012.

For enquiries, please contact Ms Sabrina Hung at [hkpsych\\_eo@hkam.org.hk](mailto:hkpsych_eo@hkam.org.hk).

**III. College Website**

The College website (<http://www.hkpsych.org.hk/>) was out of order in early December 2011 due to malfunction of the outdated software. The problem was fixed and the webpage had resumed its full operations in late December 2011.

**IV. Change in Contact Details and/or Status**

Fellows, Members, Inceptors and Affiliates are reminded to inform the College for any change in correspondence address and/or status from time to time. The relevant form is enclosed with this newsletter.

**V. Central Commissioned Training**

The College is co-organising the Central Commissioned Training on "Eating Disorders: Recent Advances in Aetiology, Course and Management across Life Span" with the Central Coordinating Committee of the HAHO on 25 and 26 February 2012 (9:15 a.m. - 5:15 p.m.). Members of all categories are welcome to register to attend. A poster of the programme and an enrolment form are attached with this newsletter.

**VI. CME/CPD Information**

The Education Committee would like to inform members that the List of CME/CPD activities for 2011 has been posted on the College website at: [http://www.hkpsych.org.hk/index.php?option=com\\_docman&Itemid=222](http://www.hkpsych.org.hk/index.php?option=com_docman&Itemid=222).

## VII. Announcement from the Public Awareness Committee

The College is currently collaborating with the Radio-I-Care and the Rotary Club of Peninsula of Tung Wah Group of Hospitals to hold a "**Here and Now Photography Project**" to promote mental health of the general public and our psychiatric service users. It involves a "**Here and Now**" photographic competition. For details please refer to the link of the College website at [http://www.hkcpsych.org.hk/index.php?option=com\\_content&task=view&id=81&Itemid=212](http://www.hkcpsych.org.hk/index.php?option=com_content&task=view&id=81&Itemid=212). Fellows, members and inceptors are encouraged to participate, if interested.

An interacting photographic event between psychiatric doctors and service user, including workshop and outdoor shooting will also be held in February 2012.

Thank you for your attention.

Dr. WH CHEUNG  
Honorary Secretary  
The Hong Kong College of Psychiatrists

**For Fellows, Members, Inceptors and Affiliates of HKCPsych Only**



**The Hong Kong College of Psychiatrists Ltd.**

**香港精神科醫學院**

Website: <http://www.hkcppsych.org.hk> E-mail address: [hkcppsych@hkam.org.hk](mailto:hkcppsych@hkam.org.hk)

To: Secretariat Office  
 The Hong Kong College of Psychiatrists  
 Room 906, Hong Kong Academy of Medicine Jockey Club Building,  
 99 Wong Chuk Hang Road, Aberdeen, Hong Kong  
 (Fax. No. (852) 2870-1391)

**Notification of Change of Personal Particulars**

|  |  |        |
|--|--|--------|
| Name (in block letters):                                     | <input type="checkbox"/> Prof. <input type="checkbox"/> Dr. <input type="checkbox"/> Mr.<br><input type="checkbox"/> Ms. <input type="checkbox"/> Miss |        |
| With effect from _____, please change my records as follows: |  |        |
| <b>New correspondence address:</b>                           |  |        |
| Room/Flat:   | Floor:   | Block: |
| Name of building/estate:                                     |  |        |
| No. and name of Street/Road:                                 |  |        |
| District:  | Hong Kong / Kowloon / NT   |        |
| Postal code:   |  |        |
| Country:   |  |        |
| <b>New correspondence contact numbers / e-mail address:</b>  |  |        |
| Office telephone no.   |  |        |
| Facsimile No.:   |  |        |
| Mobile phone/pager:  |  |        |
| E-mail address:  |  |        |
| <b>Change of status: (For Fellows Only if applicable)</b>    |  |        |
| <b>Current status:</b>                                       |  |        |
| <input type="checkbox"/> Public sector (HA/University)       | <input type="checkbox"/> Private sector  |        |
| <input type="checkbox"/> Retired                             | <input type="checkbox"/> Overseas  |        |
| <b>New status:</b>   |  |        |
| <input type="checkbox"/> Public sector (HA/University)       | <input type="checkbox"/> Private sector  |        |
| <input type="checkbox"/> Retired                             | <input type="checkbox"/> Overseas  |        |

Signature: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Date: \_\_\_\_\_



Central Commissioned Training in Psychiatry 2011-12

## Eating Disorders



Recent Advances in Aetiology, Course and Management across Life Span

**Overseas Speaker: Professor Janet Treasure**

Director of the Eating Disorder Unit  
Professor of Psychiatry, University College, London  
Chief Medical Advisor for Beat


**Date:** 25<sup>th</sup> & 26<sup>th</sup> February, 2012

**Time:** 9:00 am – 5:15 pm

**Venue:** Lecture Theatre, M/F, Hospital Authority Building, 147B  
Argyle Street, Kowloon

**Organizers:** Hospital Authority & the Hong Kong College of Psychiatrists

**Enrollment Deadline: 10<sup>th</sup> February, 2012**



All doctors, nurses and allied health colleagues are welcome.  
CME/ CNE (Pending)  
Enquiries: 2300 6717 (Ms. Karis CHENG)

## Programme Rundown:

**Day 1** 25<sup>th</sup> February, 2012 (Saturday) Venue: Lecture Theatre, M/F, HAB

**Chairperson: Dr. Phyllis CHAN Kwok Ling**  
**Consultant, Department of Psychiatry, Queen Mary Hospital**

09:00 – 09:15 Reception and registration

09:15 – 10:45

**The extent of the problem: Epidemiology , Early intervention , Prevention (I)**

- The epidemiology of eating disorders.
- Diagnosis and differential diagnosis.

10:45 – 11:00

Tea Break

11:00 – 12:30

**The extent of the problem: Epidemiology , Early intervention , Prevention (II)**

- An introduction to prevention programmes.
- An introduction to early intervention.

12:30 – 13:30

Lunch

13:30 – 15:00

**State of the Art: Understanding the causal and maintaining factors**

- A neurodevelopmental model including genetic/ epigenetic, and early environmental factors.
- Causal and maintenance model of eating disorders.

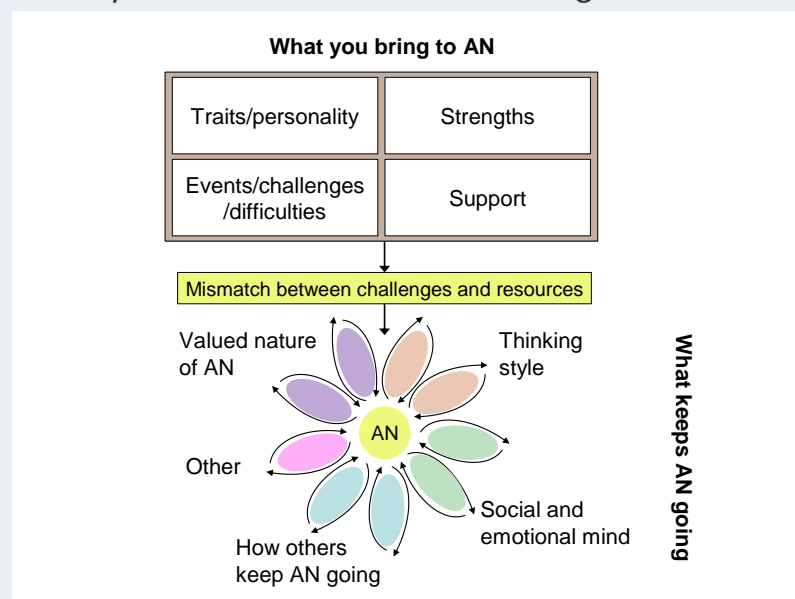
15:00 – 15:15

Tea Break

15:15 – 16:45

**Formulating cases**

- Formulate cases presented using the models and diagnostic framework discussed above.
- A variety of cases to be formulated using the model below.



16:45 – 17:15

Discussion/ Q&A

## Programme Rundown:

**Day 2** 26<sup>th</sup> February, 2012 (Sunday)

Venue: Lecture Theatre, M/F, HAB

**Chairperson: Dr. HUNG Se Fong**  
**Hospital Chief Executive, Kwai Chung Hospital**

|               |  |
|---------------|--|
| 09:15 – 10:45 | <p><b>Early Interventions: Work with adolescent patients</b></p> <ul style="list-style-type: none"><li>• How and why the sufferer's behaviour is very difficult for parents to manage.</li><li>• How instinctive responses can hinder rather than help recovery.</li><li>• How to help carers moderate high expressed emotion.</li><li>• The principles of an empirically based specific maintenance model of AN.</li><li>• The principles of models of health behaviour change and how to translate this into matching expectations for change to the appropriate stage.</li><li>• How developing an alliance to work for change can be difficult and how to manage this.</li><li>• The principles of motivational interviewing and how to train parents to use this form of communication.</li><li>• How to undertake a functional analysis of interpersonal behaviours and shift accommodating and enabling behaviours.</li></ul> <p><b>Barriers to Implementing Family Based Work</b></p> <ul style="list-style-type: none"><li>• The treatment team can be the focus of the parents' eye for detail. The implied criticism can lead to the family being labeled as over involved and impossible with the team using many strategies to avoid meeting them.</li><li>• The person with an eating disorder may state that the team cannot see the family because of confidentiality issues.</li><li>• The specific needs of partners who are often isolated can be overlooked.</li></ul> |
| 10:45 – 11:00 | Tea Break  |
| 11:00 – 12:30 | <p><b>Treatment of Eating Disorders: The Management Plan for Adults (I)</b></p> <ul style="list-style-type: none"><li>• Evidence based treatments for Bulimia Nervosa, Anorexia Nervosa and Binge Eating disorder</li></ul>  |
| 12:30 – 13:30 | Lunch  |
| 13:30 – 15:00 | <p><b>Treatment of Eating Disorders: The Management Plans for Adults (II)</b></p> <ul style="list-style-type: none"><li>• Inpatient care</li></ul>   |
| 15:00 – 15:15 | Tea Break  |
| 15:15 – 16:45 | <ul style="list-style-type: none"><li>• Case discussion, to be presented by local psychiatric trainees</li><li>• Local carer support group</li></ul>   |
| 16:45 – 17:15 | Discussion/ Q&A  |



**Central Commissioned Training in Psychiatry 2011-12  
25<sup>th</sup> & 26<sup>th</sup> February 2012**



**Eating Disorders:  
Recent Advances in Aetiology, Course and Management across Life Span**

**Enrollment Form**

To: HAHO (Fax: 2194 6882) or (Email: [ck042@ha.org.hk](mailto:ck042@ha.org.hk))  
Attn.: Ms Karis CHENG (Tel: 2300 6717)

The following staff from our department will attend the Central Commissioned Training as indicated:

| Name | Rank/ Post | 25 February 2012<br>Saturday<br>(Y/N) | 26 February 2012<br>Sunday<br>(Y/N) |
|------|------------|---------------------------------------|-------------------------------------|
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Name of Coordinator \_\_\_\_\_  
 Department \_\_\_\_\_  
 Hospital \_\_\_\_\_  
 Tel \_\_\_\_\_  
 Fax \_\_\_\_\_  
 Email \_\_\_\_\_  
 Date \_\_\_\_\_

**Enrollment Deadline: 10<sup>th</sup> February, 2012**