

GRiEF HEAL

學術會議
同度哀傷



PROGRAM BOOKLET

同度哀傷學術會議
GRIEF & HEAL CONFERENCE
23–24.01.2026
@ 2/F EATON HK

療癒之旅
JOURNEY OF HEAL
22–24.01.2026
@ KOWLOON DISTRICT

Organiser



Co-organisers



香港中文大學
賽馬會公共衛生及基層醫療學院
JC School of Public Health and Primary Care
The Chinese University of Hong Kong



HKU
Med

LKS Faculty of Medicine
School of Nursing
香港大學護理學院

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GRIEF HEAL

Recognising Each Other in Grief

The Grief & Heal Conference 2026, organised by Alongside Academy, and co-organised with The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong and School of Nursing, Li Ka Shing Faculty of Medicine, The University of Hong Kong, is an interdisciplinary platform dedicated to advancing scholarship and professional practice in grief, bereavement, death education, and mental health.

This two-day conference convenes leading local and international researchers, clinicians, educators, and frontline practitioners to examine contemporary developments in end-of-life studies, grief theories, psychosocial responses to loss, and the systemic challenges faced across healthcare, social services, legal, and community settings. Through presentations of empirical research, clinical case analyses, community practice insights, and cross-sector collaborative models, the conference aims to deepen participants' understanding of bereavement as both an individual and collective experience.

Recognising grief as a universal yet often unarticulated emotional process, the conference foregrounds the diverse pathways through which individuals encounter, express, and make meaning of loss. By integrating academic inquiry with reflective and experiential approaches, the programme seeks to create a safe and open environment that enhances emotional literacy, professional competence, and compassionate engagement with those experiencing loss.

This year, we introduce the "Journey of Heal", a series of activities including real-life story sharing, film screenings, and immersive experiences such as the "Treehole Phonebooth." We hope that every participant whether a professional, student, caregiver, or someone personally facing loss can gain knowledge and strength from this experience, and face grief and loss with greater resilience in their life ahead.



About

Alongside Academy

Alongside Academy is a community-based learning space grounded in knowledge, reflection, and dialogue. We are committed to fostering an open and inclusive Hong Kong. We believe that social change does not begin only with policies or systems, but with how each of us re-examines life, death, and the meaning we attach to them.

In Hong Kong, conversations about death and Lifelong Autonomy remain rare. Grief and loss are never easy topics, and for some communities, these experiences are even harder to navigate. Through public education, professional training, community building

and independent research, Alongside Academy creates a safe and thoughtful space for dialogue where knowledge, lived experience, and emotional understanding can be exchanged and put into practice.

We encourage self-directed learning and mutual support, cultivating a community that thinks with empathy and acts with purpose. We believe that everyone deserves the chance to live authentically and to become the better selves through reflection and genuine connections with others.

Welcome Remarks from Founding Chair & CEO



We are honoured to welcome you to the Grief & Heal Conference 2026, co-organised with the HKU School of Nursing and the CUHK School of Public Health and Primary Care. The Conference forms part of our project funded by the HKEX Foundation, dedicated to strengthening lifelong autonomy for all individuals in Hong Kong. Our collaboration reflects a shared belief that grief, healing, and emotional wellbeing are responsibilities that extend beyond any single discipline.

This year's conference unfolds at a time of profound sorrow. The tragedy in Tai Po has left deep wounds across the city—lives lost, families shattered, and communities displaced. We hold the primary victims and their loved ones close in our hearts. Their need for intensive, long-term support is unquestionable. Yet this tragedy has also generated a wider shockwave of emotional trauma affecting the general public, including neighbours, "digital witnesses", first responders, media workers, healthcare professionals and social workers. This collective grief is real, and it deserves recognition.

It is within this context that the Conference has been reframed as Grief & Heal. Rather than examining abstract ideas, we gather today to confront the honest, human experience of loss, and to explore how a city can begin to heal together. Our focus this year centres especially on disenfranchised grief—the forms of sorrow that remain unseen, unnamed, or unsupported, yet weigh heavily on individuals and communities.

Alongside the Conference, we introduce the Journey of Heal: a series of social and cultural experiences designed to provide rest, grounding, and companionship. Through movement practices, films, storytelling, and sensory-based activities, participants are invited into moments of reflection and reconnection. As part of this journey, we also pilot the Treehole Phone Booth, an immersive and private space where individuals may speak—or simply listen to—the stories and grief they cannot share elsewhere. It is a shelter for the emotions that often go unspoken, a place where personal sorrow becomes part of collective memory.

In direct response to the emotional needs emerging from society, we are launching **Project Grief & Heal**, an initiative dedicated to supporting the secondary victims of the tragedy, those who continue to struggle with trauma, fear, insomnia, or intrusive images. In this project, anyone mentally troubled by the tragedy can receive professional mental health support delivered by qualified and vetted clinical psychologists and/or psychiatrists, free of charge. As seed funding, 10% of all ticketing revenue from the Conference—allocated without any deductions—will be dedicated to supporting the initiative.

The strength of this event lies in its cross-sector solidarity. The path through grief is not walked by professionals alone. It requires the insight of healthcare workers, the compassion of social service practitioners, the creativity of artists, the commitment of philanthropists, the reach of commercial partners, and the active participation of the community. Only together can we begin to rebuild a sense of safety, dignity, and connectedness in a city that is hurting.

As we open the Grief & Heal Conference and embark on the Journey of Heal, we reaffirm the mission that grounds our work: to honour every person's chosen family, identity, and relationships; to respect who we are, who we love, and how we wish to live and die.

Thank you for being here, and thank you for contributing to this important journey.

Dr Nick TSUI
CEO & Co-founder
Alongside

Mr Yves LEUNG
Founding Chairman
Alongside

Welcome Remarks from Chairperson of Organising Committee

It is with a heavy heart that I welcome you to the Grief & Heal Conference 2026. Grief is never abstract. It lives in us, in neighbourhoods, in the silence between people. At a time when Hong Kong is carrying fresh wounds, this Conference is an attempt to face that reality together.

We are grateful for the support of the HKEX Foundation, and for the partnership of the Jockey Club School of Public Health and Primary Care at CUHK and the School of Nursing at HKU. Many local and international speakers have also chosen to stand with us, lending their experience to a city that is still learning how to hold loss.

The aim of our Conference is to open space for elephant-in-the-room topics – important topics that often sit in the background because they are uncomfortable or rarely discussed. This year, Hong Kong will hear, for the first time, a focused discussion on the disenfranchised grief experienced by LGBTQ+ individuals. We are especially honoured to be joined by Professor Richard Harding, a leading global scholar on LGBTQ+ loss and palliative care, whose insights have shaped practice across continents.

Running alongside the academic sessions, the Journey of Heal offers a different way of approaching grief, which is often hard to name and speak about. Through films, human libraries, sports and meditation, we hope to create moments of connection and understanding for experiences that are usually kept private.

At Alongside, our mission is to drive changes through knowledge. When we understand better, we care better. And when we care better, resilience becomes possible – something that grows naturally when people are supported and seen.

It is also my honour to serve again as Chairperson of the Conference Organising Committee. None of this would be possible without our team, who have put in long hours and constant thought to bring this programme to life. I am deeply grateful for their work.

With your presence, we move forward together, in grief and in healing.

Dr. Jensen Yiu (he/him)
Chairperson
Conference Organising Committee

Head of Public Education & DEI & Co-founder
Alongside



Message from the Co-Organiser JC School of Public Health & Primary Care, CUHK



It is an honour for the JC School of Public Health and Primary Care at The Chinese University of Hong Kong to co-organize the Grief & Heal Conference 2026. This important initiative reflects our shared commitment with Alongside Academy to advancing health equity, promoting compassionate care, and fostering a society where grief and healing are openly acknowledged and supported.

The Grief & Health Conference 2026 is Hong Kong's first academic and community event dedicated to exploring the intersection of grief, health, and social wellbeing. In light of the tragic fire that swept the homes of thousands in Wang Fuk Court in Tai Po in November 2025, this conference seeks to create a safe and inclusive space for dialogue, learning, and collective healing.

The event will feature a rich program of keynote speeches, panel discussions, and interactive sessions led by experts in medicine, mental health, social work, and community advocacy. Topics will include grief literacy, trauma-informed care, and innovative approaches to supporting individuals and families through loss. Participants will also have opportunities to engage in experiential activities designed to deepen understanding and resilience.

The Conference is committed to turning compassion into action. 10% of all ticket revenue, with no deduction of costs, will be allocated as seed funding for Project Grief & Heal 2026. This initiative provides free clinical psychological and psychiatric support to secondary victims affected by the Wang Fuk Court catastrophe. Services include group interventions and individual clinical sessions delivered by qualified professionals, ensuring that those impacted receive the care and healing they deserve.

At the JC School of Public Health and Primary Care, our mission is to improve population health through multidisciplinary education, impactful research, and meaningful community partnerships. Collaborating with Alongside Academy—a visionary organization dedicated to normalizing conversations around grief and healing—embodies these principles. Together, we aim to transform how society perceives and responds to loss, ensuring that care is inclusive, empathetic, and accessible to all.

We warmly invite you to join us for this transformative event—one that challenges stigma, inspires innovation, and redefines what it means to care for the living and the bereaved.

Prof. Samuel Yeung Shan Wong
Professor and Director
JC School of Public Health and Primary Care
Faculty of Medicine
The Chinese University of Hong Kong

Message from the Co-organiser School of Nursing, HKU



It is a great privilege for the School of Nursing at the University of Hong Kong to co-organise this academic conference with Alongside for the second consecutive year. Building on the momentum and insights gained from last year's inaugural event, we are thrilled to continue this partnership in advancing Hong Kong's first conference dedicated to LGBTQIA+ inclusive end-of-life care. This year's gathering represents not only continuity but also significant growth—an expansion of dialogue, knowledge, and commitment across sectors.

Over the past year, it has become increasingly clear that the experiences and needs of LGBTQIA+ individuals nearing the end of life continue to evolve. While Hong Kong has made important strides in enhancing end of life care, gaps remain in ensuring care that is fully inclusive, affirming, and responsive. These persistent disparities reinforce the urgency of sustained action to uphold dignity, autonomy, and respect for every person's identity.

By returning as co-organiser, the School of Nursing at the University of Hong Kong reaffirms its dedication to fostering a healthcare environment grounded in evidence, compassion, and equity. This year, we are especially committed to strengthening research, expanding professional education, and supporting policy dialogues that can drive long term system-level improvements. The conference once again brings together experts from healthcare, law, social sciences, community organisations, and beyond—yet with renewed focus on translating shared knowledge into concrete, actionable change.

We hope this year's programme deepens multidisciplinary collaboration, sparks innovative thinking, and equips practitioners with updated tools to deliver care that truly honours the diverse lives and relationships of LGBTQIA+ individuals and families. Through continued partnership, we believe Hong Kong can move closer to a model of care that enables all people to live well and die well, while also contributing to broader regional leadership in inclusive health systems.

Thank you for joining us on this ongoing and meaningful journey. We hope this year's conference provides fresh perspectives, valuable connections, and inspiration to continue advancing equity and inclusion in end of life care.

Prof. Edmond Choi
Associate Professor
School of Nursing
Li Ka Shing Faculty of Medicine,
The University of Hong Kong

Conference Rundown

*The conference will be conducted in Cantonese, with sessions in English where indicated.

Day 1: 23-01-2026

08:30 - 09:00 Registration

Session 1: Disenfranchised Grief and Compassionate Responses

09:00 - 09:30 Welcome Speech and Opening Remarks

09:30 - 10:30 Improving Access to Evidence-based, Appropriate End-of-life Care and Bereavement Support in LGBTQ+ Communities

Professor Richard Harding

Executive Dean, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London, United Kingdom

Herbert Dunhill Chair of Palliative Care & Rehabilitation, Cicely Saunders Institute, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London, United Kingdom

*Conducted in English

10:30 - 10:45 Break

10:45 - 11:30 When Grief Goes Unrecognised: From Professional Helper to Individual Person, from Personal Loss to Collective Experience

Dr Wallace Chan

Associate Professor in Social Work, School of Communities and Education, Northumbria University, United Kingdom

11:30 - 12:00 Identification of Disenfranchised Grief in Clinical Practices

Mr Ching Kwong Dino Wong

Clinical Psychologist, Grounder Psychological Services

Chairperson, Society of True Light

12:00 - 12:40 How A City Holds Collective Grief

Dr Wallace Chan

Associate Professor, Northumbria University, United Kingdom

Mr Ching Kwong Dino Wong

Clinical Psychologist, Grounder Psychological Services

Chairperson, Society of True Light

Professor Richard Harding

Executive Dean, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London, United Kingdom

Herbert Dunhill Chair of Palliative Care & Rehabilitation, Cicely Saunders Institute, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London, United Kingdom

Moderator

Dr Aled Tang

Clinical Psychologist

*Conducted in English

12:40 - 13:30 Lunch Break

Cont.

● Keynote Session

● Scientific Session

● Practice Sharing

● Panel Discussion

Conference Rundown

*The conference will be conducted in Cantonese, with sessions in English where indicated.

Day 1: 23-01-2026

Session 2: From Loneliness to Resilience: Addressing Hidden Mental Health Need

● 13:30 - 14:00	Alone Together: Exploring Loneliness and Mental Health in Hong Kong's LGBTQ+ Communities Prof Randolph Chan Associate Professor, Department of Social Work, The Chinese University of Hong Kong
● 14:00 - 14:30	Lonely, Empty, and Cold: Understanding Urban Loneliness and Coping in the Digital Age Prof Sherry Xue Yang Assistant Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong
14:30 - 14:50	Break
● 14:50 - 15:20	Understanding the Motivations and Risks of Chemsex: Insight and Implications Prof Edmond Pui Hang Choi Associate Professor, School of Nursing, Li Ka Shing Faculty of Nursing, The University of Hong Kong
● 15:20 - 15:50	Exploring Barriers and Uptake of PrEP through a Socioecological Lens Dr Tsz Ho Kwan Chartered Engineer Research Assistant Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong Research Assistant Professor, S.H. Ho Research Centre for Infectious Diseases, Faculty of Medicine, The Chinese University of Hong Kong
● 15:50 - 16:20	Thriving Daily: Identity-Affirming Experiences and Well-Being among LGBTQ+ People in Hong Kong Prof Eddie Chong Assistant Professor, Department of Social Work and Social Administration, Faculty of Social Sciences, The University of Hong Kong
16:20 - 16:25	Closing Remarks

End of Day 1

● Keynote Session ● Scientific Session ● Practice Sharing ● Panel Discussion

Conference Rundown

*The conference will be conducted in Cantonese, with sessions in English where indicated.

Day 2: 24-01-2026

08:30 - 09:00 Registration

Session 3: From Disease Trends to Death Taboo: Clinical Perspectives

● 09:00 - 10:00 Beyond Healthcare: Addressing the Social Determinants of Health

Prof Roger Yat Nork Chung

Co-Director, The Chinese University of Hong Kong Centre for Bioethics

Associate Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong

● 10:00 - 10:30 Death Avoidance in Clinical Practice: End-of-Life Communication in the Chinese Context

Prof Jack Pun

Associate Professor, Department of English, Faculty of Arts, The Chinese University of Hong Kong

10:30 - 10:50 Break

● 10:50 - 11:20 Challenges in Honouring Advance Medical Directives in Hospitals

Prof Jacqueline Kwan Yuk Yuen

Specialist in Geriatric Medicine

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

● 11:20 - 12:00 Identification of Disenfranchised Grief in Clinical Practices

Dr Sau Wa Joyce Lee

Specialist Psychiatrist

Clinical Professional Consultant, Faculty of Medicine, The Chinese University of Hong Kong

Dr Tony Siu Chi Ling

Specialist in Obstetrics & Gynaecology

Honorary Secretary, The Hong Kong Medical Association

Prof Jacqueline Kwan Yuk Yuen

Specialist in Geriatric Medicine

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

Moderator

Dr Ryan Cheung

Medical Doctor

● 12:00 - 12:30 Understanding Cancer Health Disparities among LGBTQ+ Populations through Social Determinants

Dr Jensen Yiu

Head of Public Education & DEI & Co-founder, Alongside

12:30 - 13:30 Lunch Break

Cont.

● Keynote Session

● Scientific Session

● Practice Sharing

● Panel Discussion

Conference Rundown

*The conference will be conducted in Cantonese, with sessions in English where indicated.

Day 2: 24-01-2026

Session 4: Inclusive Practices and Innovations in End-of-Life Preparation

- 13:30 - 14:00 **Rethinking Advance Care Planning Through the Lens of Diversity and Inclusion**
Prof Helen Chan
Professor, The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong
- 14:00 - 14:30 **Challenged Mental Capacity in Dementia, Psychotic & Mood Disorders**
Dr Eva Yee Wah Yu
Specialist Psychiatrist
Honorary Clinical Assistant Professor, Li Ka Shing Faculty of Medicine, The University of Hong Kong
Fellow in Thanatology, Association for Death Education and Counselling
- 14:30 - 14:50 **Break**
- 14:50 - 15:20 **Use of AI to Foster Compassion and Empathy in Medical Education**
Prof Erwin Huang
Associate Director, Technology, Leadership and Entrepreneurship Program, The Hong Kong University of Science and Technology
- 15:20 - 15:50 **Interfaith Perspectives on Spiritual End-of-Life Care**
Ms Shiu Sin Man Vicky
Associate Chaplain, Divinity School of Chung Chi College, The Chinese University of Hong Kong

Ven Sik Jing Lin
Honorary Buddhist Chaplain, The Centre for Spiritual Progress to Great Awakening
Director, The Four Graces Recollected Buddhist Center Limited

Dr Olive Woo
Clinical Psychologist

Moderator
Mr Chun Yin Yeung
Lecturer, The Hong Kong Academy for Performing Arts
- 16:20 - 16:25 **Concluding Remarks**

End of Day 2

- Keynote Session
- Scientific Session
- Practice Sharing
- Panel Discussion

Pre-Conference Workshops

Applying LGBTQ+ Affirmative Therapy for Grieving



Mr. Dino Wong

Clinical Psychologist in Accredited Register

Clinical Psychologist, Grounder Psychological Services
Chairperson, Society of True Light

Overview

Grief is a universal human experience, yet for LGBTQ+ individuals, it is often compounded by minority stress, disenfranchised loss, and the ongoing pursuit of self-acceptance within heteronormative contexts. These forces leave many LGBTQ+ individuals carrying grief that is both personal and systemic, yet seldom validated in therapeutic settings.

This workshop provides a practical, skills-based introduction to applying LGBTQ+ affirmative therapy in grief work. Grounded in the minority stress model, the session will explore how grief processes intersect with chronic stress exposure, resilience pathways and identity-related vulnerabilities. Participants will also learn how to implement affirmative practices within commonly used grief frameworks such as the dual process model, helping practitioners integrate inclusive practice into familiar therapeutic structures.

Emotionally Focused Therapy (EFT) for Unresolved Emotional Wounds with Family Members during the End-of-life Process



Ms Natalie Tong

Registered Psychologist (Hong Kong Psychological Society)

Licensed Marriage and Family Therapist (California, USA)

ICEEFT Certified EFT Supervisor & EFT Therapist

Honorary Lecturer, Department of Social Work and Social Administration, The University of Hong Kong

Overview

The end of life process of a loved one brings a sense of finality in family members that can trigger unresolved feelings of hurt and resentment. They find themselves caught up in an intricate web of conflicting feelings with the dying and other family members which can easily leave them stuck. Emotionally Focused Therapy (EFT) works to help people move with and through stuck emotions. This pre-conference training workshop provides a roadmap and a set of interventions to navigate through the emotional terrain of family members who are journeying with the dying as they reach the end of their lives.

Speakers

* Speakers are listed in alphabetical order of their last names.



陳裕麗教授 Prof. Helen Chan

Professor, The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong

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Prof Helen Chan is a trailblazer of introducing Advance Care Planning (ACP) in Chinese communities. She has conducted a number of research and policy studies and knowledge transfer projects to evaluate and promote its acceptance. She was the only external member in the workgroup of formulating the ACP guidelines for Hospital Authority between 2017 and 2019. She was inducted as a Fellow of the American Academy of Nursing in 2021 and awarded the International Nurse Researcher Hall of Fame by Sigma Theta Tau International Honor Society of Nursing and Humanities and Social Sciences Prestigious Fellowship by Research Grants Council of Hong Kong in 2024 in recognition of her research capability and societal contributions. Currently, she serves as an honorary advisor in aged care and end-of-life care for various NGOs, including Hong Kong Society for Rehabilitation, YWCA, Jockey Club Centre for Positive Ageing and CADENZA Hub.



陳俊豪教授 Prof. Randolph Chan

Associate Professor, Department of Social Work, The Chinese University of Hong Kong

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Professor Randolph Chan (he/him) is an Associate Professor in the Department of Social Work at the Chinese University of Hong Kong. His research centers around the intersections of minority stress, resilience, and mental health among LGBTQ+ individuals and other socially marginalized populations. Through extensive studies, he seeks to understand the impact of distal and proximal minority stressors on mental health and well-being among LGBTQ+ individuals. His research also explores the mechanisms through which resilience resources can be harnessed to foster positive adaptation in the face of social adversity, ultimately promoting thriving within LGBTQ+ communities.



陳智豪博士 Dr. Wallace Chan

Associate Professor in Social Work, School of Communities and Education, Northumbria University

“

Dr. Wallace Chan is an Associate Professor of Social Work at Northumbria University, Newcastle upon Tyne, UK. His research and teaching focus on death and bereavement, palliative and end-of-life care, and meaning in life.

Dr. Chan is a Fellow in Thanatology with the Association for Death Education and Counseling (ADEC) and holds the Diplomate of Logotherapy from the Viktor Frankl Institute of Logotherapy. He has authored over 60 peer-reviewed publications. He currently serves as Co-Editor of the Asia Pacific Journal of Social Work and Development and sits on the editorial boards of leading journals including Death Studies and Journal of Loss and Trauma.

In 2023, he left his hometown of Hong Kong and continues his quest for meaning.



張海傑醫生 Dr. Ryan Cheung

Medical Doctor

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Ryan Cheung is a Hong Kong-based intensive care medicine resident, singer-songwriter, and HYROX ambassador whose work bridges frontline medicine, music, and sport.

Speakers

* Speakers are listed in alphabetical order of their last names.



蔡沛恒教授 Prof. Edmond Pui Hang Choi

Associate Professor, School of Nursing, Li Ka Shing Faculty of Medicine, The University of Hong Kong

“

Professor Edmond Choi, PhD, RN, APN, FHEA, FAAN, is a registered nurse and an Associate Professor at the School of Nursing, University of Hong Kong. His research focuses on sexual health, with particular emphasis on the needs of sexual minorities, adolescents, and young adults. He leads a research team dedicated to evaluating the effectiveness of various sexual health promotion interventions, particularly among gay, bisexual, and other men who have sex with men (GBMSM). Notably, Professor Choi has developed several eHealth interventions aimed at promoting sexual health and reducing the sexual harms associated with chemsex among GBMSM. Recently, his research has expanded to examine different forms of sexual violence—both in-person and technology-facilitated—among various at-risk populations. To maximise the impact of his work, Professor Choi actively collaborates with international scholars and partners with local non-governmental organisations.

Professor Choi has an outstanding record of scholarly achievements, with a high field-weighted citation impact and a strong portfolio of publications and research grants. He has been recognised as one of the world's top 2% most-cited scientists by Stanford University for four consecutive years (2021, 2022, 2023, and 2024). To date, he has published over 155 articles in high-impact, peer-reviewed international journals. In addition, he serves as the Associate Editor of the journal *Sexual Health*.



莊兆鈞教授 Prof. Eddie Chong

Assistant Professor, Department of Social Work and Social Administration, The University of Hong Kong

“

Prof. Eddie Chong is a counseling psychologist and Assistant Professor in the Department of Social Work and Social Administration at The University of Hong Kong. His research focuses on the mental health needs and resilience among historically marginalized communities, including sexual and gender diverse and ethnically diverse populations. Through research and teaching, he strives to reduce trauma caused by stigma and prejudice, and to foster environments where individuals and communities can heal and thrive.



鍾一諾教授 Prof. Roger Yat Nork Chung

Co-Director, The Chinese University of Hong Kong Centre for Bioethics
Associate Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong
Associate Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong

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Roger Yat-Nork Chung, PhD, MBE, MHS, is a social epidemiologist and bioethicist who uses the lens of biomedical ethics and justice to examine the social determinants of health and health inequalities. He is currently examining social determinants such as poverty, deprivation, socioeconomic disadvantage, environmental and housing factors, and migrant status. He is also particularly interested in the health of the vulnerable populations, including migrant workers and rare disease patients. Additionally, he is conducting research on aging-related issues, such as multimorbidity and long-term/end-of-life care. Collectively, the purpose of his research is to inform health services and public policy, domestically and beyond.

He graduated from Johns Hopkins University with a Bachelor of Arts (Public Health Sciences), Johns Hopkins Bloomberg School of Public Health with a Master of Health Science, Harvard Medical School with a Master of Science in Bioethics, and the University of Hong Kong with a Doctor of Philosophy in social and lifecourse epidemiology.

Speakers

* Speakers are listed in alphabetical order of their last names.



Professor Richard Harding

Executive Dean, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London, United Kingdom

Herbert Dunhill Chair of Palliative Care & Rehabilitation, Cicely Saunders Institute, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London, United Kingdom

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Professor Harding is Executive Dean of the Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care, King's College London. He is Herbert Dunhill Chair of Palliative Care & Rehabilitation within the Cicely Saunders Institute. He is Director of the King's WHO Collaborating Centre for Palliative Care. He is Vice Chair of the World Hospice Palliative Care Alliance and a Trustee of Marie Curie and AIDS Impact. He holds visiting Chairs in Palliative Care at the University of Cape Town and Manipal Academy of Higher Education, India. His research is focused on developing, delivering and evaluating ways to widen access to timely, high quality and person-centred care for people with life-limiting and life-threatening illness. This has spanned children and adults in the UK, Europe and low- and middle-income countries.



黃岳永教授 Prof. Erwin Huang

Associate Director, Technology, Leadership and Entrepreneurship Program, The Hong Kong University of Science and Technology

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Professor Erwin Huang is a serial entrepreneur, a leader in a social enterprise and the eLearning field for more than 30 years. Currently, he serves as Associate Director of the Technology, Leadership and Entrepreneurship Program at the Division of Integrative Systems and Design, and Adjunct Professor (Entrepreneurship) of The Hong Kong University of Science and Technology. His mission is to teach Social Innovation and Entrepreneurship to university students and to let more young generations understand entrepreneurial spirit, identify social issues, as well as creating social impact through innovations. He is Co-Founder & Executive Chairman of DreamStarter, a community initiative that makes dream projects initiated by school students come true; he is also Founder of Agent of Change, a young social enterprise aims to provide top quality daily necessities to deprived citizens at affordable price; and Chairman of Social Career, a nonprofit organization that educates the public about volunteerism and involvement in social causes and services. Erwin sits in several advisory committees in various companies and schools.



關子浩博士 Dr. Tsz Ho Kwan

Chartered Engineer
Research Assistant Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong
Research Assistant Professor, S.H. Ho Research Centre for Infectious Diseases, Faculty of Medicine, The Chinese University of Hong Kong

“

Dr. Kwan is a Research Assistant Professor at S.H. Ho Research Centre for Infectious Diseases and JC School of Public Health and Primary Care in The Chinese University of Hong Kong. He is a Fellow of the Royal Society for Public Health and a Chartered Engineer professionally registered in the United Kingdom. Dr. Kwan's research interests are epidemiology and prevention of HIV and other sexually transmitted infections (STI). His research work spans from using molecular and network approaches to understand transmission dynamics to conducting clinical trials on HIV PrEP, DoxyPEP, 4CMenB vaccine, and digital innovations for preventing HIV/STI in the men who have sex with men community.

Dr. Kwan serves as an associate editor for JMIR Public Health and Surveillance, and an editorial board member for various international peer-reviewed journals in the areas of public health and infectious diseases.

Speakers

* Speakers are listed in alphabetical order of their last names.



李秀華醫生 Dr. Lee Sau Wa Joyce

Specialist Psychiatrist
Clinical Professional Consultant, Faculty
of Medicine, The Chinese University of
Hong Kong

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Dr. Joyce LEE is a psychiatrist and medical educator in the Faculty of Medicine at The Chinese University of Hong Kong. A Fellow of the Royal College of Psychiatrists (UK) and holder of a Masters in Clinical Education from the University of Edinburgh, she hopes to foster a culture where compassion and resilience can flourish within medical education. She is currently pursuing her PhD research at the UCL Institute of Education, exploring the psychological well-being of medical students. In her daily practice, she serves as course coordinator for the Clinical Communication Skills program, contributes to the Resilience curriculum, and offers elective workshops on Mindful Self-Compassion. Through these efforts, she wishes students could nurture their own empathy and well-being, seeing this as fundamental to compassionate patient care.



凌霄志醫生 Dr. Ling Siu Chi Tony

Specialist in Obstetrics &
Gynaecology
Honorary Secretary, The Hong Kong
Medical Association

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Dr LING, Siu Chi Tony is a specialist in Obstetrics and Gynaecology. Graduating from the University of Hong Kong, he received specialist training at Tuen Mun Hospital where he currently serves as a Consultant. Dr LING has been the Honorary Secretary of The Hong Kong Medical Association (HKMA) since 2022. He helped launch the HKMA Women's Health Month campaign in March 2024 and served as the moderator of the HKMA Women's Health CME Symposium for two consecutive years. Dr LING also chaired a panel discussion on sexual health and LGBTQ+-inclusive healthcare at the Hong Kong College of Obstetricians and Gynaecologists Postgraduate Seminar in June 2024, and served as a panelist at the "Live Well, Die Well" Academic Conference in February 2025. Dr LING was previously the President of the Hong Kong Public Doctors' Association from 2021 to 2023.



潘國雄教授 Prof. Jack Pun

Associate Professor, Department of
English, The Chinese University of Hong
Kong

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Professor Jack Pun is Associate Professor in the Department of English at The Chinese University of Hong Kong. He obtained his Ph.D. from the University of Oxford. As an applied linguist, his research centres on health communication across linguistic and cultural contexts, with a particular focus on end-of-life communication. His work explores how healthcare professionals, patients, and families engage in emotionally complex conversations about prognosis, treatment options, and dying, and how effective communication fosters empathy, trust, and shared decision-making. Beyond end-of-life contexts, he has examined communication in emergency care, intensive care units, nursing handovers, traditional Chinese medicine, and veterinary practice. Professor Pun is a founding member of the Institute for Communication in Healthcare (Australian National University), Associate Editor of Research in Science & Technological Education, and author of recent books: *The Role of Language in Eastern and Western Health communication* by Routledge, and *The teaching and learning oncology communication: a cross-disciplinary perspectives in Chinese context* by Springer.

Speakers

* Speakers are listed in alphabetical order of their last names.



邵倩文女士 Ms. Shiu Sin Man Vicky

Associate Chaplain, Divinity School of
Chung Chi College, The Chinese
University of Hong Kong

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Vicky Shiu brings a unique blend of clinical expertise and pastoral insight to the conversation on end-of-life care. Drawing from over a decade as a palliative care nurse specialist, she has provided crucial spiritual support to terminal patients and their families. She is also a passionate advocate for inclusive ministry, having served as a founding member of the Queer Theology Academy to build affirming spiritual spaces for the LGBTQ+ Christian community.

Now, as the Associate Chaplain and Practical Education Coordinator at the Divinity School of Chung Chi College, CUHK, Vicky integrates this experience into her work. Holding Master's degrees in Counselling and Divinity and serving as a supervisor-in-training in Clinical Pastoral Education, she is dedicated to mentoring a new generation of leaders to foster dignity, compassion, and equity in spiritual care for all.



釋淨蓮法師 Ven. Sik Jing Lin

Honorary Buddhist Chaplain, The
Centre for Spiritual Progress to Great
Awakening
Director, The Four Graces
Recollected Buddhist Center Limited

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Venerable Jing Lin has been serving as an Honorary Buddhist Chaplain in hospitals for over seven years. Her role involves providing spiritual and religious support to patients, families and staff through regular ward visits and in response to hospital referrals.

Throughout her service, Venerable Jing Lin has consistently demonstrated profound devotion, compassion and dedication in fulfilling her duties. She has devoted particular attention to the pediatric ward, offering spiritual care and emotional support to child patients and their families. Her commitment has earned her strong rapport and appreciation from patients, families and staff alike.

As a monastic, Venerable Jing Lin also actively participates in and facilitates life-and-death education workshops, training programs, and religious ceremony for those passing and families in need.



鄧朗然博士 Dr. Aled Tang

Clinical Psychologist in Accredited
Register

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Dr. Aled Tang is a clinical psychologist in accredited register, an honorary clinical supervisor at both HKU and CUHK, and a clinical supervisor for Low-intensity CBT. His early career in management within a multinational corporation provided him with unique insights into the critical role mental health plays in overall well-being and productivity. This experience drives his dedication to fostering a compassionate and humanistic approach to mental health care.

As a clinical psychologist, he specializes in providing thorough assessments and evidence-based treatments for children, adolescents, and adults, with extensive experience in treating depression, anxiety disorders, and obsessive-compulsive disorder. He has special interest in the area of personality disorders and trauma-related treatment.

Speakers

* Speakers are listed in alphabetical order of their last names.



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Ms. Natalie Tong is an ICEFFT Certified EFT Supervisor; EFT Therapist who works with her clients in her private practice using Emotionally Focused Therapy (EFT). She is a California Licensed Marriage; Family Therapist and a Registered Psychologist in Hong Kong who has been practicing psychotherapy for more than 25 years. She is an Honorary Lecturer at the Department of Social Work and Social Administration, the University of Hong Kong where she has been teaching counselling the past 20 years.

唐靜思女士

Ms. Natalie Tong

Registered Psychologist (Hong Kong Psychological Society)
Licensed Marriage and Family Therapist (California, USA)
ICEFFT Certified EFT Supervisor & EFT Therapist
Honorary Lecturer, Department of Social Work and Social Administration, The University of Hong Kong



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Dino is a Doctor of Psychology candidate at The University of Hong Kong. He specializes in LGBTQ+ affirmative therapy. He obtained his MPhil degree in Gender Studies with distinction from the University of Cambridge. Dino integrates psychology into the pursuit of gender and sexual equality, focusing on the mental health and self-acceptance journeys of LGBTQ+ individuals. Earlier this year, under his leadership, Society of True Light jointly published The Mental Health Report of LGBTQ+ Communities in Hong Kong with The Chinese University of Hong Kong, shedding light on the psychological challenges faced by local LGBTQ+ individuals. Dino also led the Society in releasing Hong Kong's first report on sexual orientation change efforts ("conversion therapy"), organizing two Hong Kong International LGBTQ+ Affirmative Practice Conferences, and publishing The LGBTQ+ Affirmative Counselling Handbook 2025 and LGB Counselling Handbook. He developed a compassion-based intervention model for gay men (CMT-GM) which has also been published in an academic journal.

黃政光先生

Mr. Ching Kwong Dino Wong

Clinical Psychologist in Accredited Register
Clinical Psychologist, Grounder Psychological Services
Chairperson, Society of True Light



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Dr. Olive Woo, a licensed clinical psychologist, brings over a decade of experience in delivering psychological assessments and interventions to individuals with psychiatric and medical needs. Her expertise lies in palliative care, where she provides psychological support to patients and their families during some of life's most challenging moments. She is the founder of Flourishing-Life-Of-Wish Virtual Reality Therapy (FLOW-VRT®), and author of the two books, "Artificial Intelligence in Cognitive Behavioural Therapy: A Guide for Mental Health Professionals" and "Virtual Reality Interventions for Patients Under Palliative Care: A Practical Guide for Healthcare Professionals".

胡潔玲博士

Dr. Olive Woo

Clinical Psychologist

Speakers

* Speakers are listed in alphabetical order of their last names.



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Sherry Xue Yang is Assistant Professor in JC School of Public Health and Primary Care at the Chinese University of Hong Kong. Sherry is also a certified health coach and health psychologist. She has an interdisciplinary training background including public health, social work, psychology and counselling. Her research focuses on digital mental health, internet gaming disorder, mental health and addiction in various age populations and social groups. Her work aims to understand the mechanisms of the development of digital addictions, as well as provide education and develop psychosocial interventions to reduce addictive behaviors and enhance mental health.

楊雪教授

Prof. Sherry Xue Yang

Assistant Professor, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong



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Yeung Chun Yin graduated from the Faculty of Social Sciences of The University of Hong Kong and the Department of Philosophy at The Chinese University of Hong Kong. He has been promoting what is learned in academia to the public sphere, aiming to make knowledge from social sciences and thinking in philosophy a source of nourishment for our community, enriching our lives.

楊俊賢先生

Mr. Yeung Chun Yin

Lecturer, The Hong Kong Academy for Performing Arts



“

Dr. Jensen Yiu is the Head of Public Education and DEI and a co-founder at Alongside. Actively involved in various LGBTQIA+ initiatives, he is an advocate for LGBTQIA+ wellbeing and a dedicated researcher advancing scientific knowledge in LGBTQIA+ and end-of-life topics. Dr. Yiu completed his postdoctoral training in pharmacology at the University of Hong Kong and is now transitioning to the mental health and social sciences fields. He is the associate editor of the LGBTQ+ Affirmative Counseling Handbook 2025.

Dr. Yiu currently leads research initiatives at Alongside on LGBTQIA+ health disparities, end-of-life planning, and bereavement care. In 2024, he conducted Hong Kong's first study on LGBTQIA+ perspectives in end-of-life planning and regularly delivers community seminars on advance planning. His extensive frontline experience at Alongside, where he has served hundreds of LGBTQIA+ clients, provides invaluable insights that inform his research.

Dr. Yiu strives to promote evidence-based practices while bringing a multidisciplinary approach to his work, bridging research, practice, and advocacy to foster inclusivity and equity in care.

姚皓璋博士

Dr. Jensen Yiu

Head of Public Education & DEI & Co-Founder, Alongside

Speakers

* Speakers are listed in alphabetical order of their last names.



余綺華醫生 Dr. Eva Yee Wah Yu

Specialist Psychiatrist
Honorary Clinical Assistant Professor, Li
Ka Shing Faculty of Medicine, The
University of Hong Kong
Fellow in Thanatology, Association for
Death Education and Counselling

“

Dr. Yu has served in public medical institutions including United Christian Hospital, Kwai Chung Hospital and Pamela Youde Nethersole Eastern Hospital before switching to private practice. Dr. Yu has more than 15 years of clinical experience and she specializes in children and adolescent psychiatry.

Dr. Yu is an Honorary Clinical Assistant Professor of the LKS Faculty of Medicine, the University of Hong Kong. She was a college trainer from 2017 till 2024 to doctors undergoing psychiatric training while she worked in the public sector. She also provided professional training to psychiatric nurses and social workers; as well as giving talks to schools and the general public for the promotion of mental health awareness.

Dr. Yu believes that psychiatry is a blend of art and science. Humanity and psychotherapeutic interventions are of paramount importance to lead the recovery journey. In recent years, Dr. Yu has devoted herself to further training in thanatology and existential psychotherapy; hoping to find a way out for patients to enhance self-understanding and life meaning searching.



阮君毓教授 Prof. Jacqueline Kwan Yuk Yuen

Lecturer, The Hong Kong Academy for Performing Arts

“

Prof Jacqueline Yuen joined the University of Hong Kong as Clinical Assistant Professor at the School of Clinical Medicine in 2019. She is jointly appointed by the HKU Department of Medicine and School of Public Health. Prof Yuen is a specialist in geriatrics and palliative medicine, medical educator and researcher with particular interest in end-of-life care and doctor-patient communication. Her current research focuses on enhancing end-of-life care for patients with advanced dementia and advance care planning in older adults with life-limiting illnesses.

Before returning to her native Hong Kong, she was Assistant Professor at the Icahn School of Medicine at Mount Sinai in New York. She joined the Chinese University of Hong Kong as Clinical Lecturer from 2017-2018 and was awarded the University Education Award. She is a Senior Faculty of VitalTalk, a nonprofit organization devoted to improving relationships between clinicians and seriously ill patients and their families through communication skills training. She is a member of the Hong Kong Academy of Medicine Professionalism and Ethics Committee Task Force on Advance Directives and a co-opted member of the Hong Kong Geriatrics Society. She serves on the Expert Panel on Hong Kong Reference Frameworks in Primary Care Settings for the Health Bureau, HKSAR.

Prof Yuen earned her Bachelor of Arts in Biochemical Sciences from Harvard University and her Doctor of Medicine from the University of Michigan Medical School. She completed her internal medicine residency at the New York Presbyterian Hospital at Weill Cornell, her geriatrics fellowship at the University of California San Francisco, and her hospice and palliative medicine fellowship at the Icahn School of Medicine at Mount Sinai.

GRIEF HEAL

學同
度會
哀議
傷

療癒之旅活動

《親愛的房客》

放映會及映後談

2026.01.22 | 19:00-22:00
油麻地百老匯電影中心

療癒之旅

今年新增設的 Journey of Heal 「療癒之旅」一系列活動，包括真人故事分享、電影放映及「樹窿電話亭」等沉浸式體驗，讓每位參加者無論是專業人士、學生、照顧者或是面對失落的個人，都能從中獲得知識與力量，並在未來的工作與生命中，更有韌性地面對失落與哀傷。

哀傷是人生路上難以避免的情緒和經歷，我們對離別、失去等課題總是無從入手。眾多情緒只能埋藏心裏，難以名狀自然無從發現，也無法理解他人的痛苦。面對難以名言的情緒，人們各有步伐，有人選擇往外走，與外界重新連結、互動，找尋可能的答案；有人選擇往內看，在安心的空間放鬆身心，安靜疏理自己。因此，我們希望構建一個安全而開放的環境，掌握專業知識、理解不同情緒、讓這座城市能一起學習如何面對失落與哀傷；讓我們共同經歷的每一份情緒得以被看見、理解與釋放。



更多精彩活動 by Alongside Academy*

《隔壁的房間》

電影放映會及映後談
◎油麻地百老匯電影中心

JAN
24



JAN
24

真人圖書館

FEATURING WILL OR & SMALL LUK
◎星光行誠品尖沙咀店 3 樓 MINI FORUM

清晨慢跑

BY RYAN CHEUNG
◎啟德 AIRSIDE 9 樓 恒動館
ASPHODEL HOUSE

JAN
24



JAN
24

療癒瑜伽

BY ARTHUR CHIU
◎啟德 AIRSIDE 9 樓 恒動館
ASPHODEL HOUSE

JAN
24



聲音浴體驗

BY CHRIS
◎啟德 AIRSIDE 9 樓 恒動館
ASPHODEL HOUSE



同度哀傷 2026

Project Grief & Heal 2026

災難後：哀傷精神支援計劃
Post-Diaster Collective Grief Mental Support Initiative

Program Partners:



LUSH

「同度哀傷 2026」—— 災難後：哀傷精神支援計劃

專為因大埔宏福苑事件影響，而持續心理受困擾的人士，提供免費的臨床心理及精神創傷支援。

簡介

「同度哀傷 2026」是同行 Alongside 自主發起的支援計劃，以應對大埔宏福苑事件後急增的情緒與精神健康需要。

我們深明受影響家庭的巨大傷痛，同時亦看到事件為公眾、社區、前線人員，以及大量透過新聞與社交媒體接觸事件的市民大眾，所帶來的深層影響。

本計劃主要支援「間接受害者」，即沒有身體受傷，卻出現恐懼、驚慌、失眠、反覆浮現畫面或情緒受困等的人士。

我們希望以盡早、免費、具臨床依據的心理及情緒支持方式介入，避免短期情緒衝擊演變成長期創傷。

計劃對象

此計劃主要為受大埔宏福苑事件持續影響的「間接受害者」而設。

包括但不限於：

- 居於大埔或鄰近的居民
- 家人或朋友住在受影響地區的人士
- 不斷接觸相關新聞、影片或社交媒體的市民大眾
- 為居民提供支援的前線社工
- 採訪事件的媒體工作者
- 參與治療、協助或分流的醫護人員
- 消防、救護、警務人員、義工等前線工作人員
- 任何因事件而出現持續心理及情緒困擾人士

若你因事件出現失眠、恐慌、胃部不適、心跳加速、情緒突然失控，或日常生活受到影響，這個計劃就是為你而設。

「同度哀傷 2026」—— 災難後：哀傷精神支援計劃

專為因大埔宏福苑事件影響，而持續心理受困擾的人士，提供免費的臨床心理及精神創傷支援。

計劃內容

計劃提供兩大類創傷及情緒支援，全部由合資格專業人士提供，並且費用全免。

小組介入（情緒穩定及心理教育）

定期舉行，內容包括：

- Grounding 技巧與情緒穩定方法
- 認識常見的創傷反應
- 實用的應對策略
- 在安全且保密的環境中分享與交流

每輪小組介入都會在同行Alongside的網站及社交平台公佈，參加者需逐次報名。小組介入同時讓我們識別個別需要深入支援的參加者，並轉介至臨床心理學家或精神科醫生。

一對一臨床治療 (由臨床心理學家／精神科醫生提供)

如你需要更深入的支援，可接受個人一對一臨床治療。

流程簡單：

- 填寫同行Alongside網頁上的簡易表格
- 專責團隊會按你的需要配對臨床心理學家或精神科醫生
- 無需轉介

治療內容視乎需要，可能包括：

- 以應對創傷為本的心理治療
- 精神科評估與治療
- 持續觀察情緒狀態及日常受影響的情況

每位參加者可獲一組（共四節）的一對一個人治療，若臨床專業人員評估後認為有需要，可額外再獲一組（共四節）的一對一個人治療。

立即登記





學校無教你的人生課

The School of Life - Lessons not Taught

公眾教育
Public Education

·社群課程·

探討生命的意義

專業培訓
Professional Training

GRiEF
HEAL

同度哀傷
學術會議

Alongside Academy
同行學院開課!

學術研究
Academic Research



社群建立
Community Building



以多元方式
學習面對生死

Exploring Life and Death
Through
Diverse Learning Paths

建立一個多元共融的香港

在香港，死亡仍然是一個難以啟齒的話題；而對許多邊緣社群而言，他們在生死抉擇中的需要與聲音，更往往未被真正聽見。

我們相信，人生每一個選擇都值得被尊重。

同行Alongside 旗下的 同行學院 Alongside Academy 將透過公眾教育、專業培訓、社群建立與獨立研究，把理解轉化為行動，讓被忽略的處境得以被看見，讓多元的生命選擇能在現實中得到承認與支持。

我們希望推動的，不只是對死亡的討論，而是一個更開放、更共融的社會，讓「終生自主」不再只是理念，而能真正被實踐的香港。

同行學院 Alongside Academy 的意義，不止於傳授知識。我們更希望建立一個由下而上、自主學習、彼此支持的知識社群；一個沒有壓力的安全空間，讓人可以放慢腳步，好好與自己相處，誠實面對生命中的疑問與掙扎。

在這裏，學習不只是為了成為更有能力的人，更是為了在成長的過程中，成為一個我們自己也欣賞的人。

全新社群課程 2月起正式開課！

O1. 日本文學與生死

現正接受報名！



導師：楊俊賢（鹽叔）



先後畢業於香港大學社會科學學院和香港中文大學哲學系，志於將學院所學，推廣到公共世界之中，讓社會科學的知識和哲學思考，成為社群的養分，滋養我們的生活。

O2. 性別入門

現正接受報名！



導師：曹文傑博士（小曹）



於香港中文大學取得性別研究博士學位，小曹的研究專注於性現代性的形成、LGBTQI+權益及性別理論。

小曹擁有獨特的跨學科背景，涵蓋自然科學和社會科學，以致他的教學結合了進化人類學、博弈理論和設計思維，探索在性別上文化與生物之間複雜的相互作用。因其出色的教學，小曹於2020年獲得香港中文大學校長卓越教學獎。

O3. 自我關懷：培養更友善的生活

不日推出！



導師：李秀華醫生

李秀華醫生 (Joyce) 為精神科專科醫生及認可靜觀自我關懷 (Mindful Self-Compassion) 導師，畢業於香港中文大學醫學院，並為英國皇家精神科醫學院榮授院士、香港精神科醫學院及香港醫學專科學院院士，同時持有愛丁堡大學臨床教育碩士學位。

現為香港中文大學醫學院臨床專業顧問的 Joyce 曾教授公眾 8 週靜觀自我關懷課程，致力將靜觀自我關懷融入身心健康教育。

O4. 《Find, Define & Re-define》 表達藝術中的自我尋覓繪本創作

不日推出！



導師：李慧莊小姐
Ms. JANET LI, W.C.

Janet 自2016年起成為表達藝術治療師，為非牟利機構及學校提供小組及個案治療服務，主要對象包括情緒困擾及認知障礙症長者、精神病患者及康復者、智障人士、特殊學習需要及情緒困擾之兒童及青少年，及以上對象之家長及照顧者。Janet 擅長以視覺藝術及創意寫作融合各種藝術媒介進行治療工作，讓服務使用者從不同角度探索自身需要。Janet 亦重視社區工作，冀望透過藝術連結社區人士，讓公眾認識藝術的療癒性、從藝術參與中感受自己的獨特性，並曾以總編輯身份出版《混亂與內在力量故事集》及《少數族裔長者生命故事集》。

Inclusive Community Program
多元社群課程



不只是一門課程，
而是社會觀念的改變。
We Don't Follow. We Lead.

With passion & empathy,
Walk alongside the community.

Chubb
Institute

— 同行學院
ALONGSIDE ACADEMY

Scan to learn more.



培育真正理解多元家庭的專業保險代理人

在香港，多元社群與不同家庭結構同樣需要保障，但在現行制度下，他們卻經常面對困難：

- 跨性別人士投保手續繁複或欠缺透明度
- 不知道伴侶能否受保障
- 表格上找不到適合自己的稱呼
- 想問卻怕保險從業員不理解

多年來，這些缺口令許多人「搵唔到自己」，明明需要保護，卻未必得到真正的理解。為回應社會所需，Chubb Institute 首個課程 聯同 同行學院 Alongside Academy推出為期 9 個月、共 80 小時的免費培訓：

《多元社群課程》

透過專業知識 × 社群敏感度 × 實踐經驗

培育新一代真正能理解、尊重並服務多元社群的保險代理人。

為多元社群及不同家庭結構，帶來更有保障的未來

四大核心內容

1 性別與社會研究

掌握性別與身份認同的多元可能
了解香港的多元社群與不同家庭
結構人士面對的困境

2 社群建立與文化連結

邀請不同社群領袖分享與對談，
讓你學習如何與社群建立信任、
建立長期連結。

3 法律與保障基礎

從香港的財產繼承、醫療角度，
探討多元社群及不同家庭結構人
士的權利

4 多元溝通技巧

設不同互動學習，如《預設醫療指示
模擬工作坊》，讓你代入他者視覺，
經驗人生不同的關鍵時刻，學習當中
的專業溝通技巧。



前言



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《終生自主 四部曲》

“從失去行為能力
到保障摯愛的未來

生、老、病、死是人生必經的階段，雖然我們不能掌握如何「生」，亦不能避免「老、病、死」的到來，但並不代表我們不能掌控如何有尊嚴地走過人生的最後階段。

人生的每個階段， 掌控自己的自主權

當我們健康時，可以自由決定如何生活，決定到哪裡旅行，決定喜歡誰。然而，人生無常，當我們因老、病、死而無法掌控自己的人生時，我們的意願是否仍被尊重？

事實上，不論是財務安排、醫療決策，乃至身後事，均可透過提前規劃，確保自己的意願不會因意外或疾病而被忽視，生前規劃不僅是選擇，更是確保自身權益與尊嚴的重要一步。





第一步： 持久授權書

(Enduring Power of Attorney, EPA)

當你仍然健在，
卻失去處理財務的能力時

若我們患上腦退化症、中風、因意外腦創傷、認知障礙症等均會喪失精神行為能力，不能再處理和管理財產，但我們的家人或另一半均無權處理或使用我們的財產，不論是你的醫藥費、正在償還的物業按揭還是心愛的寵物的使費都需由親友墊支，做成沉重的經濟壓力。

但早作準備、按法律要求簽訂及註冊的持久授權書可確保授權人即使在喪失精神行為能力時，仍有人可代為管理其個人財產，既可保障經濟上依靠授權人的家庭成員或伴侶，甚至是寵物的生活水平；亦可保障自身權益，例如指明受權人可動用其財產支付自己的醫療費用，又或是聘請看護等，甚至償還自己的按揭貸款，避免銀行因貸款出現結欠而主動要求授權人償還欠款 (call loan)。



第二步： 預設醫療指示

(Advance Medical Directive, AMD)

當失去精神能力作出醫療決定
並患上不可逆轉的病況時

現代醫療強調個人自主權，在患者清醒時，任何醫療決定都必須尊重患者的意願。但一旦意外、昏迷或疾病等原因失去精神行為能力時，醫護人員無法確定其真實意願，只能從專業角度以患者的最佳利益作出判斷。通常情況下，醫生會諮詢家屬的意見制定醫療方案，但患者如何走人生最後一段路的真正想法或意願未必與其家屬或醫護一致，你希望瀟灑離去，但家人或因不捨而多作挽留。

透過預設醫療指示，任何人都可以在擁有精神能力時明確記錄個人「維持生命治療」的選擇，確保即使在無法表達意願的情況下，醫療決定仍符合患者的意願，避免不必要的痛苦或治療，也避免家人間不必要的衝突與困擾，同時免去親友作沉重決定的心理負擔。





第三步： 身後事規劃

(Funeral Planning)

當死亡來臨時

身後事不僅是儀式，更是個人尊嚴與價值觀的最後體現。有人希望遵循特定的宗教儀式，也有人希望以簡單、環保或無宗教的方式悼念自己，在喪禮上穿甚麼衣服、播哪首歌，見哪些人，甚至有人希望以特別的方式與摯愛告別。喪禮並非只是行禮如儀，是為一段生命旅程劃上完整句號。無論如何，身後事的規劃都是體現終生自主的重要一步。然而，若沒有事先規劃，這些選擇可能無法實現。

而對生者來說，面對親人的離世本已艱難，要在短時間內作出各種安排，更可能帶來壓力與不安。即使他們深知逝者的部分心願，卻仍可能因細節上的不確定而猶豫，擔心是否真正符合逝者的意願，甚至可能因意見不合而產生矛盾。

透過身後事規劃，我們可以清楚記錄個人對身後事的安排，確保告別的方式符合自己的選擇和性別認同，也能讓摯愛無憾地送別，並專注於悼念與喪慟。



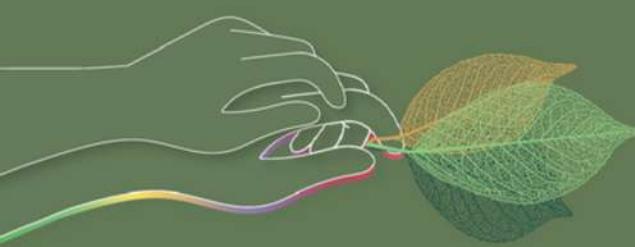
第四步： 遺囑

(Will)

生命與價值的延續

遺囑不僅能清晰指示遺產的分配，更可透過指定信任的人為遺囑執行人，確保財產分配及喪葬等身後事安排均能依照自己的意願執行。生命雖然終結，但能透過遺囑延續愛與價值的傳承。遺囑並非是「有錢人」的法律工具，因為若生前沒有訂立遺囑，遺產將會依據《無遺囑者遺產條例》訂下的方法分配，未必合適每個人的意願或家庭狀況，如你的好友比你的家人更適合照顧你的愛犬，唯有靠遺囑才能作出有效的遺產分配。





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Monthly 每月舉行
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語言 Language : 廣東話 Cantonese / 英語 English

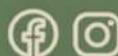
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每節義務法律諮詢診所服務限時二十分鐘，費用全免。希仕廷律師行
Hastings & Co. 的律師將會解答事前準備好診所範圍內的相關法律問題。

(重要提示：每位參加者必須事前於同行 Alongside 的網頁登記，並與 Alongside 同事面見並提供相關的法律問題，方可參加免費法律諮詢診所服務。)



REGISTER NOW!



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Phone/WhatsApp: 9777 8046

Organizers:



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怎樣設立信託延續我的理想？

怎樣為沒有精神能力的親友處理財務問題？

親人離世後如何承辦遺產？

同行Alongside 致力推動透過現存法律工具賦予性/別小眾「終生自主」，在提供服務的過程中會遇到不少法律問題，但面見律師獲得法律意見的費用卻十分高昂，因此同行Alongside 很榮幸邀請到歷史悠久的 希仕廷律師行Hastings & Co 合作，提供每月免費的法律諮詢服務，為大家解答有關法律問題。

希仕廷律師行Hastings & Co 是香港一家提供全方位法律服務的律師樓事務所，自 1885 年起提供法律服務。希仕廷律師行Hastings & Co. 將會委派他們的律師，每月一次為我們提供法律諮詢服務，費用全免，向大家解答有關生前資產和遺產規劃、香港的遺囑認證和遺產管理分配、香港的信託安排、遺囑和持久授權書及有關《精神健康條例》申請的安排。

有關免費法律諮詢服務重點：

1. 所有問題必須提前遞交給同行 Alongside。
2. 所有法律諮詢必須事前經同行 Alongside 預約及確定，不會接受即時報名。
3. 希仕廷律師行Hastings & Co.只會解答有關上述法律範疇的問題，對提供法律諮詢有最終決定權及保留拒絕提供法律諮詢的權利，而無須提供原因，也無須對任何人承擔任何責任。
4. 為公平起見，每人/伴侶/配偶/家庭每三個月只可預約一節法律諮詢服務，同行 Alongside 亦可按實際情況分配諮詢時間及限額，務求令更多人可享受到義務法律諮詢服務。
5. 接受免費法律諮詢服務的朋友必須同意服務詳情及細則，以及我們收集個人資料的條款，詳情可參閱我們的網頁。
6. 接受免費法律諮詢服務不構成與希仕廷律師行 Hastings & Co 或其代表建立律師及客戶間的關係。
7. 所有諮詢內容將會保密。

登記方法



進入報名連結並填寫個人資料

掃描QR code或輸入網址:
www.walkalongside.org/contact-us

① 勾選「一般查詢/免費法律諮詢」及選擇「免費法律諮詢」

③ 填寫你的法律問題並選擇諮詢時間

④ 確認並提交表格

ALONGSIDE 同行 為低收入人士提供 免費預設醫療指示服務



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服務包括

由註冊醫生解釋及見證
簽署預設醫療指示

低收入人士定義

1. 收入低於香港貧窮線
2. 現正接受政府資助,如綜援、傷殘津貼
3. 公屋戶或劏房戶

名額有限

→ 請填寫後頁登記表格

Funder

HKEX
Foundation
香港交易所慈善基金

訂立預設醫療指示服務 登記表格



姓 (必填) : _____ 名 (必填) : _____

你希望我們怎樣稱呼你 ? _____

出生日期 : _____ 年 _____ 月 _____ 日

聯絡方式 (必須最少選擇一項聯絡方法) :

電話 : _____

WhatsApp : _____

電郵 : _____

請問你怎樣認識同行 ALONGSIDE 的服務 (可多選) ?

網頁 社交媒體 (包括 Facebook, Instagram, LinkedIn 等)

朋友介紹 社福機構轉介, 機構名字 : _____

傳單 其他 : _____

你是否合乎「低收入人士」定義免費接受預設醫療指示辦理服務 (必填) ?

是 否

請問你合乎以下哪項低收入人士定義?

公屋戶 收入低於香港貧窮線

創房戶 現正接受政府資助, 如綜援、傷殘津貼

註: 免費預設醫療指示服務由香港交易所慈善基金資助, 名額有限, 先到先得, 提交此表格並不等同必然能享受免費預設醫指示服務。

我確認我已年滿 18 歲。

我確認以上提供的個人資料真確無誤。

我已閱讀並同意自願提供個人資料給同行 ALONGSIDE, 並同意同行 ALONGSIDE 使用我的個人資料, 以提供預設醫療指示服務及作相關用途; 我同意如我未能提供個人資料將會導致同行 ALONGSIDE 未能提供相關服務, 而有關個人資料將會保存合理的時間, 亦只會由提供服務的相關人士接觸及處理。我明白我有權要求更改或刪除個人資料, 可以電郵方式聯絡 info@walkalongside.org 提出相關要求。

簽署 :

日期 :

填妥本表格後可拍照並傳送到電郵 info@walkalongside.org
或 WhatsApp 至 9777 9046, 我們的職員收到後會聯絡你。

香港首個高像真度



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