

Curriculum Vitae

Name : CHIU Renee (趙芊嵐)

Correspondence:

Address: Rm 421, T.C. Cheng Building, United College,
The Chinese University of Hong Kong
Email: renee.chiu@cuhk.edu.hk
Tel: (852) 3943 3765 (Office)

Position : Lecturer

Department of Social Work
The Chinese University of Hong Kong

Academic Interest:

- Marital and Family Counselling
- Bowen Theory
- Attachment and Parenting
- Mental Health and Trauma-informed Practices
- Clinical Social Work and Group Counselling
- Life and Career Development
- Expressive Arts Therapy

Academic Qualification:

Doctor of Philosophy
Hong Kong Baptist University (HKBU)

Master of Arts in Family Counseling and Family Education
The Chinese University of Hong Kong (CUHK)

Bachelor of Social Work (Honors) (First Class)
Hong Kong Baptist University (HKBU)

Professional Qualification/ Membership:

Associate Member
Expressive Arts Therapy Association of Hong Kong

Professional Certificate Training in Integrative Expressive Arts Therapy
Hong Kong Academy of Social Work of Hong Kong Social Workers Association

Certified LEGO® SERIOUS PLAY® Method Facilitator
LEGO® SERIOUS PLAY® (USA)

Approved Counselling Supervisor (no. AP153)
Certified Counsellor (no. 2020-515)
Associate Fellow (no. AF1706)
Hong Kong Professional Counselling Association (HKPCA)

Eye Movement Desensitization Reprocessing (EMDR) Therapist
(Completed Part 1 and Part 2 Training)
The EMDR Association of Hong Kong

Certified Facilitating Career Development (FCD) Instructor
The National Career Development Association (USA)

Certified Career Services Provider (CCSP)
The National Career Development Association (USA)

Certified Trainer of Global Career Development Facilitator
Centre for Credentialing and Education (CCE), USA

Certified Global Career Development Facilitator
Centre for Credentialing and Education (CCE), USA
Qualified PREPARE/ENRICH Counselor
Life & Marriage Enrichment Ltd

Registered Social Worker
Hong Kong Social Workers Registration Board

Current Services (Professional & Community):

Consultant
MTR Academy

Clinical Supervisor
Teen's Key

Member of Executive Committee & Clinical Consultant
Richmond Fellowship of Hong Kong

Teaching Faculty
ISS Family Institute (ISSFI)
International Social Service -Hong Kong Branch

Advisor of Sportcanheal852 (Social Enterprise)

Honorary Consultant
La Violet Education (Social Enterprise)

Clinical Consultant and Supervisor
iCounselling International Limited funded by Technology Start-up Support Scheme for Universities (TSSSU) of HKBU

Academic and Professional Work Experience:

Lecturer
Department of Social Work
The Chinese University of Hong Kong

Lecturer 1
Programme Director of Master of Social Sciences in Counselling
Department of Social Work
Hong Kong Baptist University

Tutor, Fieldwork Supervisor & Part-time Lecturer
Department of Social Work
Hong Kong Baptist University

Social Worker / Counsellor
Hong Kong Family Welfare Society -- Hong Kong Western Service Centre
(Wellness Programme - deployment in addition to the position of social worker at NPIFSC)

Social Worker
Hong Kong Family Welfare Society
North Point Integrated Family Service Centre (NPIFSC)

Social Worker
Hong Kong Family Welfare Society
Integrated Community Care Service – Cheung Shan Service Centre

Teaching Experiences (CUHK):

Name of Course (Bachelor's Degree Programmes)

SOWK 2210--T01 & T02 Social Casework (Tutorial)
SOWK 3240--T04 Clinical Social Work Theory & Practice (Tutorial)
SOWK 2430-D Social Work Field Laboratory (Laboratory)
SOWK 2110--T03 & T04 Human Behaviour and the Social Environment (Tutorial)

Name of Course (Master's Degree Programmes)

SOWK 5810-F Programme Evaluation (Lecture)
SOWK 5955-B Social Work Field Laboratory (Laboratory)
SOWK 6013-C Family Counseling/Family Education Project (Project)
SOWK 6924 Use of Arts, Dance and Experiential Learning in Social Work Practice
SOWK 5951-A Integrated Social Work Practice 1 (Tutorial)
SOWK 6911-B Social Service Planning, Programme Development and Evaluation (Tutorial)

Teaching Experiences (HKBU):

Name of Course (Bachelor's degree programmes)

SOWK4898-9 Social Work Honours Project
SOWK4226 Career Facilitation and Counselling
SOWK4008 Field Practice II
SOWK3207 Creativity, Wellbeing and Art Therapy
GCAP3145 Community and Civic Engagement
SOWK3038-39 Theory and Practice in Social Work: Group
SOWK2008 Integrative Tutorial II
SOWK1008 Integrated Tutorial I
SOWK1017/ GDAR/ GDSS 1876 Psychology of Positive Living
SOSC1005 Internship I

Name of Course (Master's degree programmes)

SOWK7900 Creativity, Wellbeing and Art Therapy
SOWK7890 Career Facilitation and Counselling
SOWK7801 Counselling Practicum I
SOWK7700 Fieldwork Practice I
SOWK7630 Social Work Theory and Practice I (Individual & Family)
SOWK7620 Human Development & Cultural Differences
SOWK7510 Cognitive-behavioral Therapy
SOWK7500 Family Therapy
SOWK7450 Processes and Issues in Counselling

Publications:

International Refereed Journals:

- 2024 Ng, P.Y.N., Yang, S., & Chiu, R. Features of emerging adulthood, perceived stress and life satisfaction in Hong Kong emerging adults. *Current Psychology*. DOI: 10.1007/s12144-024-05811-1
- 2020 Yang, S., Ng, P.Y.N., Chiu, R., Li, S.S., Klassen, R.M. Criteria for adulthood, resilience, and self-esteem among emerging adults in Hong Kong: A path analysis approach. *Children and Youth Services Review*. (first published online: 15 October 2020). <https://doi.org/10.1016/j.childyouth.2020.105607>
- 2020 Young, D.K.W., Ng, P.Y.N., Corrigan, P., Chiu, R. & Yang, S. Self-stigma reduction group for people with depression: A randomized controlled trial. *Research on Social Work Practice*. (first published online: 16 July 2020). Doi: 10.1177%2F1049731520941594.
- 2019 Parental Emotional Attachment and Fear of Intimacy of Emerging Adults in Hong Kong: The Effect of Differentiation of Self (PhD Thesis)

Refereed Book Chapters

- 2023 Chiu, R. (2023). A family systems perspective on children and adolescent mental health. In D. Young & P. Ng (Eds) *Child and adolescent mental health: Counselling and community-based services* (pp. 206). Hong Kong: Commercial Press (in Chinese)
- 2023 Ng, P., Chiu, R. & Su, S. (2023). Eye movement desensitization and reprocessing for adolescent with anxiety disorder. In D. Young & P. Ng (Eds) *Child and adolescent mental health: Counselling and community-based services* (pp. 206). Hong Kong: Commercial Press (in Chinese)
- 2016 Ng, P, Pan, J.Y., Chiu, R. & Su, S. (2016). Application of positive cognitive behavioral intervention, in D. Yeung & P. Ng (Eds.) *Mental health and counselling: Theory and case studies.* (pp. 229-253). Hong Kong: Commercial Press (in Chinese).

Research Grants/Consultation Projects:

Research in Progress:

- 2022 - Principal investigator, (with P. Ng & K. K. Law). *A study on the effectiveness of the use of LEGO® SERIOUS PLAY® in group to enhance the mental health of secondary school students.* (Funded by La Violet – social enterprise for promoting wellbeing of young people, HK\$80,000)
- 2021 - Co-investigator, (with P. Ng & D. Young). *The effects of the Expanded Coming Out Proud group on reducing self-stigma of people with schizophrenia in Hong Kong.* (Funded by GRF 2020-21 Allocation, HK\$724,800, Ref.: 12606320)

Teaching Development Grants/Projects:

Projects in Progress:

- 2024 Principal investigator, (with Y.K.T. Leung). *Enhancing Social Work Students' Clinical Expertise Through Creative Bricks: The BUILD Model.* [Funded by Teaching Development and Language Enhancement Grant (TDLEG), CUHK, HK\$283,661]
- 2024 Principal investigator, *Unlocking New Frontiers in Social Work Education: Innovative Learning through AI-Enhanced Bots for Case Conceptualization and Reflective Practice.* (Funded by the Department of Social Work, CUHK, HK\$170,000)
- 2024 Principal investigator, *Leveraging e-Learning Resources to Enhance Academic Effectiveness for Students in Capstone and Postgraduate Research Projects.* (Funded by the Department of Social Work, CUHK, HK\$160,000)

Project Completed:

- 2020-24 Co-investigator, (with P. Ng). *Photovoice intervention on reducing self-stigma of Chinese people with a mental illness in Hong Kong – a randomized control study.* (Funded by Faculty Research Grant, Hong Kong Baptist University, HK\$150,000, [FRG2/17-18/025])
- 2022 Service-Learning Mini-Grants Application sponsored by HKBU *Innovative Service-Learning (ISLC) (HK\$ 48,000).*

Conference Proceedings / Papers:

- 2024 Presenter, The Impacts of the “Expanded Coming Out Proud Group” on Reducing Self-stigma of Persons in Recovery in their Life and Career Development in Hong Kong, at International Summer University in Social Work (ISUSW) held at the University of Applied Sciences Western Switzerland (HES-SO) and hosted by the Social work faculty from July 1st, 2024 to July 12th, 2024 in Lausanne, Switzerland.
- 2024 Invited Presenter. Less is More - Exploring the Essence of Minimalism through the Lens of Bowen Theory, at the 4th Family Systems Symposium, organized by ISS-HK Family Institute on June 22, 2024.
- 2023 Keynote Speaker, Application of the Family-based Trauma-informed Care – Project of Lightening Soul, Renewing Life – Psychological Healing Services for Drug Abusers / Ex-drug Abusers and Their Family Members 2020-2023, organized by Lok Heep Club of Caritas.
- 2022 Invited Presenter, From Painful to Funful: Build our Youth up with Lego, at the 3rd Family Systems Symposium, organized by ISS-HK Family Institute.
- 2021 Collaborator, Bowen Theory Conference Roots and Branches: Bringing a family systems lens to contemporary family life, online conference organized by Family Institute of International Social Service, 21 to 23 October 2021. Hong Kong.
- 2019 Invited Presenter, The Influence of Parental Emotional Attachment on Fear of Romantic Intimacy during Emerging Adulthood, at the 2nd Family Systems Symposium, organized by ISS-HK Family Institute & the Department of Applied Social Sciences, POLYU
- 2018 Invited Presenter, The Influence of Parental Emotional Attachment on Fear of Romantic Intimacy during Emerging Adulthood through the Lens of Differentiation of Self, at the 2nd International Conference of Bowen Family Systems Theory, organized by ISS-HK Family Institute & the Department of Applied Social Sciences, POLYU
- 2018 Invited Presenter, The Challenges of Doing Research Guided by Bowen Theory, at the 2nd International Conference of Bowen Family Systems Theory, organized by ISS-HK Family Institute & the Department of Applied Social Sciences, POLYU
- 2017 Presenter, Development and Validation of the Parental Emotional Attachment Scale (PEAS), at the 5th Global Social Sciences Graduate Student Conference, organized by the Faculty of Social Sciences, HKBU
- 2016 Presenter, Growing Up To Be A Grown Up: The Influence of Parental Emotional Attachment on Differentiation of Self during Emerging Adulthood, at Making Bowen Theory One's Own and First Family Systems Symposium, organized by ISS-HK Family Institute
- 2016 Presenter, Validation of the Chinese Version of Emerging Adulthood Scale in Hong Kong, at Asia Mental Health Conference 2016, organized by Department of Social Work, Faculty of Social Sciences, HKBU
- 2016 Presenter, Application of Positive Cognitive Behavioral Therapy in Chinese Society, at Asia Mental Health Conference 2016, organized by Department of Social Work, Faculty of Social Sciences, HKBU

- 2015 Presenter, Validation of the Chinese Version of Emerging Adulthood Scale in Hong Kong, at Annual Postgraduate Research Symposium 2015, organized by Department of Social Work, CUHK and CUHK-Nankai Joint Research Centre of Social Policy
- 2015 Presenter, Adolescent or Adult? The Challenges of Emerging Adulthood in Contemporary Hong Kong, at SSEA 2015, the 7th Conference on Emerging Adulthood -- Miami, U.S.A., organized by The Society for the Study of Emerging Adulthood (SSEA)

Published Abstract of Conference/Meeting Presentations

Chiu, R. (2023). Application of the Family-based Trauma-informed Care, at the Conference of Project of Lightening Soul, Renewing Life – Psychological Healing Services for Drug Abusers / Ex-drug Abusers and Their Family Members 2020-2023. Organized by Lok Heep Club of Caritas, 17 November 2023 at the Hong Kong Jockey Club Drug InfoCentre.

Chiu, R. (2018). The Influence of Parental Emotional Attachment on Fear of Romantic Intimacy during Emerging Adulthood through the Lens of Differentiation of Self, at the 2nd International Conference of Bowen Family Systems Theory. Organized by ISS-HK Family Institute & the Department of Applied Social Sciences of The Hong Kong Polytechnic University, 17-19 May 2018 at the Hong Kong Polytechnic University.

Ng, P. Y. N., & Chiu, R. (2016). Application of positive cognitive behavioral therapy in Chinese society, at the Asia Mental Health Conference 2016 – Holistic Practices for Mental Well-being. Organized by Department of Social Work of Hong Kong Baptist University, Department of Social Work of National Taiwan University, and Department of Social Work at Shanghai University, and College of Psychology and Sociology at Shenzhen University, 2-3 December 2016 at Hong Kong Baptist University.

Ng, P. Y. N., & Chiu, R. (2016). Application of positive cognitive behavioral therapy in Chinese society. Abstracted in Asia Mental Health Conference 2016 – Holistic Practices for Mental Well-being (P. 38), organized by Department of Social Work of Hong Kong Baptist University, Department of Social Work of National Taiwan University, and Department of Social Work at Shanghai University, and College of Psychology and Sociology at Shenzhen University, 2-3 December 2016.

Ng, P. Y. N., Su, S. X. S., Sean, L. S., Klassen, R., & Chiu, R. (2016). Validation of the Chinese version of emerging adulthood scale in Hong Kong. Abstracted in Asia Mental Health Conference 2016 – Holistic Practices for Mental Well-being (P. 36), organized by Department of Social Work of Hong Kong Baptist University, Department of Social Work of National Taiwan University, and Department of Social Work at Shanghai University, and College of Psychology and Sociology at Shenzhen University, 2-3 December 2016.

Chiu, R. & Ng, P. Y. N. (2014). Adolescent or adult? The challenges of emerging adulthood in contemporary Hong Kong. Abstracted in Global Social Sciences Conference 2014 – Social Development Confronting Global Challenges: Action, Policy, Planning and Social Work Intervention, (P. 29), organized by Department of Social Work of Hong Kong Baptist University, Department of Social Work of National Taiwan University, and School of Social Work of China Youth University for Political Sciences, 10-12 April 2014.

Professional Training and Clinical Experiences:

- 2017 - Trainer of Facilitating Career Development (FCD) Programme and Professional Certificate Programme in Career Development Facilitation (PCCDF)
The School of Continuing and Professional Studies of The Chinese University of Hong Kong (CUSCS)
- 2024 The Use of Polyvagal Theory in Clinical Work – Regulation and Co-regulation
Hong Kong Lutheran Social Service
- 2024 Staff Training on The Use of Creative Bricks in Family-based Trauma-Informed Care Interventions in Group Setting
Lok Heep Club, Caritas
- 2024 Psychosomatic Group for People with Mental Health Concerns
Hong Kong Family Welfare Society
- 2023 Therapeutic Group of Family-based Trauma-informed Care for Ex-drug Abusers
Lok Heep Club, Caritas
- 2023 Project for Adult Offenders with Rehabilitative Needs – Life Planning Programme (Group Work) to the Correctional Services Department
Correctional Services Department
- 2023 Training on Family Resilience
Caritas – Family Service
- 2022 Bowen Vision: Learning Bowen Theory through Music
International Social Service – Hong Kong Branch, Family Institute (ISSFI)
- 2022 Provision of Service for Training Workshop in “Practical Skills on Latest Counselling Approaches – Group Work”
Correctional Services Department
- 2021 Bowen Vision: The Secret of Bowen Theory on Romantic Relationship
International Social Service – Hong Kong Branch, Family Institute (ISSFI)
- 2021 Life Review Group for Young-olds with Expressive Arts
Hong Kong Family Welfare Society
- 2021 Workshop: Dance with your Family of Origin
Hong Kong Family Welfare Society
- 2020 Integrated Training Course on Childhood and Adolescent Disorders
Social Welfare Department
- 2020- Convener of Counseling and Psychological Enrichment (CAPE) Service
Social Work Practice and Mental Health Centre (SWPMHC)
Department of Social Work, HKBU
- 2019 Training Workshop: “Practical Skills on Leading Group and Interactive Activities
Correctional Services Department
- 2018 Integrated Training Course on Childhood and Adolescent Disorders
Social Welfare Department
- 2017 Talk on Partnering with Domestic Maids in Parenting
International Social Service – Hong Kong Branch, Family Institute (ISSFI)

- 2016 Training on Positive Cognitive Behavioral Therapy
Hong Kong Family Welfare Society
- 2016 Training on Positive Parenting
Kowloon Tong School (Secondary Section)
- 2015 Training on Positive Parenting
New World Development Company Limited
- 2014 Talk on Parenting
Hong Kong Jockey Club
- 2013 Stress Management Training for:
Queen College, Ying Wa Girls' School
The Prince Philip Dental Hospital
Mizuho Bank Ltd
Hong Kong Blue Cross (Asia-Pacific) Insurance Limited
Cheung Chuk Shan College
- 2012 Team Building for Teachers' Development Day
Po On Commercial Association Wong Siu Ching Secondary School
- 2009 I Have a Date with My Inner Child Personal Growth Group
Hong Kong Family Welfare Society

Continuous Professional Training:

- 2022- Professional Certificate Training in Integrative Expressive Arts Therapy
Hong Kong Academy of Social Work of Hong Kong Social Workers Association
- 2018- Continuous Professional Training Programme in Bowen Family Systems Theory and Therapy
ISS-HK Family Institute (ISSFI)
- 2022 Advanced LEGO® SERIOUS PLAY® method (LSP) Training
- 2021 Family Therapy with Psychiatric Patients
Asian Academy of Family Therapy (AAFT)
- 2021 Certified Facilitator Training in the Use of LEGO® SERIOUS PLAY® Method
The Strategic Play® Group Limited, Canada
- 2020 EMDR Therapy Basic Training
The EMDR Association of Hong Kong
- 2016-18 Two-year Professional Training Programme in Bowen Family Systems Theory and Therapy
ISS-HK Family Institute (ISSFI)
- 2018 The Facilitating Career Development (FCD) Instructor Course
The National Career Development Association (USA) & CUSUS
- 2017 Global Career Development Facilitator (GCDF) Trainer Programme
Centre for Credentialing and Education (CCE), USA & CUSUS
- 2016 Global Career Development Facilitator (GCDF) Programme
Centre for Credentialing and Education (CCE), USA & CUSUS
- 2016 Co-parenting Seminar – Pilot Practice of Child-focused Co-parenting Work in Hong Kong
Hong Kong Family Welfare Society

- 2016 Clinical Applications of Bowen Family Systems Theory
ISS-HK Family Institute (ISSFI)
- 2015 Basic Training on Bowen Family Systems Theory
ISS-HK Family Institute (ISSFI)
- 2015 Cognitive Behavioral Therapy for Depression and Anxiety
The Mental Health Association of Hong Kong
- 2014 The Use of Storytelling in Counseling and Conducting Therapeutic Groups
Department of Social Work
The Chinese University of Hong Kong (CUHK)
- 2013 Clinical Supervision Group
Department of Social Work
The Chinese University of Hong Kong (CUHK)
- 2012 Emotion-focused Couple Therapy – Dealing with Anger in Couple Relationships
The Hong Kong Catholic Marriage Advisory Council
- 2012 The Introduction to Logotherapy and Existential Analysis of Viktor E. Frankl
Department of Social Work
The Chinese University of Hong Kong (CUHK)
- 2007 Use of Creative Arts in Social Work & Health Settings: Healing Magic of Creative Arts
Department of Social Work
The Chinese University of Hong Kong (CUHK)

Academic Awards:

- 2015 Best Paper Award, at Annual Postgraduate Research Symposium, organized by the Department of Social Work, The Chinese University of Hong Kong (CUHK) & CUHK-Nankai Joint Research Centre of Social Policy
- 2014 Dr. Wu Yee Sun Memorial Scholarship
- 2005 Kowloon Chamber of Commerce Scholarship