

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:

- Marriage and Family Counselling (with a focus on Bowen Theory)
- Family-Based Trauma-Informed Practice
- Neuro-informed Mental Health Counselling (with a focus on Children and Families)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Clinical Group Counselling
- Life and Career Counselling
- 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:

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)

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

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

Qualified PREPARE/ENRICH Counselor
Life & Marriage Enrichment Ltd

Registered Social Worker
Hong Kong Social Workers Registration Board

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

Name of Course (Master's Degree Programmes)

SOWK6210E Seminar on Selected Topics: Special Topics (II) Integrated Practices for Trauma Recovery
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

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

Publications:

International Refereed Journals:

2025 Ng, P. Y. N., Chiu, R., Young, K. W. D., Chen, Q. R. J., & Corrigan, P. (2025). Randomized Controlled Trial of Expanded Coming Out Group on Reducing Self-Stigma of Schizophrenia People. *Research on Social Work Practice*. <https://doi.org/10.1177/10497315241303696>

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:

- 2025 - Principal investigator (with P. Ng). *Integrating Creative Play and Expressive Arts in Trauma-Informed Group Interventions for Primary School Students: A Multimodal Approach to Enhancing Social-Emotional Resilience* (Funded by Lutheran Church Hong Kong Synod, HK\$100,000)

Research Project Completed:

- 2022 -24 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 well-being of young people, HK\$80,000)
- 2021-24 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)
- 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])

Teaching Development Grants/Projects:

Projects in Progress:

- 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:

- 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]
- 2022 Service-Learning Mini-Grants Application sponsored by HKBU *Innovative Service-Learning (ISLC)* (HK\$ 48,000).

Conference Proceedings / Papers:

- 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:

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| 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 | Staff training on “Bowen Theory and Systems Thinking”
Hong Kong Children & Youth Services |
| 2024 | Talk on “Less is More-Exploring the Essence of Minimalism through the Lens of Bowen Theory”
Grace and Joy Integrated Family Service Centre
The Hong Kong Catholic Marriage Advisory Council |
| 2024 | Talk on “Less is More-Exploring the Essence of Minimalism” for Caregiver
Lok Ching Community Mental Health Education and Promotion Service Centre, TWGHs |
| 2024 | Talk on the Use of Polyvagal Theory in Clinical Work – Regulation and Co-regulation
Hong Kong Children & Youth Services |
| 2024 | Talk on 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 and LEAD Professional Training Centre
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:

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| 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 |

Updated November 2025