

## CURRICULUM VITAE

### WONG PUI YAN, VENUS (王禧恩)

B.Soc.Sc. (General – Psychology major), M.Soc.Sc. (Behavioral Health), Ph.D.

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Google Scholar: <https://scholar.google.com.hk/citations?user=gqlz2FAAAAAAJ&hl=en>

#### 1 CURRENT POSITION

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##### **Senior lecturer**

Department of Social Work and Social Administration, The University of Hong Kong (HKU)  
Centre on Behavioral Health, The University of Hong Kong (HKU)

##### **Acting Program Director**

Master of Social Sciences (Behavioral Health), The University of Hong Kong (HKU)

#### 2. HONORARY APPOINTMENT

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##### **Associate Director**

2017 – current Centre on Behavioral Health, The University of Hong Kong

##### **Honorary Assistant Professor**

2017-2019 Medical Ethics and Humanities, Li Ka Shing Faculty of Medicine,  
The University of Hong Kong

#### 3. MINDFULNESS TEACHER TRAINING

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MBCT-Life mindfulness teacher training (online) - Oxford Mindfulness Centre

[Finding Peace in a Frantic World] mindfulness teacher training (online) - Oxford Mindfulness Centre

Trauma-Sensitive Mindfulness Training (online) - David Treleaven Trauma-Sensitive Mindfulness

Foundation Course for Teaching Mindfulness-Based Cognitive Therapy -  
Oxford Mindfulness Centre and the Hong Kong Center for Mindfulness

Mindful Practice® workshop facilitator training - University of Rochester School of Medicine and Dentistry

Satipaṭṭhāna Meditation Course by Bhikkhu Anālayo (online) - Barre Center for Buddhist Studies

Mindfulness Teacher Training - Plum Village Mindfulness Academy

#### 4 PROFESSIONAL AFFILIATIONS

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- 2020 – current Intern facilitator - Mindful Practice®  
University of Rochester School of Medicine and Dentistry
- 2019 – current Trainee practitioner – International Harp Therapy Program  
The International Harp Therapy Program - Asia (IHTP-Asia)
- 2015 – current Program development officer  
Plum Village Mindfulness Academy

#### 5 AWARDS

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- 2018 Audience Award: Free paper presentation award – oral presentation  
Frontiers in Medical and Health Sciences Education 2018 “Learning in Alliance:  
Inter-professional Health Education and Practice” (Hong Kong)
- 2018 Award of Merit: Free Paper Presentation – poster presentation  
Frontiers in Medical and Health Sciences Education 2018 “Learning in Alliance:  
Inter-professional Health Education and Practice” (Hong Kong)
- 2015 Best abstract for poster presentation  
12th Asia Pacific Medical Education Conference (APMEC) and 3rd International  
Conference on Faculty Development in the Health Professions (ICFDHP) 2015  
(Singapore)
- 2015 Award of Merit: Free Paper Presentation - poster presentation  
Frontiers in Medical and Health Sciences Education 2015 “Learner Wellbeing  
Across the Continuum” (Hong Kong)

#### 6 TEACHING EXPERIENCES

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##### **MSocSc (Behavioral Health)**

- MSBH 7001 Introduction to behavioral health
- MSBH 7008 Integrative approaches to holistic well-being
- MSBH 6104 Spirituality in clinical practice
- MSBH 6103 Chinese cultural health practices
- MSBH 6118 Contemplative Practices in Human Services
- MSBH 6118 (special topic) Introduction to energy therapy methods
- MSBH 6102 Counselling and Psychotherapy II

##### **HKU Common Core Course**

- CCHU 9078 Contemplative Practice: from personal awareness to social well-being

##### **HKU undergraduate curriculum (offered under SWSA)**

- SOWK 2069/6084 Counseling in healthcare settings/ Intervention in healthcare settings
- SOWK 2068/6097 Social Skills Training for Human Service Personnel

##### **HKU undergraduate curriculum (offered under MBBS)**

- MH1 and MH2 (Medical Humanities Core Curriculum) – Mindful Practice Workshop for MBBS1 and MBBS2
- Special Study Module: Special Study Modules: mindfulness training for medical students
- Special Study Module: Developing resilience and enhancing well-being in medical students through a structured self-awareness program

##### **TPG dissertation and capstone project supervision**

- MSTC 8998 Master of Buddhist Counseling - capstone project
- MSBH 6202 M.Soc.Sc. (Behavioral Health) - dissertation
- EXAT 7002 Master of Expressive Arts Therapy - dissertation

## 7 GRANTS (INTERNALLY FUNDED)

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- 2020 Teaching Development Grand – HKU (co-investigator)  
Build psychological competence among undergraduate nursing students in clinical education
- 2013 Teaching Development Grand – HKU (co-investigator)  
Evaluating the impact and feasibility of a cross-disciplinary, library-based mindful practice programme for healthcare and human service students
- 2013 Developmental Fund for Medical Humanities - HKU (co-investigator)  
Development of resilience and enhancing well-being in medical students through a structured self-awareness programme
- 2011 Developmental Fund for Medical Humanities - HKU (co-investigator)  
Summer Special Study Module for MBBS students: Body-mind-spirit integrative training in medical school for stress management and prevention against junior physicians' burnout

## 8 GRANTS (CONTACT RESEARCH)

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- 2010 – 2013  
“Integrative Body-Mind-Spirit Intervention Training for Conflict Resolution & Wellness Enhancement for Hospital Authority”. (Lead trainer)  
A two-day training program for frontline medical staff working in public hospital on conflict management and self-care

## 9 SCHOLARLY OUTPUT

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### A. BOOK CHAPTERS

- A1 **Wong, V. P. Y.**, Chen, J. Y. & Chan, L.C. (2018). Mindfulness practice in Medical education. In M., Henning, C. U. Krägeloh, R. Dryer, F. Moir, R. Billington & A. G. Hill (Eds.) *Well-being in Higher Education: Cultivating a Healthy Lifestyle Among Faculty and Students*. Routledge.
- A2 Chan, H. Y. C., **Wong, V. P. Y.** & Chan, L. W. (2014). Integrating spirituality into health care service delivery development of spiritual resources and consolidation of values in care. In K. Tong, & K. N. Fong (Eds). *Community care in Hong Kong: Current practices, practice-research studies and future directions*. City University of Hong Kong Press.
- A3 Wong, R.S.C., **Wong, V. P.Y.**, Chen, J.Y. and Chan, L.C (2013). Reflective space: The medical library as a mindfulness sanctuary. In A. Peterkin, & P. Brett-MacLean. *Keeping Reflection Fresh. A Practical Guide for Clinical Educators (Literature & Medicine)*. Kent State University Press.

### B. PROFESSIONAL PRACTICE MANUALS

- B1 **Wong, V. P. Y.**, Chan, K. K. P., Wan, A. H. Y. & V. Cheung. (2020). *Body and mind as one: body-mind-spirit wellness buddy (ambassador training manual)*. Centre on Behavioral Health, The University of Hong Kong.
- B2 **Wong, V. P. Y.** & Lam, C. H. Y. (2018). *Mindful practice training for hospital staff (training manual)*. Centre on Behavioral Health, The University of Hong Kong.
- B3 Leung, K. T. E. & **Wong, P. Y. V** (2009). *Project ENABLE (Sichuan earthquake psychological support project) BMS self-help booklet*. Centre on Behavioral Health, The University of Hong Kong.

### **C. CONFERENCE PAPERS**

- C1 **Wong, V. P.Y.**, Cheung V., & Ho R.T.H. (2021). The effects of mindfulness training for healthcare staff in Hong Kong during the COVID-19 outbreak for the cultivation of resilience and compassion. Society of Behavioral Medicine 42<sup>nd</sup> Annual Meeting and Scientific Sessions. Washington D. C. (virtual conference). 12-16 April 2021.
- C2 **Wong, V. P. Y.** (2020). The risk of spiritual bypass in mindfulness-based interventions, International Conference on Mindfulness (ICM 2020). Denmark (Jun 2020) *\*postponed to Jun 2021.*
- C3 **Wong, V. P.Y.**, Cheung V., Ho R.T.H., & Lam C.H.Y. (2020). The effects of a mindful practice training for the staff of a new children's hospital in Hong Kong for the cultivation of resilience and compassion, International Conference on Mindfulness (ICM 2020) Denmark (Jun 2020) *\*postponed to Jun 2021.*
- C4 Fong, T.C.T., Wan, H.Y.A., **Wong, V. P.Y.** & Ho, R.T.H. (2020). Psychometric Validation of Chinese version of the Five Facet Mindfulness Questionnaire in Chinese colorectal cancer patients, Annals of Behavioral Medicine, S339.
- C5 **Wong, V. P.Y.**, Lam, C.H.Y., Ho R.T.H., & Cheung, V. (2019). Brief Mindfulness Program for Hospital Workers: Staff Well-being Training in the Pre-launching Phase of a Public Hospital. The Compassion in Action Healthcare Conference. Boston; 8-10 September 2019.
- C6 Tang, J.M.W., & **Wong, V. P.Y.** (2019). Hong Kong Psychiatric Nurses' Perception of Spirituality and Perceived Competency in Providing Spiritual Care: A Cross Sectional Study. The International Council of Nurses Congress 2019. Singapore; 27 June – 1 July 2019.
- C7 **Wong, V. P.Y.**, & Lam C.H.Y. (2019). Common humanity in mindfulness practice: a review of the self-other relationship in secular and Buddhist practices. International Conference on Mindfulness (ICM 2019). Auckland, New Zealand; 9-13 February 2019.
- C8 Chen J.Y., Wu Y.H., & **Wong, V. P.Y.** (2018). Cultivating compassion: building resilience in medical students. International Conference on Physician Health. Toronto, Canada; 11-13 Oct 2018.
- C9 **Wong, V. P. Y.** (2018). Can wellness be prescribed? The qualitative feedback from medical students who attended the mindful practice training offered under the core curriculum. International Conference on Mindfulness. Amsterdam, Netherlands; 10-13 July 2018.
- C10 **Wong, V. P.Y.**, & Thich Chan, P. K. (2018). Motivational differences between the mindfulness practice in the tradition of Buddhist Psychology and scientifically proven mindfulness-based interventions. International Conference on Mindfulness. Amsterdam, Netherlands; 10-13 July 2018.
- C11 Chen, J.Y., Wu, Y.H., **Wong, V. P.Y.**, Ray, N.L., Wright, A., Kerzin, B.M. & Wong, K.S.S. (2018). Cultivating compassion: building resilience in medical students. Frontiers in Medical and Health Sciences Education. Hong Kong; 18-19 December 2018.
- C12 **Wong, V. P.Y.**, & Chen, J.Y. (2018). Compassion in medical practice: the students' perspectives. Frontiers in Medical and Health Sciences Education. Hong Kong; 18-19 December 2018.
- C13 **Wong, V. P.Y.**, Ho, R.T.H., & Chen, J.Y. (2016). Mindfulness training for medical students: cultivation of personal awareness and spirituality in medical practice. 2nd International Conference on Mindfulness. Rome, Italy; 11-15 May 2016.
- C14 **Wong, V. P.Y.**, Ho, R.T.H. & Chen, J.Y. (2016). Mindfulness training for medical students: introducing spirituality with personal awareness and self-compassion. Society of Behavioral Medicine 37th Annual Meeting and Scientific Sessions. Washington D. C. 30 March – 2 April 2016.

- C15 **Wong, V. P.Y.**, Chan, L.C., Chen, J.Y., & Ho, R.T.H. (2015). A mixed method study on the psychological outcomes and students' perception on mindful practice training. 15th Annual Research Postgraduate Conference Faculty of Social Sciences, The University of Hong Kong. Hong Kong; 6 June 2015.
- C16 **Wong, V. P.Y.**, Chan, L.C., Chen, J.Y., & Ho, R.T.H. (2015). Development and early experience of a mindful practice program for medical students. *Frontiers in Medical and Health Sciences Education*. Hong Kong; 27 November 2015.
- C17 **Wong, V. P.Y.**, Chan, L.C., Chen, J.Y., & Ho, R.T.H. (2015). Development and early experience of a mindfulness training program for medical students. 12th Asia Pacific Medical Education Conference & 3rd International Conference on Faculty Development in the Health Professions. Singapore; 4-8 February 2015.
- C18 **Wong, V. P.Y.**, Chen, J.Y., Chan, L.C. & Ho, R.T.H. (2013). Mindful practice training for medical students' well-being and professional development: the experiences from The University of Hong Kong. Health Professionals' Health Conference 2013. Brisbane, Australia; 3-5 October 2013.
- C19 Chan J.S.M., Yuen L.P., Leung K.T., **Wong, V. P.Y.**, Ho R.T.H. & Chan C.L.W. (2011). Efficacy of Qigong in the treatment of chronic fatigue syndrome: a prospective randomized controlled trial. 32nd Annual Meeting & Scientific Sessions of Society of Behavioral Medicine. Washington D.C.; 27-30 April 2011.
- C20 **Wong, V. P.Y.**, Chen, J.Y., Chan, L.C. & Ho, R.T.H. (2009). A path to bring empathy back to medical school - Mindfulness training for medical students. *Frontiers in Medical and Health Sciences Education: Making Sense in Communication*. Hong Kong; 11-12 December 2009.

#### **D. INVITED CONFERENCE PRESENTATIONS**

- D1 Lee, C. K. M. & **Wong, V. P. Y.** (2019). The healing finale: the use of therapeutic harp music in clinical practice. Symposium on palliative care in the community: challenges, experiences and hopes. Hong Kong; 25, May 2019.
- D2 **Wong, V. P. Y.** (2018). Mindfulness for the promotion of well-being. Young Medical and Healthcare Professional Summer Program. Hong Kong; 22 July 2018.
- D3 **Wong, V. P. Y. (2018)**. Mindfulness Practice for self-care, self-acceptance and embrace the value of a gender-fair world. HKU IB World Student Conference 2018. Hong Kong; 1 August 2018.
- D4 **Wong, V. P. Y.** & Chan, C. L. W.(2018). IBMS intervention and cancer care. One-day symposium and workshop on research and clinical application of the Integrative Body-Mind-Spirit Model. Hong Kong; 20 July, 2018.
- D5 **Wong, V. P. Y.** (2017). Seeing oneself in silence: Mindfulness training for medical students. The Hong Kong Mental Health Conference 2017. Hong Kong; 3 November, 2017.
- D6 **Wong, V. P. Y.** (2010). Project BLISS – service-learning project in rural China. 中國高校服務學習模式研討會. Shantou, China; 8 Jan, 2010.

#### **E. JOURNAL PAPERS**

- E1 Fong, T.C.T., Wan, A.H.Y., **Wong, V.P.Y. et al.** (2021). Psychometric properties of the Chinese version of Five Facet Mindfulness Questionnaire—short form in cancer patients: a Bayesian structural equation modeling approach. *Health Qual Life Outcomes* 19, 51. <https://doi.org/10.1186/s12955-021-01692-1>
- E2 Ho, R. T., Sing, C. Y., & **Wong, V. P.Y.** (2016). Addressing holistic health and work empowerment through a body-mind-spirit intervention program among helping

professionals in continuous education: A pilot study. *Social Work in Health Care*, 55(10), 779-793

- E3 Ho, R. T. H., Potash, J. S., Lo, P. H. Y., & **Wong, V. P. Y.** (2014). Holistic interventions to trauma management for teachers following disaster: expressive arts and integrated body-mind-spirit approaches. *Asia Pacific Journal of Social Work and Development*, 24(4), 275-284.
- E4 Chan, C. H., Chan, T. H., Leung, P. P., Brenner, M. J., **Wong, V. P. Y.**, Leung, E. K., ... & Chan, C. L. (2014). Rethinking Well-being in terms of affliction and equanimity: Development of a holistic well-being scale. *Journal of Ethnic And Cultural Diversity in Social Work*, 23(3-4), 289-308.
- E5 Sreevani, R., Reddemma, K., Chan, C. L., Leung, P. P. Y., **Wong, V.P.Y.**, & Chan, C. H. Y. (2013). Effectiveness of integrated body–mind–spirit group intervention on the well-being of Indian patients with depression: a pilot study. *Journal of Nursing Research*, 21(3), 179-186.

## **F. KNOWLEDGE EXCHANGE**

- F1 2020 – 2021 Project coordinator and trainer  
**“Body and mind as one: Body-mind-spirit wellness buddy (ambassador training) project”**. A public training project on body-mind-spirit approach for promotion of community care during COVID-19.
- F2 2020 – 2021 Project coordinator and trainer  
**“Mindfulness training for medical staff”**. A 8-hour training course organized by the Centre on Behavioral Health, HKU.
- F3 2017 -2018 Project coordinator and trainer  
**“Mindfulness training for medical staff for Hong Kong Children’s Hospital”**. A 18-hour training course jointly organized by The Hong Kong Children’s Hospital and The Centre on Behavioral Health, HKU.
- F4 2017 Trainer  
**“Global Immersion Program: Holistic Health and Experiential Workshop”**  
A brief lecture and experiential learning session was offered for a group of social work students from University of Southern California.
- F5 2012 – 2013 Project coordinator and trainer  
**“1-year integrative body-mind-spirit integrative approach practitioner certificate training”**. A one-year training course open for frontline human service professionals organized by Centre on Behavioral Health, HKU.
- F6 2012 Project coordinator and trainer  
**“End of Life Social Enterprise - Training Cancer Survivors and Volunteers on Life and Death Education for Terminal Ill Patients”**. A 4-session training program for local university students (HKU and HKUST) and cancer survivors for volunteer service with terminally ill cancer patients.
- F7 2012-2013 Project coordinator and trainer  
**“Danny D. B. Ho Lecture and Workshop series on holistic therapy”**. A two-year training series on holistic care by local and overseas trainers, including 2 symposiums and 10 thematic training workshops.

- F8 2009 trainer and project coordinator  
“**Project TRANSCEND**”. 512 Sichuan earthquake psycho-social education program co-organised with the Department of Social Work and Social Administration (HKU) and Sichuan Normal University, offering student training and experiential learning in Sichuan.
- F9 **2008 – 2009 trainer and project coordinator**  
“Project BLISS”. Service learning project co-organised with Shantou University, CEDARS and General Education Unit (HKU), offering students training in health education program in rural areas of Shantou.

### G. MEDIA INTERVIEWS

- G1 Mar 2021 正念與醫護同行 (562期溫暖人間封面故事) Mindful Healthcare Practice: 562 Buddhist Compassion Magazine cover story  
To share the development of Mindful Practice training offered for medical students in HKU, contemplative course for all undergraduate students, and the professional Mindful Practice training for frontline healthcare staff offered during COVID-19.
- G2 Feb 2020 正念抗疫 (香港電台 31 台日常 8 點半 (民生 家庭) 專題訪問) – RTHK TV interview  
To share the knowledge on holistic care during the virus outbreak and mindful practice skills for promotion of self-care.
- G3 Feb 2020 我們在乎你 - 療癒篇：靜觀 (香港電台) – RTHK “self-care practice” series  
To share the basic skills on mindfulness practice for promotion of emotional health
- G4 Feb 2019 森林浴 (星期日檔案) TVB – Forest Bathing  
Together with three graduates of the MSS(Behavioral Health) program, the team was invited to join the experiential session of forest bathing and comment on the potential benefits in promoting wellness to the general public.
- G5 June 2018 唔止發呆咁簡單 (杏林在線 – NOW TV)  
A documentary on mindfulness for the promotion of mental well-being.
- G6 April 2018 豈止感覺良好？一呼一吸 靜觀改變大腦 (明報) Ming Pao Daily  
To enhance the understanding of mindfulness practice for promotion of mental well being from a scientific perspective
- G7 May 2017 Control of technology key to a healthier, happier life – SCMP  
To explain the potential use of technology in the home environment with awareness for protection of mental well health