

CURRICULUM VITAE

PERSONAL DETAILS

Name : Wu Wai Yan Bonnie (胡蕙茵)

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ACADEMIC QUALIFICATIONS

2013 – 2019 Doctor of Philosophy, Centre of Buddhist Studies, The University of Hong Kong

1997 – 2000 1st Class Honors, Bachelor of Social Work, The University of Hong Kong

PROFESSIONAL QUALIFICATION

Registered Social Worker (RSW) granted by the Social Workers Registration Board in Hong Kong

Registered Professional Buddhist Counseling Supervisor granted by the Hong Kong Buddhist Association

RESEARCH INTERESTS

Buddhist counselling and Buddhist-based intervention

Group Work

Buddhist education

Mindfulness and meditation

Buddhism and neuroscience

ACADEMIC APPOINTMENTS

9/2020 – Present	Lecturer, Centre of Buddhist Studies, The University of Hong Kong
9/2019– Present	Capstone Experience Supervisor, Master of Buddhist Counselling, Centre of Buddhist Studies, The University of Hong Kong
9/2019– Present	Capstone Experience Coordinator, Master of Buddhist Counselling, Centre of Buddhist Studies, The University of Hong Kong
2021– Present	Field Practicum Supervisor for casework and groupwork, Postgraduate diploma in Professional Practice of Buddhist Counselling, HKUSPACE

ACADEMIC CURRICULUM DEVELOPMENT

2019	Founding curriculum committee member, Postgraduate Diploma in Professional Practice of Buddhist Counselling, HKU SPACE
2018	Founding curriculum committee member, Master of Buddhist Counselling, Centre of Buddhist Studies, HKU

BUDDHIST-BASED INTERVENTION DEVELOPMENT

2013	Co-develop the “Awareness Training Program”, a group-based Mahayana Buddhist intervention with 122 number of participants. This Program is now being adopted as standard training in the Master of Buddhist Counselling program and Postgraduate Diploma in Professional Practice of Buddhist Counselling, HKU SPACE.
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CODE OF ETHICS DEVELOPMENT

2021 – 2022	Co-develop the “Code of Ethics for Professional Buddhist Counsellors”
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RESEARCH GRANTS

- 2018 – 2019 Research project “Using ERP/fMRI and psychological method to study the effect of repetitive mental chanting on negative emotion regulation and its mechanism” granted by National Natural Science Foundation of China (NSFC)
- 2013 – 2019 Research project “Development of a New Therapeutic Intervention, the Awareness Training Program (ATP), and Evaluation of its Effect on Clients’ Ability to Handle Stress using Self-report Questionnaires and Electroencephalography (EEG)” funded by Li Ka Shing Foundation
- 2008 – 2013 Research project “Life Education Based on the Concept of Dependent Origination (LEDO) Project: The Development of a New Set of Teaching Materials for Buddhism Curriculum for Upper Primary and Lower Secondary” funded by Tung Lin Kok Yuen

RESEARCH PROJECTS

- 2020 – Present Evaluation on the effectiveness of the Awareness Training Program
- 2020 – Present A Buddhist Meditation Program for Secondary Schools in Hong Kong: a Secondary Data Analysis
- 2019 – 2022 The Neural correlates of Zen meditation and the concept of “self”
- 2018 – 2019 Using ERP/fMRI and psychological method to study the effect of repetitive mental chanting on negative emotion regulation and its mechanism, granted by National Natural Science Foundation of China (NSFC)
- 2013 – 2019 Development of a New Therapeutic Intervention, the Awareness Training Program (ATP), and Evaluation of its Effect on Clients’ Ability to Handle Stress using Self-report Questionnaires and Electroencephalography (EEG), funded by Li Ka Shing Foundation
- 2008 – 2013 Life Education Based on the Concept of Dependent Origination (LEDO) Project: The Development of a New Set of Teaching

Materials for Buddhism Curriculum for Upper Primary and Lower Secondary, funded by Tung Lin Kok Yuen

2004 – 2006 Orientation to Life Enhancement Project, funded by Quality Education Fund (QEF)

WORKS REPORTED BY MEDIA

HKU VR(R)'s Picks:

Religious chanting may improve brain and heart well-being

<https://www.hku.hk/research/stories/19713/>

Newsweek

Mind-body connection during meditation can now be tracked, thanks to science

<https://www.newsweek.com/mind-body-connection-mindfulness-stress-reduction-meditation-mbsr-607067>

Lion's Roar

Buddhist researchers seek to reveal link between heart, mind

<https://www.lionsroar.com/buddhist-researcher-heart-mind/>

Buddhistdoor

The Awareness Training Program: A Sutra-based Approach to Group Counseling

<https://www.buddhistdoor.net/features/the-awareness-training-program-a-sutra-based-approach-to-group-counseling>

Buddhist Compassion

4 Feb 2021 Issue no.560 Dr. Bonnie Wu: Union of Compassion and Wisdom — The Formula of a Happy Life (悲智雙運幸福人生方程式胡蕙茵博士)

PUBLICATIONS

Journals

Gao, J., Leung, H. K., Wu, B. W. Y., Hung, J., Chang, C., & Sik, H. H. (2023). Long-term practice of intuitive inquiry meditation modulates EEG dynamics during self-schema processing. *Heliyon*.

Gao J., Sun R., Leung H.K., Roberts A., Wu B.W.Y., Tsang E.W., Tang A.C.W. & Sik H.H. (2023). Increased neurocardiological interplay after mindfulness meditation: a brain oscillation-based approach. *Frontiers in Human Neuroscience*, 17:1008490.

Gao, J., Leung, H. K., Fan, J., Wu, B. W. Y., & Sik, H. H. (2022). The neurophysiology of the intervention strategies of Awareness Training Program on emotion regulation. *Frontiers in Psychology*, 13.

Sik, H. H., Halkias, G. T., Chang, C., Gao, J., Leung, H. K., Wu, B. W. Y. (2021). Modulation of the Neurophysiological Response to Fearful and Stressful Stimuli Through Repetitive Religious Chanting. *J. Vis. Exp.* (177), e62960.

Gao, J., Skouras, S., Leung, H. K., Wu, B. W. Y., Wu, H., Chang, C., & Sik, H. H. (2020). Repetitive religious chanting invokes positive emotional schema to counterbalance fear: a multi-modal functional and structural MRI study. *Frontiers in Behavioral Neuroscience*, 14, 198.

Wu, B. W. Y., Gao, J., Leung, H. K., & Sik, H. H. (2019). A randomized controlled trial of Awareness Training Program (ATP), a group-based Mahayana Buddhist intervention. *Mindfulness*, 10(7), 1-14.

Gao, J., Leung, H. K., Wu, B. W. Y., Skouras, S., & Sik, H. H. (2019). The neurophysiological correlates of religious chanting. *Scientific Reports*, 9(1), 4262.

Sik, H. H., Gao, J., Fan, J., Wu, W. Y. B., Leung, H. K., & Hung, Y. S. (2017). Using Wavelet Entropy To Demonstrate How Mindfulness Practice Increases Coordination Between Irregular Cerebral And Cardiac Activities. *Journal of Visualized Experiments*.

Gao, J., Fan, J., Wu, W. Y. B., Chau, M., Fung, P. C., Chang, C., . . . Sik, H. H. (2016). Repetitive religious chanting modulates the late-stage brain response to fear-and stress-provoking pictures. *Frontiers in Psychology*, 7, 2055.

Gao, J., Fan, J., Wu, W. Y. B., Zhang, Z., Chang, C., Hung, Y. S., . . . Sik, H. H. (2016). Entrainment of chaotic activities in brain and heart during MBSR mindfulness training. *Neuroscience Letters*, 616, 218-223.

Conferences

Leung, H.K., Ng, S.M., Sun, R., Wu, B.W.Y., Gao, J., & Sik, H.H. (2023). *Subconscious mental processing of COVID-related information in a speedy oddball ERP paradigm*. Paper presented at the Human Brain Mapping, Montreal, QC.

Gao, J., Wu, B. W. Y., Leung, H. K., Fan, J., Thach, T. Q., Chan, W. C., Cheng, C. P. W., & Sik, H. H. (2022). *Awareness training may modulate age-related increase of fast wave in middle-aged adults*. Paper presented at the Neuropsychiatry (virtual).

Ng, S. M., Gao, J., Leung, H. K., Wu, B. W. Y., Wang, A. M., Li, E. H., Lau, B. H. P., Chan, C. L. W., & Sik, H. H. (2022). *The possible neural mechanism underlies COVID-19 event induced post-traumatic stress and growth*. Paper presented at the Neuropsychiatry (virtual).

Sik, H. H., Wu, B. W. Y., & Maharjan, S. (Sumana) (2021) . *Attaining the acceptance of truth (kṣānti) through the three kinds of*

knowledge and its modern-day application. Paper presented at the Tung Lin Kok Yuen International Conference - Buddhist Canons: In Search of a Theoretical Foundation for a Wisdom-oriented Education. Hong Kong, China: The University of Hong Kong.

Gao, J., Sun, R., Leung, H. K., Wu, B. W. Y., & Sik, H. H. (2021). *Increased brain-heart coherence and brain connectivity during mindfulness-based stress reduction*. Paper presented at the Human Brain Mapping (virtual).

Gao, J., Leung, H. K., Wu, B. W. Y., & Sik, H. H. (2021). *Increased brain-heart connectivity during compassion meditation*. Paper presented at the Human Brain Mapping (virtual).

Gao J., Stavros S., Leung H. K. H., Wu W. Y. B., Chang C. Q., & Sik H. H. (2020). *The role of brainstem in affect modulation during repetitive religious chanting*. Paper presented at the Human Brain Mapping (virtual).

Gao, J., Stavros, S., Leung, H. K., Wu, W. Y. B., Chang, C. Q., & Sik H. H. (2020). *Religious chanting may affect brainstem activity and modulate emotion*. Paper presented at the Human Brain Mapping, Montreal, QC.

Sik, H. H., & Wu, W. Y. B. (2018). *A Mahayana Buddhist teaching-based intervention, awareness training program: Its theoretical model and effectiveness*. In MaMa Charitable Foundation Symposium: Buddhist Counselling- Instigating Insight into the Healing Process. Hong Kong, China: The University of Hong Kong.

Leung, H. K., Gao, J., Wu, B. W. Y., & Sik, H. H. (2018). *Compassion meditation of Mahayana Buddhism induces ACC activity: An EEG component cluster analysis*. Paper presented at the OHBM Annual Meeting. Singapore, Singapore: Suntec.

Sik, H. H., Fan, J., Wu, W. Y. B., Fung, C. W. P., Hung, Y. S., & Gao, J. (2016). *The influence of fusiform gyrus on the autonomic nerve*

system: an fMRI study on emotion and chanting (prayer). Paper presented at the 7th Global Neurologists Annual Meeting on Neurology and Neurosurgery, Vienna, Austria.

Wu, W. Y. B. (2016). *Efficacy of the awareness training program on stress management among middle-aged working people in Hong Kong: A randomized controlled trial*. Paper presented at the Social Sciences 16th Annual Research Postgraduate Conference. Hong Kong, China: The University of Hong Kong.

Sik, H. H., Fan, J. C., Wu, B. W. Y., Kerzin, B., Huang, B. S., & Gao, J. (2015). *An examination of wisdom in the form of nonattachment in relation to compassion meditation*. Paper presented at the Human Brain Mapping. Hawaii, HI: Hawaii Convention Center.

Wu, W. Y. B. (2015). *Efficacy of a Mahayana Buddhist teaching based psycho-educational intervention, awareness training program, on stress management among middle-aged working people in Hong Kong: A randomized controlled trial*. Paper presented at the Mindfulness & Compassion: The Art and Science of Contemplative Practice, San Francisco CA: San Francisco State University.

Fan, J. C., Gao, J., Wu, B. W. Y., Tan, A., & Sik, H. H. (2015). *The correlation between resting EEG power and nonattachment scale*. Paper presented at the Human Brain Mapping. Hawaii, HI: Hawaii Convention Center.

Gao, J., Fan, J. C., Wu, B. W. Y., Fung, P. C. W., & Sik, H. H. (2015). *Both knowledge and practice are needed to build up mental health: A preliminary EEG study on the effectiveness of Awareness Training Program (ATP)*. Paper presented at the Frontiers in Medical and Health Sciences Education: Learner Wellbeing Across the Continuum. Hong Kong, China: The University of Hong Kong.

高峻嶺、樊繼聰、胡蕙茵、常春起、釋衍空 (2015)。念誦阿彌陀佛可減輕負面

情緒？腦電圖研究對恐怖圖片的情感反應。第五屆中國佛醫高峰論壇暨世界傳統功夫養生大會，中國河南嵩山少林寺。

Gao, J., Sik, H. H., Fan, Ji Cong, Wu, B., Fung, P. C. W., So, A., . . . Hung, Y. S.. (2014a). *Reduced Response to Stressful Events during Chanting Amitofo: A Combined fMRI and EEG study*. Paper presented at the International Symposium for Contemplative Studies, Boston, MA: University of Massachusetts.

Gao, J., Sik, H. H., Fan, J., Wu, B., Fung, P. C. W., So, A., . . . Hung, Y. S.. (2014b). Avoid A Second Dart? Chanting Amitofo Reduces Emotional but not Perceptual Response to Negative Events. Paper presented at the International Symposium for Contemplative Studies, Boston, MA: University of Massachusetts.

Books

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2017)。《緣起生命教育：正覺的道路——幸福人生》。香港：香港佛教青年協會。

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2012a)。緣起生命教育初中佛學輔助教材正覺的道路——中三 (學生課本，學生作業，教師用書(光碟))。香港：香港佛教聯合會。

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2012b)。緣起生命教育高小佛學輔助教材正覺的道路——小六 (學生課本，學生作業，教師用書(光碟))。香港：香港佛教聯合會。

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2011a)。緣起生命教育初中佛學輔助教材正覺的道路——中二 (學生課本，學生作業，教師用書(光碟))。香港：香港佛教聯合會。

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2011b)。緣起生命教育高小佛學輔助教材正覺的道路——小五 (學生課本，學生作業，教師用書(光碟))。香港：香港佛教聯合會。

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2010a)。緣起生命教育初中佛學輔助教材正覺的道路——中一 (學生課本，學生作業，教師用書(光碟))。

香港：香港佛教聯合會。

釋衍空主編，釋衍空、胡蕙茵、陳杭霞編著 (2010b)。緣起生命教育高小佛學輔助教材正覺的道路——小四 (學生課本，學生作業，教師用書(光碟))
香港：香港佛教聯合會。

釋衍空、胡蕙茵編著 (2008)。佛化生命教育課程教材套初中篇。香港：香港教育統籌局優質教育基金、東蓮覺苑。

釋衍空、胡蕙茵編著 (2008)。佛化生命教育課程教材套高小篇。香港：香港教育統籌局優質教育基金、東蓮覺苑。

香港大學佛學研究中心 (2006)。「生命定向」增進計劃—導師使用手冊。香港：香港教育統籌局優質教育基金。

Book chapters

Sik, H. H., & Wu, W. Y. B. (2015). The Importance of the Buddhist Teaching on Three Kinds of Knowing: In a School-based Contemplative Education Program. In Venerable Professor K.L. Dhammajoti (Ed.), *Buddhist Meditative Praxis: traditional teachings and modern applications*. Hong Kong: The Centre of Buddhist Studies, The University of Hong Kong.

Invited academic speeches and workshops

Wu, W. Y. B. (2021). Development of Research Studies in Buddhist Counselling. In Online Symposium "The Rising Field of Buddhist Counseling and Spiritual Care: Professional Practice and Training". The University of Toronto & The University of Hong Kong.

Wu, W. Y. B. (2020). The Development and Evaluation of a Novel Group-based Mahāyāna Buddhist Intervention, Awareness Training Program. In *Online Seminar Series "New Frontiers in Buddhist Studies"*. Hong Kong, China: The University of Hong Kong.

Wu, W. Y. B. (2020). 以悲智為本的覺醒訓練課程. In *佛法輔導：悲·智·科學與應用*. Hong Kong, China: The University of Hong Kong.

- Sik, H. H., & Wu, W. Y. B. (2019). A Mahayana Buddhist Approach for Stress Management. In *Buddhist Values and Economics: Investing in a Sustainable Future International Conference*. Hong Kong, China: The University of Hong Kong.
- Sik, H. H., & Wu, W. Y. B. (2018). A Mahayana Buddhist teaching-based intervention, awareness training program: Its theoretical model and effectiveness. In *MaMa Charitable Foundation Symposium: Buddhist Counselling- Instigating Insight into the Healing Process*. Hong Kong, China: The University of Hong Kong.
- Sik, H. H., & Wu, W. Y. B. (2018). An introduction to Awareness Training Program. In *MaMa Charitable Foundation Symposium: Buddhist Counselling- Instigating Insight into the Healing Process*. Hong Kong, China: The University of Hong Kong.