LIHOP Online Psychology Service Programs

Parenting Children with ADHD
- Evidence based program on parent education to reduce ADHD symptoms
- A series of sessions including mindset changes, skills, strategies and tools
- 4 Sessions with take home activities and opportunities for discussions
Target: Parents with children age 4 to 12
Language: Chinese
Therapist: Xia Wang, Psychologist
Structure: 60min per session, 4 sessions

Growing Strong
- Evidence based group program for teenagers aged 12-18 on positive mental health
- Incorporate CBT techniques and mindfulness practice
- Covers Friendship, Family, Health, Self and Sleep
- Develops skills of active listening, empathy and resilience in the group setting
Target: Teenagers (12-18 yrs)
Language: English
Therapist: Dr. Kimberley Carder, PsyD
Structure: 1.5 hour per week, 10 weeks

Manage Your Child's Emotion
Brief Introduction: Based on the attachment theory, to help parents understand the child's emotions development and teach strategies to nature a child's sense of security.
Target: Parents with children age 0 to 3
Language: Chinese
Therapist: Sandy Tien, Psychologist
Structure: 3 sessions

Mental Health 101
- Anxiety and Depression - understanding the growing epidemic of mental health challenges.
- How to recognise the symptoms and how to cope if you see someone else with them.
- Case studies and coping skills.
Target: Teenagers (12-18 yrs)
Language: English
Therapist: Dr. Kimberley Carder, PsyD
Structure: 60min
**Understanding Adolescent Development and Managing Conflicts**

- Evidence based program for teenagers aged 12-21 on three stages of adolescent development
- Recognize the stages of cognitive changes and social & emotional changes.
- Parenting tips for each stage and identify the changes your adolescent is going through and accept them

Target: Parents
Language: English
Therapist: Santy Chen, Psychologist
Duration: 60 min

**The Impact of Emotional Wellbeing in Learning**

- Childhood mental health issues such as anxiety, depression and trauma are often overlooked in the classroom and misdiagnosed as learning disabilities, ADHD or even ASD.
- Make comparison of overlapping symptoms and explain how common symptoms in the classroom can have many different explanations which will change the support they require.

Target: Teachers
Language: English
Therapist: Santy Chen, Psychologist
Duration: 60 min

**Online Counselling**

- Targets wide range of mental health and school-base issues, such as anxiety, depression, learning difficulties, emotional regulations, social skills difficulties and low self esteem.
- A range of approaches such as Cognitive-Behavioural, Family Systems, Psychodynamic psychotherapy, dialectical behavioural therapy, acceptance and commitment therapy, and solution-focused therapy.

Target: Teenagers (12-18 yrs)
Language: English and Chinese
Therapist: All Clinical Psychologist
Duration: 60 min