

STUDENT DEVELOPMENT UNIT (SDU) SERIES OF HEALTHY MINDS WORKSHOPS: **SLEEP AND MENTAL HEALTH**

HIGHLIGHTS

- Common Myths on Sleep
- Functions of Sleep
- Bad habits affecting sleep
- Effective tips for sleep



SPEAKER



Mr. Alex TSANG, Registered Clinical Supervisor / Counsellor (APCPA)

- Mr. Alex Tsang is a highly accomplished and experienced professional in the field of psychology and counselling with over 15 years of clinical experience. He has emerged as a trusted Registered Clinical Supervisor, Counsellor (Asian Professional Counselling & Psychology Association, APCPA), and Psychotherapist.
- He has dedicated himself to helping individuals overcome emotional and mental challenges. In addition to his clinical practice, he is also an esteemed Psychology Lecturer. He shares his wealth of knowledge and insights with aspiring psychologists and mental health professionals, inspiring them to develop their skills and make a positive impact in their own practice.



1 March 2024 (Friday)



4:00pm - 6:00pm



**LI-2409, 2/F, Li Dak Sum Yip Yio Chin Academic Building,
City University of Hong Kong**

Quota:

Quota: 20 (on a first-come, first-served basis)

Medium of Instruction:

Cantonese

Online registration link:

apps.scope.edu/seminar/233-CE-29

Target:

3-year Degree, Top-up Degree, Advanced Diploma
and Professional Diploma Students (Full-time & Part-time Programmes)



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