

Evidence-Based Trauma Care After Disaster: Clinical Interventions for Trauma and Loss

Mind HK is dedicated to bringing international best practices to Hong Kong and continuing to inform and enrich our services.

First up in 2026, we are delighted to invite **Prof. Jennifer Wild**, renowned for her **trauma intervention** work in multiple major international crises to lead a professional training on clinical interventions for trauma and loss.

Gain confidence in **assessing and treating trauma survivors**. This free professional training introduces global standards to Hong Kong - supporting the mental health community in providing effective, evidence-based care to **affected individuals and families** using **Cognitive Therapy for PTSD**.

- ✓ Evidence-based intervention
Applicable to all traumatic events
- ✓ Practical, evidence-based skills
- ✓ Free certificated training*



21-23 Jan 2026

Subject to registered topic(s)*



**Lecture Theatre,
HKEC Training Centre for
Healthcare Management
and Clinical Technology**

Pamela Youde Nethersole
Eastern Hospital
3 Lok Man Road, Chai Wan



**Zoom live streaming
available**



English



CE Points:

CME/ CNE/ CPD Pending



Free



First come,
first served.

Reserve your seat NOW!

**Speaker:
Prof. Jennifer WILD**

Professor Fellow at the
University of Melbourne



Organiser:



Co-organisers:



Department of
Clinical Psychology
東區尤德夫人那打素醫院
臨床心理系



Department of
PSYCHOLOGY
CUHK
香港中文大學心理學系



Department of Social Work and Social Administration
The University of Hong Kong
香港大學社會工作及社會行政學系

What you will learn

Topic 1: Evidence-Based Screening and Intervention (1 day)

21 Jan (Wed) 9:30 am - 5:00 pm	Screening and Assessment	<ul style="list-style-type: none"> Validated methods for identifying trauma-related symptoms and assessing risks Culturally sensitive approaches relevant to post-disaster contexts
	Interventions for common trauma symptoms	<ul style="list-style-type: none"> Evidence-based strategies to address acute stress, re-experiencing, and emotional dysregulation for trauma survivors

Topic 2: Cognitive Therapy for PTSD (1.5 days)

22 Jan (Thu) 9:30 am - 5:00 pm	Cognitive therapy for PTSD	<ul style="list-style-type: none"> In-depth understanding and hands-on guidance of cognitive therapy for PTSD Case conceptualisation, relapse prevention, and therapist skills practice
23 Jan (Fri) 9:30 am - 12:30 pm	Cognitive therapy for PTSD: Arising from traumatic bereavement	<ul style="list-style-type: none"> Therapeutic adaptations for grief and loss following large-scale disasters Addressing complex trauma presentations

Note:

- Participants can register for individual topic(s).
- An e-certificate will be issued to participants upon 100% attendance for sessions Topic 1 and/or Topic 2.

Also available for sign-up:

Free Public Lecture - Lessons from Grenfell Tower Fire (23 Jan)

Time: 2 - 5 pm

Venue: In-person (Lecture Theatre, HKECTC, PYNEH) & Zoom live streaming



Speaker:
Prof. Jennifer WILD
 Professor Fellow at the University of Melbourne



Moderator: Dr the Honourable LAM Ching-choi, GBS, JP
 Chairman of the Advisory Committee on Mental Health



[REGISTER NOW](#)



Professionals across disciplines are welcome to join!

Psychiatrists, Psychologists, Social Workers, Counsellors, Psychiatric Nurses, Occupational Therapists, Crisis Intervention and Trauma Practitioners, Other allied health professionals involved in post-disaster care

Meet our speaker

Gain insights from world-leading expert

Prof. Jennifer Wild is a Professorial Fellow at the University of Melbourne and a Visiting Professor of Experimental Psychology at the University of Oxford. She is internationally recognised for developing interventions that prevent and treat **post-traumatic stress disorder (PTSD)** and **depression** among trauma-exposed populations, including healthcare workers, first responders, military personnel, and disaster survivors.

Prof. Wild's research focuses on identifying cognitive and behavioural mechanisms that maintain PTSD and depression, and translating these findings into scalable, evidence-based interventions. Her groundbreaking work includes **Cognitive Therapy Coaching for PTSD and depression**, as well as **Internet-delivered Cognitive Training in Resilience (iCT-R)** — the first programme proven to prevent PTSD and major depressive disorder in paramedics.



Speaker:
Prof. Jennifer WILD

Prof. Wild has provided expert consultation and support following major international crises, including the **Chilean miners disaster**, the **2004 Asian tsunami**, the **Tham Luang Cave incident**, the **Boston bombings**, and the **Grenfell Tower fire**. In 2025, she also delivered training and supervision to clinicians following the **Southport attack** and on Mental Health Care following Catastrophes and Emergencies.

Her work has influenced **NICE (UK) guidelines** and has been implemented nationally and internationally through organisations such as **Mind UK**, and in **Singapore** and **Australia**. She is the author of **more than 100 peer-reviewed publications and two books**, including *Be Extraordinary: 7 Key Skills to Transform Your Life from Ordinary to Extraordinary*.