China Wellness Self-Management Training

Wellness Self-Management (WSM) is a recovery-oriented, curriculum-based, and educationally focused practice designed to assist adults with serious mental health problems to make informed decisions and take action to manage symptoms effectively and improve their quality of life. WSM uses comprehensive personal workbooks for group facilitators and consumers and employs a structured and easy-to-implement group facilitation framework. WSM has been widely used by adult mental health agencies in the US, representing a broad array of program types, clinical conditions, and cultural populations. Based on the WSM and considering the mental health care system and situation in China, C-WSM incorporates theories and practices of Traditional Chinese Medicine, and is developed to respond to the characteristics of Chinese patients and service needs, in order to offer effective way of care and recovery.

The training is to train mental health social workers and other professionals and to describe the development, key features, delivery, adoption and sustaining of C-WSM in China. The content fits the needs of social work graduate students, researchers and practitioners. The training would help establish a ground work and build up a network for C-WSM evaluation, research and scale-up in China.

>> Trainers:

Dr. Yuhwa Eva LU is an associate professor at NYU Silver School of Social Work. Her scholarship and research interests are primarily in human diversity and social work practice. She has published articles in the areas of assessment and evaluation of clinical and cultural competency, and has pioneered the use of Objective Structured Clinical Evaluation (OSCE) in the classroom using the standardized SW-OSCE methodology. Most recently, Dr. Lu’s course development and research have focused on mindfulness in social work practice, and applying the BMS (Body Mind Spirit) service model to the integration of health and behavioral health prevention/intervention services amongst minority seniors.

CAO Yibin, associate chief physician in Chinese Medicine, member of TCM Gynecology of Chinese Medicine Association, currently works as the director of Outpatient Department at Jiujiang City Hospital in Jiangxi Province. At Jiujiang City Hospital, Dr. Cao established “Cao Yibin studio.” Cao has been engaged in clinical work in traditional Chinese Medicine nearly 30 years. His main research interests are classical Chinese medicine, and combination of Chinese traditional and Western medicine. Dr. Cao has successfully treated more than 200,000 patients, and has established the expertise of integrating biological, psychological and psychiatric perspectives into clinical relationships.

LI Hua is a Physician in Charge at Fifth People’s Hospital, Jiujiang, Jiangxi Province, China. Dr. Li graduated from Jiangxi Medical College, majoring in Integrated Traditional Chinese and Western Medicine. He has been working in clinical psychiatry for more than a decade. Dr. Li specializes in the diagnosis and treatment of schizophrenia, anxiety, depression, bipolar disorder, and mental disorders caused by psychoactive substances.

Dr. FAN Hailing, associate professor; visiting scholar at University of Maryland; senior visiting scholar at Peking University; assessor of Chinese National Exam of Psychological Consultant; currently works at East China University of Political Science. Dr. Fan is researching the integration of psychological counseling and traditional Chinese medicine treatment, and has more than 10 years of experience in this area.

RSVP
Scan the QR code to register, or visit the following link:
https://nyu.qualtrics.com/jfe/form/SV_7NYWIlglyUR3QJn

The Training is sponsored by the NYU Silver School of Social Work and gMSW program in NYU Shanghai, in collaboration with NYU-ECNU Institute for Social Development at NYU Shanghai.