

Ma Shuk-wah, Helen

Visiting Assistant Professor, Centre of Buddhist Studies, The University of Hong Kong
Ph.D., University of Cambridge, 2002

Field of Specialty:

Application of mindfulness in psychotherapy

Current Lecture Courses:

Counselling and pastoral practice
Mindfulness, stress reduction and psychotherapy

Publication:

Ma, S. H. and Teasdale, J.D. (2004). Mindfulness-based Cognitive Therapy for Depression: Replication and Exploration of Differential Relapse Prevention Effects. *Journal of Counseling and Clinical Psychology*, Vol. 72, No. 1, 31-40.

Conference Presentation:

“Mindfulness and Positive Living” in the Annual Conference of Hong Kong Psychological Society, 2003.

Membership in Professional Organizations:

Associate Fellow, Hong Kong Psychological Society.
Member, Division of Clinical Psychology, Hong Kong Psychological Society.
Member, Division of Clinical Psychology, British Psychological Society.
Fellow, Cambridge Commonwealth Society.