

**“Seeing the Invisible” Program – The First Psychosocial Intervention Enhancing Psychosocial Well-Being of Parents and their Children with Eczema in Hong Kong**

- ◆ This is a waitlist controlled study on the efficacy of psychosocial intervention program for parents and children with eczema, organized by the Department of Social Work and Social Administration of The University of Hong Kong in collaboration with The Boys’ & Girls’ Clubs Association of Hong Kong and The Hong Kong Society for Rehabilitation.
- ◆ The "Seeing the Invisible" program is the first psychosocial interventions programme designed specifically for parents and their children with eczema. The program is comprised of six 3-hour weekly parallel group sessions, adopting the Integrative Body-mind-spirit (I-BMS) Intervention Model. The I-BMS intervention model has been proven to be clinically effective in improving physical, psychosocial and spiritual well-being of people experiencing different kinds of stressful life events such as chronic illness (e.g. cancer, psoriasis, infertility, chronic fatigue syndrome, insomnia, depression and anxiety, divorce and separation, reproductive loss etc.).
- ◆ 30 experienced social workers have completed professional training on the I-BMS intervention model in January 2017 and will conduct the program in the community.
- ◆ Program content of the parallel group sessions includes:

<b>Parent group (six 3-hour sessions)</b>	<b>Children group (six 3-hour sessions)</b>
Deep breathing (e.g. Abdominal breathing)	Deep breathing (e.g. Abdominal breathing)
Mind-body exercise (e.g. Body scan)	Palming and massaging (e.g. Eye massage)
Massaging (e.g. Acupressure)	Focusing (e.g. Attention to mindful bell)
Mindful eating	Mindful walking (e.g Turtle walk)
Accepting and expressing emotion (e.g. Letting go and forgiveness exercise)	Accepting and expressing emotion (e.g. Art and clay making)
Meditation	Meditation

## Program details

<b>Application period</b>	From now until 30/6/2017
<b>Target participants</b>	Children studying P1-6 who have been diagnosed of eczema and one of their parents, except those who are (a) not able to read or speak in Chinese (b) have a known history of psychiatric illness
<b>Program format</b>	36-hour intervention program (To be conducted in parallel group sessions) <ul style="list-style-type: none"><li>◆ Six 3-hour weekly session for children with eczema</li><li>◆ Six 3-hour weekly session for parents</li></ul> (Both children and parents are required to complete an assessment protocol before and after the intervention program.)
<b>Venue</b>	<u>Kowloon Area</u> BGCA Lok Man Children & Family Integrated Activity Centre (2714 3200) BGCA Sau Mau Ping Children & Youth Integrated Services Centre (2348 0636) BGCA Cheung Sha Wan Children & Youth Integrated Services Centre (2729 2294) HKSR The Centre on Health & Wellness (Lam Tin Centre) (2772 3366)  <u>Hong Kong Island &amp; Outlying Islands</u> BGCA Children & Youth Integrated Services Centre (2550 3622) HKSR Community Rehabilitation Network (Kornhill Centre) (2549 7744)  <u>New Territories</u> BGCA Tsing Yi Children & Youth Integrated Services Centre (2433 2319) BGCA Cheung Hang Children & Youth Integrated Services Centre (2435 2113)
<b>Cost</b>	HKD\$300 (Families with financial needs are eligible for total fee waiver)
<b>Application</b>	BGCA and HKSR centres listed above
<b>Program Enquiry</b>	Department of Social Work and Social Administration, The University of Hong Kong (Tel: 3917-7347)