



23rd - 25th June 2023 (Friday - Sunday)

Friday, 23 June 2023 • 19:00 – 20:30

Workshop 1

Multi-modality Psychological Approach and Intervention in Insomnia



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Dr. Amy Kwok has been working as a clinical psychologist in the Hospital Authority for more than 2 decades. She is now serving as the Department Manager for Clinical Psychology Services in the Hong Kong East Cluster. Clinically, she has been working closely with people experiencing insomnia with cognitive behavioral approach. She was invited as speaker for local sleep conferences, hosting professional training workshops on psychological interventions for insomnia.

In Hong Kong, insomnia has a prevalence of 11.9% for community adults (Li et al, 2002). Interrelationships between insomnia and mental health are now well established in the epidemiological literature, with insomnia shown to be frequently comorbid with mental health concerns, such as depression or anxiety (Sateia, 2009) and risk of suicide (Li et al, 2010). Furthermore, the disorder runs a chronic and debilitating course if untreated (Zhang et al, 2012). It is clear that insomnia is not only a disorder of high personal suffering, but is also associated with high and recurring societal costs, calling for the need of effective treatments to relieve personal suffering, caring burdens, and societal economic costs.

CBT for insomnia (CBTi) provides multi-modal therapeutic components, including sleep restriction, stimulus control, relaxation and cognitive therapy. Their combination meets American Psychological Association (APA) criteria for empirically validated treatment for insomnia based on the strength of results from a number of empirical studies (Belanger et al, 2007).

This workshop aims to give a brief overview on the psychological intervention on insomnia. With case illustrations and demonstrations, it allows attendees to have some hands-on experience when handling of insomnia in their daily practice.