



## **Professor CHAN, Cecilia Lai Wan**

Professor Chan is professor of Department of Social Work and Social Administration and Si Yuan Professor in Health and Social Work. Her Eastern Body-Mind-Spirit approach of integrating western psychotherapeutic elements with traditional Chinese medicine practice into holistic behavioral health has been studied carefully with close monitoring of outcome of intervention and has been applied in the promotion of holistic wellbeing and quality of life in the community. Her models have been published in books and are being widely adopted, locally and internationally. She used a strength-oriented approach in her work of empowerment of traumatized individuals such as cancer patients, women of divorce, bereaved persons, couples with fertility issues, suicide survivors and victims of disaster. Her focus is on growth and transformation through pain and suffering. Her promotion of eastern spirituality of forgiveness, appreciation and gratitude are fundamental to building a harmonious society. Professor Chan is editor and author of over 30 books and author of over two hundred articles and book chapters in NGO capacity building, health and mental health, eastern integrative empowerment intervention and outcome research, fertility and sterility, psychosocial oncology, death and loss, bereavement and palliative care.

Since 2009, she has focused on ancient Chinese Body-Mind-Spirit exercises such as Qigong and Taichi in the health prevention for sub-health population (e.g. chronic fatigue syndrome-like illness), rehabilitation for cancer patients, family caregivers, holistic wellbeing for persons with insomnia and mental illness and relevant research. Eastern Body-Mind-Spirit therapy and Qigong exercise has been proven to not only improve the psychological wellbeing, but also change physiological outcomes.