

The Mental Health Association of Hong Kong
AEDP Level III Core Supervision Group (2026-27)

The world breaks everyone and afterward many are strong at the broken places.

by Ernest Hemingway

Accelerated Experiential Dynamic Psychotherapy (AEDP) is a transformation-based, healing-oriented model of therapy. As an integrative framework, AEDP has its roots in emotion theory, affective neuroscience, attachment theory, body-focused treatments, and transformational studies. The AEDP therapist, as the secure base for the client, fosters the emergence of healing experiences through the in-depth processing of overwhelming and relational experiences.

Objectives:

- To develop AEDP Core Supervision Groups in Hong Kong through which trainees spend concentrated time together immersed in the one and a half year learning process via regular individual and group supervisions from a group of certified AEDP supervisors and supervisors-in-training.
- To provide an experiential and reflective learning environment that is designed to foster a culture of mutually engaged and trust which allows the risk-taking of exposing one's own videotaped work and learning from the work of others.
- To monitor the progress of trainees in their exposure and practice of AEDP over the training for preparing them to follow through the certification guideline in reaching the ultimate goal of becoming a certified AEDP therapist.

Structure of the supervision program:

It consists of three parts: group and individual supervision, and fieldwork practice.

Group Supervision (in total 84 hours):

- Each trainee receives individual supervision by presenting his/her videotaped clinical sessions, with the other trainees of the group watching and participating in a group process under the supervision of a group of certified AEDP supervisors. In this interactive format, trainees can learn both from their own supervision and the supervision of others via exposure to many other clinician-supervisor dyads.
- Each trainee will evenly go through a series of five round (twelve hours each) of group supervision during the program; in each round each trainee has two hours case presentation in the group.
- Normally the group size will be limited to 8.

Individual Supervision (in total 9 hours):

- Each trainee will be assigned a responsible supervisor for his/her professional integration and personal growth in the learning process of AEDP. Each trainee will regularly participate into six individual supervision sessions with his/her supervisor in total over the training.

Fieldwork Practice (at least 40 hours)

- Each trainee is required to practice AEDP in a clinical setting, for at least 40 hours (i.e. 40 sessions) during the training. All interviewing sessions should be videotaped, with clients' consent, for trainee's self learning and case presentation. All videotapes, completed consent forms and log sheets for interviews should be submitted as a record.

Pre-requisites for Entry:

- A recognized degree in social work, psychology, counseling or other relevant disciplines
- At least two years of clinical experience in working with individuals or family
- Current clinical practice of psychotherapy
- Completion of Level I AEDP Immersion Course
- Current engagement or completion of Level II Core Skills Training

An enrollment interview will be arranged with each applicant before admission to the program.

Principal supervisors:

Mr. Kwok-wing Wu

(Registered Clinical Psychologist, Adjunct Faculty of AEDP Institute)

- Kwok-wing Wu currently is a registered clinical psychologist in the Mental Health Association of Hong Kong (MHAHK). He specializes in treating clients with depression and anxiety, healing of emotional trauma and resolution of attachment complex. He also likes to teach and train clinicians with in-depth, emotionally based and bodily rooted psychotherapies. Being inspired by Diana Fosha, PhD. (the founder of AEDP), Kwok-wing was going through several years of training and clinical supervision with Danny Yeung, M.D., and became certified as AEDP Therapist and AEDP Supervisor in 2011 and 2012 respectively. Kwok-wing is also a founding member of AEDP HK. He set up the first centre-based AEDP service in MHAHK since 2007 and organized a series of structural training and supervision program since 2009. He also presented his clinical work in AEDP Level I training since 2012 and conducted a series of localized AEDP Core Skills Training since 2013.

Ms. Esther Wai Yee Poon

(Marriage and Family Therapist, Adjunct Faculty of AEDP Institute)

- Esther Poon is a Certified AEDP Therapist and Supervisor in private practice in Hong Kong. She has been in AEDP supervision and training with Danny Yeung, MD since 2007. She became certified as an AEDP therapist in 2013 and as a Supervisor in 2018. She is the pre-clinical Member of AAMFT, certified clinical supervisor in Hong Kong Professional Counselling Association (HKPCA) and Hong Kong Marriage and Family Therapy Association (HKMFA). She is currently the clinical supervisor of the Master course of Marriage and Family Therapy in the Hong Kong Polytechnic University. She is the founder of a trauma healing centre in Hong Kong, specialized in treating clients with depression and anxiety, particularly those with relational trauma and emotional hurts. As a Somatic Experiencing Practitioner (SEP®) with MFT training, Esther strives to integrate the concepts

and skills in working with individuals and families in affect regulations, strengthening attachment bonding and facilitating growth and healing. She also has the passion to share with clinicians the healing power of AEDP and help the growth of AEDP in Chinese community.

Ms. Lydia Kei Man Mak

(Registered Social Worker, Certified AEDP Supervisor)

- Lydia Mak is a registered social worker (RSW) in Hong Kong. She has worked as a social worker for nearly 30 years, mainly providing counselling services for individuals and families. She also offers clinical supervision to social workers and counsellors. She is also a part-time practicum supervisor for the Master in Counseling program. Being inspired by Diana Fosha (the founder of AEDP) in the Immersion Course, Lydia started the AEDP training and supervision with Danny Yeung in 2011. She became certified as an AEDP therapist in 2014. In addition to AEDP, as a certified Somatic Experiencing Practitioner and a whole-body focusing therapist, somatic experiencing can be well utilized to deepen the emotional experience and facilitate emotional transformation. As the UK registered psychodrama psychotherapist, such training also helps to support her work in AEDP.

Ms. Catherine Wing Wai Wong

(Certified Clinical Supervisor, Certified AEDP Supervisor)

- Catherine Wong is a distinguished private family therapist and certified supervisor (APCPA & HKMFTA) with over 28 years of extensive counseling experience and 16 years dedicated to supervision. She specializes in individual, marital, and family counseling, with a particular focus on trauma healing. Since 2008, Catherine has facilitated both individual and group supervision, engaging with a diverse clientele, including university students and seasoned social workers and counselors. She imparts a wide array of therapeutic techniques and skills to her supervisees, enhancing their professional development. In her therapeutic practice, Catherine employs an integrative approach, drawing on theories from various disciplines such as spirituality, attachment theory, emotional theory, affective neuroscience, and body-focused methodologies. When working with children, she adeptly utilizes both directive and non-directive child-centered play therapies, catering to those with special needs. Catherine is inspired by the work of Diana Fosha, the founder of AEDP, as well as Dr. Danny Yeung and Dr. Victoria Cheung. Their contributions, along with insights from various AEDP supervisors, inform her practice and supervisory approach. Currently, Catherine holds the position of clinical supervisor in the Social Work Department at Hong Kong Polytechnic University. As a committed member of the AEDP community for nine years, she achieved certification as an AEDP supervisor in 2022. Furthermore, she contributes as a trainer for the AEDP Core Skills Training at Level 2.

Mr. Bob Mang Sau Yip

(Clinical Supervisor, Certified AEDP Supervisor)

- Bob has been a private practice psychotherapist and trainer in Hong Kong since 1995 and

also served as Adjunct Lecturer in local Theological Seminaries. He is experienced in teaching MBTI, NLP and Enneagram. Prior to start his private practice, Bob worked as counselor, clinical supervisor at Breakthrough Counseling Center. Besides psychological practice, Bob is an Ignatius Spiritual Exerciser giver. He received spiritual director from Xavier House of Hong Kong and training on Ignatius Spiritual Direction from Kardia Heart Wisdom in Australia. His first encounter with Dr. Fosha in 2015 was so inspiring that Bob decided to learn AEDP with great zeal. He went through four years' clinical supervision under Mr. Kwok-wing Wu, Miss Judy Wong and Miss Cammy Cheung respectively, and was certified as AEDP Therapist in June 2020. Bob also has the passion to teach and train pastors, spiritual directors and retreatants in integrating AEDP and Spiritual Direction, witnessing how retreatants are transformed through the AEDP transforming process.

Supervisors-in-training

Ms. Dorcas Choi Wan Lau

(Registered Social Worker, Certified AEDP Therapist)

- Dorcas is a registered social worker (RSW) in Hong Kong and has worked as a social worker for over 25 years, mainly providing intensive counseling for individuals and their families for their problems of mental health, marriage and parent-child relationship. She has provided social work fieldwork supervision for the University of Hong Kong and Caritas Institute of Higher Education. Dorcas started the journey with AEDP training and clinical supervisions with Ms Cammy Cheung and Ms Esther Poon after being inspired by the AEDP Immersion Course conducted by Dr. Yeung, M.D. in October, 2015. She was certified as AEDP Therapist in July 2021. After being certified as AEDP therapist, Dorcas endeavors providing counseling to drug abusers and their family members. At present, she works as a clinical coach in a drug treatment and counseling center. She is grateful for being the companion of the people with addiction problems and witnessing their growth and transformation.

Ms. Jessie Ying Ching Chan

(Certified Counsellor, Certified AEDP Therapist)

- Jessie Chan is a certified Counsellor with over 18 years of experience, specializing in working with youth and adolescents. She equipped herself with Focusing and became a Focusing Trainer and Children Focusing Practitioner. Since 2017, Jessie has been passionate about the philosophy and practice of AEDP. Devoting a deep effort to learn, she became a certified AEDP therapist in 2023. Integrating experiences between Focusing and AEDP, Jessie strives to develop connections and attachment bondings with others, including the facilitation of mindful embodiment. She is now participating with much enthusiasm in the AEDP community and is involved in the development and expansion of AEDP.

M. Abraham Heok Seng Lim

(Family Therapist, Certified AEDP Therapy)

- A Family Therapy and Spiritual Director, certified in AEDP, EFCT, and TCT, and an ACPCA

Clinical Supervisor. He is committed to guiding individuals toward emotional, psychological, and spiritual well-being through holistic growth and compassionate care.

Core learning elements:

- Affective model of change and transforming power of affect
- Application of the concept of state transformation into clinical practice
- Dyadic affect regulation and a sense of inter-subjectivity
- Triangles of experience and formulation of clinical materials
- Anxiety regulation and defense validation
- Attachment categories through the lens of affect
- Concept of affectively informed reflective self functioning
- Social engagement system of the Porges' polyvagal theory
- Development of somatic resource and experience
- Core affect processing and transformation
- Affect attunement and receptive affective experience
- Attachment based affective-relational strategies
- Building positive sense of self and processing positive affects
- Fostering of True Self experience through being with a True Other
- Meta-processing of corrective emotional experiences
- Intra-relational intervention with self-states

Program Adviser:

- Danny Yeung M.D. (Assistant Professor of Psychiatry, University of Toronto; Senior Faculty & Chair of International Development, AEDP Institute)
- Mr. Chi-kwong Ching (Director of the MHAHK)

Program coordinator:

Mr. Kwok-wing Wu (Registered Clinical Psychologist)

Venue of Supervision:

T. N. Foo Centre for Positive Mental Health

(Office F, 10/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK)

傅德枏輔導及發展中心（九龍彌敦道 337 至 339 號金滿樓十樓 F 室）

Training and Supervision Fee:

\$32,000 for the whole supervision program (in total 93 supervision hours)

Two terms of payment:

Part one: \$16,000 (first 50%): on or before 31.12.2025

Part two: \$16,000 (another 50%): on or before 1.10.2026

Registration period: September 1 to December 31, 2025

Training schedule of the group supervision: Saturday group

Date	Supervision	Hours
23.5.2026 9 am to 5 pm	1 st group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
13.6.2026 9 am to 5 pm	2 nd group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
1 st Individual supervision (1.5 hours)		
18.7.2026 9 am to 5 pm	3 rd group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
15.8.2026 9 am to 5 pm	4 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
2 nd Individual supervision (1.5 hours)		
12.9.2026 9 am to 5 pm	5 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
10.10.2026 9 am to 5 pm	6 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
3 rd Individual supervision (1.5 hours)		
28.11.2026 9 am to 5 pm	7 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
19.12.2026 9 am to 5 pm	8 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
4 th Individual supervision (1.5 hours)		
9.1.2027 9 am to 5 pm	9 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
20.2.2027 9 am to 5 pm	10 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
5 th Individual supervision (1.5 hours)		
13.3.2027 9 am to 5 pm	11 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
10.4.2027 9 am to 5 pm	12 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
6 th Individual supervision (1.5 hours)		
8.5.2027 9 am to 5 pm	13 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
12.6.2027 9 am to 5 pm	14 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
Total: 84 group supervision hours and 9 individual supervision hours		

Training schedule of the group supervision: Monday group

Date	Supervision	Hours
18.5.2026 9 am to 5 pm	1 st group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
22.6.2026 9 am to 5 pm	2 nd group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
1 st Individual supervision (1.5 hours)		
27.7.2026 9 am to 5 pm	3 rd group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
24.8.2026 9 am to 5 pm	4 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
2 nd Individual supervision (1.5 hours)		
21.9.2026 9 am to 5 pm	5 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
26.10.2026 9 am to 5 pm	6 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
3 rd Individual supervision (1.5 hours)		
23.11.2026 9 am to 5 pm	7 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
14.12.2026 9 am to 5 pm	8 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
4 th Individual supervision (1.5 hours)		
18.1.2027 9 am to 5 pm	9 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
22.2.2027 9 am to 5 pm	10 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
5 th Individual supervision (1.5 hours)		
22.3.2027 9 am to 5 pm	11 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
19.4.2027 9 am to 5 pm	12 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
6 th Individual supervision (1.5 hours)		
17.5.2027 9 am to 5 pm	13 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
21.6.2027 9 am to 5 pm	14 th group supervision: 3 or 4 Case presentations	6 hours supervision: 1.5 or 2 hours for each
Total: 84 group supervision hours and 9 individual supervision hours		

Requirements for the completion of the Level III supervision training:

Group Supervision:

- Each trainee should attend all group supervision sessions in order to get the required 84 hours for the completion of Level III (at least 80% of attendance).
- Each trainee should have at least 8 hours for case presentation in group supervision.

Individual Supervision:

- Each trainee should complete 9 hours of individual supervision within the period of suggested months during the training. Each lasts 1.5 hours and totally 6 sessions are required.

Fieldwork Practice:

- Each trainee should complete at least 40 hours (40 sessions) of direct clinical practice of AEDP.
- Each trainee should complete the log sheets for each interview and supervision session.

Written assignment:

- Each trainee should finish all required readings in the training and submit a written reflection on his/her own journey of learning AEDP in practice on or before 1.3.2027.

Professional practice:

- Each member is recommended to subscribe his/her own Professional Indemnity Insurance Scheme prior to the practice of AEDP.

Certification:

For those who complete the AEDP Level III Core Supervision Group, they are at the AEDP Level III graduate.

For those who had successfully registered into the level III Core Supervision Group, they do not need to participate into the level II Group Supervision.

Basic references:

Fosha, D. (Ed.). (2021). *Undoing Aloneness and the Transformation of Suffering into Flourishing: AEDP. 2.0*. Washington, DC: American Psychological Association.

Fosha, D., Siegel, D.J., & Solomon, M.(Eds.). (2009). *The Healing Power of Emotion: Affective Neuroscience, Development, and Clinical Practice*. New York: Norton

Fosha, D. (2000). *The Transforming Power of Affect: A model for Accelerated Change*. New Year: Basic Books.

McCullough, L. (1997). *Changing Character: Short Term Anxiety Regulating Psychotherapy for Restructuring Defenses, Affects and Attachments*. Basic Books.

楊兆前、張吳國儀合著（2007）：《心靈寫真 II—雨後天虹之心靈創傷與感動治療》。明風出版。

For enquiry:

For information on the training curriculum and other details, please feel free to contact Mr. Wu at 35831196 or through email at kwwu@mhahk.org.hk

For those who are interested to apply the supervision group, please complete the attached registration form and make a check payable to **The Mental Health Association of Hong Kong** (\$16,000), and mail it to the T. N. Foo Centre for Positive Mental Health (Office F, 9/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK), **on or before 31.12.2025**.

Enrollment interview:

An enrollment interview will be arranged with each applicant before admission to the program. The dates for the interview are **January 14 (PM) and January 17 (AM), 2026**. The exact date and time will be informed once the application has been confirmed.



The Mental Health Association of Hong Kong
AEDP Core Supervision Group (2026-27)

Registration Form

Title: Dr. Mrs. Ms. Mr.

Full Name: (English) _____ (Chinese) _____

Organization: _____

Correspondence Address: _____

Tel. No.: _____ Position: _____

Email: _____

Application Method

Please ✓ the box which group you prefer: Saturday group Monday group

Please ✓ the box which date you prefer for the interview: 14.1.2026 PM 17.1.2026 AM

Please make a crossed cheque payable to (支票抬頭): **“The Mental Health Association of Hong Kong”**

Payment: HK\$16,000 Cheque No.: _____ of Bank: _____

Please post completed registration form and crossed cheque to (郵寄地址):

T. N. Foo Centre for Positive Mental Health

(Office F, 9/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK)

General Information

An enrollment interview will be arranged with each applicant before admission to the program

Application will only be secured with payment.

Successful applicants will be confirmed by email.

Receipt of application fee will be presented to trainees in the first meeting of the supervision.

A “Certificate of Completion” will be presented to trainees after having completed all the requirement (at least 80% attendance rate).

Fees are non-refundable.

If black rainstorm warning or typhoon signal No. 8 is hoisted, the supervision session will be cancelled. Details of postponement or other arrangements will be announced afterwards.

For further enquiry, please kindly contact Mr. Wu at 35831196

收集個人資料聲明

- 有關本會《收集個人資料聲明》，請參閱本會網站 <https://www.mhahk.org.hk/chi/pics.htm>。本會擬使用你的個人資料，以作日後聯絡、籌款、義工招募、宣傳活動/服務/課程或收集意見等推廣用途。未經你的同意，本會不會使用你的個人資料作上述用途。在本表格上簽署表示你同意香港心理衛生會如此使用你的個人資料。如你不同意，請在以下空格加上「✓」號。

本人不同意香港心理衛生會使用本人的個人資料作上述推廣用途。

申請人簽名 Signature of applicant: _____ 日期 Date: _____