

Rethinking Childhood Trauma: A Brain-Based Perspective for Helping Professionals

Many helping professionals encounter challenges with clients who endured adverse childhood experiences (ACE): resistance to change, stalled progress, and limited time for in-depth interventions. This half-day workshop, co-led by psychologist Prof. Jee Hyun KIM and psychiatrist Dr. William CHUI, provides a brain-mind perspective on how trauma shapes memory, emotion, and behavior, and what we can do about it.

Prof. KIM Jee Hyun explores the neurobiology of memory and forgetting in childhood trauma, highlighting their roles in mental health across the lifespan, age- and sex-specific mechanisms, and implications for trauma-informed care.

Dr. William CHUI examines how ACE disrupts brain development and entrenches fight-flight-freeze-fawn patterns. He will share practical steps that can accumulate into meaningful change in the brain-mind system, with the goal of out-growing the ACE.

Seats are limited, don't miss this opportunity to learn together!

Speakers



Prof. KIM Jee Hyun

Professor, School of Medicine
Deakin University
Australia



Dr. CHUI Wing Ho
William

Specialist in Psychiatry



WEDNESDAY
26/11/2025



TIME
09:00 - 13:00



REGISTER NOW



FellowSPACE

28/F, Tower A, Southmark, 11 Yi Hing Street, Wong Chuk Hang



Languages: English



Registration Deadline: 21 / 11/ 2025



CPD/CNE points: 4 Points (In application)



Quota: 50



Fee: HK\$800 **(Early Bird Fee: HK\$600, payment on or before 10/11/2025)**



Attendance Certificate & Souvenirs

Targets:

- Social workers
- Counsellors
- Psychologists
- Pastors
- Nurses
- Medical practitioners
- Others in helping and caring professions



Enquiry



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Our Speaker



Prof. KIM Jee Hyun

Professor, School of Medicine
Deakin University
Australia

Professor KIM Jee Hyun is an Australian Research Council Future Fellow and the Head of Molecular Psychiatry Laboratory at the School of Medicine, Deakin University. After obtaining her PhD from the University of New South Wales (Sydney, Australia), Jee received postdoctoral training at University of Michigan (Ann Arbor, USA) before her appointment at the University of Melbourne in 2011. Dr Kim joined Deakin University in 2020. Jee studies the neurobiology of memory in mental disorders across development and ageing in rodents and humans, with a strong cognition focus. Apart from basic neuroscience work in memory, Jee is currently managing the Trimetazidine In bipolar DEpression (TIDE) clinical trial to test the efficacy of a metabolic drug on reducing depression in bipolar disorder.

Jee has won numerous national and international awards for her ground-breaking work (https://en.wikipedia.org/wiki/Jee_Hyun_Kim), including the World Federation of Societies of Biological Psychiatry Young Investigator Award in 2024. Jee has >120 publications, for which she is the corresponding author to >60. Her work is cited ~5,000 times across many countries. Jee is an active science communicator, with her TEDxMelbourne talk reaching >800,000 views (https://www.youtube.com/watch?v=W_t9O5MgisM).

Jee strongly believes in open science and collaborations to actively combat the replication crisis in science. For example, she has been leading mapping of dopamine receptors (DOPAMAP) across development in partnership with the Human Brain Project funded by European Union (<https://www.humanbrainproject.eu/en/about/project-structure/partnering-projects/dopamap/>).



Dr. CHUI Wing Ho William

Specialist in Psychiatry

Dr. CHUI Wing Ho William is a psychiatrist in private practice. He graduated from Faculty of Medicine, University of Hong Kong. He obtained Membership of the Royal College of Psychiatrists in the United Kingdom and Fellowship of Hong Kong College of Psychiatry. Dr. CHUI is also an Honorary Clinical Assistant Professor at the Department of Psychiatry, the University of Hong Kong, and an adjunct Assistant Professor at the Centre of Buddhist Studies, the University of Hong Kong.

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Outline of the Workshop

PART 1:

"The Science of Forgetting: Memory, Trauma, and Healing in Childhood"

Prof. KIM Jee Hyun

- Understand the role of forgetting in mental health—how it complements memory and supports emotional adaptation.
- Explore the neurobiology of memory and forgetting, and how these processes influence mental disorders across the lifespan.
- Learn why forgetting is essential for focusing on the present, enhancing creativity and coping with painful past experiences.
- Discover how emotionally significant childhood memories are remembered and forgotten—and how this impacts therapy.
- Gain insights into age-specific forgetting behaviours and their biological mechanisms.
- Examine sex-specific differences in forgetting and their implications for personalised healing strategies.
- Understand how scientific findings can be translated into clinical practice to improve trauma-informed care.
- Be inspired by a vision to reshape therapeutic approaches through a deeper understanding of memory and forgetting.

PART 2:

"Action Plan for Outgrowing ACE: Brain-Based Steps for Everyday Practice"

Dr. CHUI Wing Ho, William

- Understand how ACE affects brain development and stress systems, elevating fear and anger
- Recognize the amygdala “alarm,” toxic stress effects, and how fight, flight, freeze, and fawn become habitual
- Learn how secure attachment and feeling loved recalibrate the alarm and build core beliefs of worth, trust, and control.
- See how neuroplasticity creates risk but also recovery
- Identify common “toxic traps”: attraction to violence, self-blame, people-pleasing, black-and-white thinking, over-familiarity bias.
- Embrace a growth mindset: skills and coping are built via effort, feedback, and learning
- Implement practical actions: clear boundaries, nonviolent communication, prefrontal cortex regulation, and self-soothing behavior
- Translate to practice: help clients form an “adult mode” narrative of ACE
- Encourage help-seeking: mobilize family, community resources, and psychotherapy to reinforce safety and skills.
- Apply trauma-informed care: reduce alarm reactivity, strengthen regulation and attachment, and scaffold mastery through repetition



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Workshop Rundown

08:45-09:00 → **Registration**

09:00-11:15 →

PART 1

"The Science of Forgetting: Memory, Trauma, and Healing in Childhood"

Prof. KIM Jee Hyun
 Professor, School of Medicine
 Deakin University
 Australia

11:15-11:30 →

Break

11:30-13:00 →

PART 2

"Action Plan for Outgrowing ACE: Brain-Based Steps for Everyday Practice"

Dr. CHUI Wing Ho, William
 Specialist in Psychiatry

13:00-13:15 →

END



Fee: HK\$800 (Early Bird Fee: HK\$600, payment on or before 10/11/2025)

Enrolment deadline: 21/11/2025

Payment Methods

1. Bank Transfer / FPS (Faster Payment System)

Account Name: Harmony House Limited

Bank: HSBC

Account Number: 004-848-535399-838

※ After making the payment, please take a photo of the bank-in slip or transaction record and send to us via WhatsApp 5494 8702

2. Pay in Person at the Centre

Jockey Club Harmony Link Domestic Violence Prevention Centre

Address: Wing B, G/F, On Wah House, Lok Wah (South) Estate, Kwun Tong, Kowloon, Hong Kong

Opening Hours: Monday to Saturday (10:00AM – 6:00PM)

Receipts will be distributed on the day of the workshop

***No refund after registration**

Please scan the QR code or Click [HERE](#) for registration



REGISTER NOW

Seats will be reserved on a first-come-first-served basis



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