

## What do you gain from this ICAN Whole Person Development course?

You do not only gain knowledge and skills in this course. This course is a **process of change** for yourself, your family and your work/business. It also gives you a **professional qualification**, a **career** in helping others and the progression to a **higher degree**.

✓ ***You gain for yourself***

This Advanced Diploma course is a **process of enhancing** your holistic health and happiness through strengthening your mindwellness and power.

✓ ***You gain for your family***

This Advanced Diploma course helps you **change your family** by empowering you with skills to **change your family members**. You will have a happier and more harmonious family.

✓ ***You gain for your work/business***

This Advanced Diploma course helps you **change your work/business** by empowering you with skills to **change your colleagues/staff**. You will gain higher grounds in work/business.

✓ ***You achieve a professional qualification***

On obtaining this Advanced Diploma, students are eligible to become **Registered ICAN Consultant** of Whole Person Development Institute, subject to complying with the terms and codes of practice of the Institute.

✓ ***You open up a career in helping others***

The qualification of Registered ICAN Consultant opens up a career in helping others.

✓ ***You open up a Master degree programme***

This Advanced Diploma opens up and contributes credits to the course leading to Master of Arts in Work Based Learning Studies.

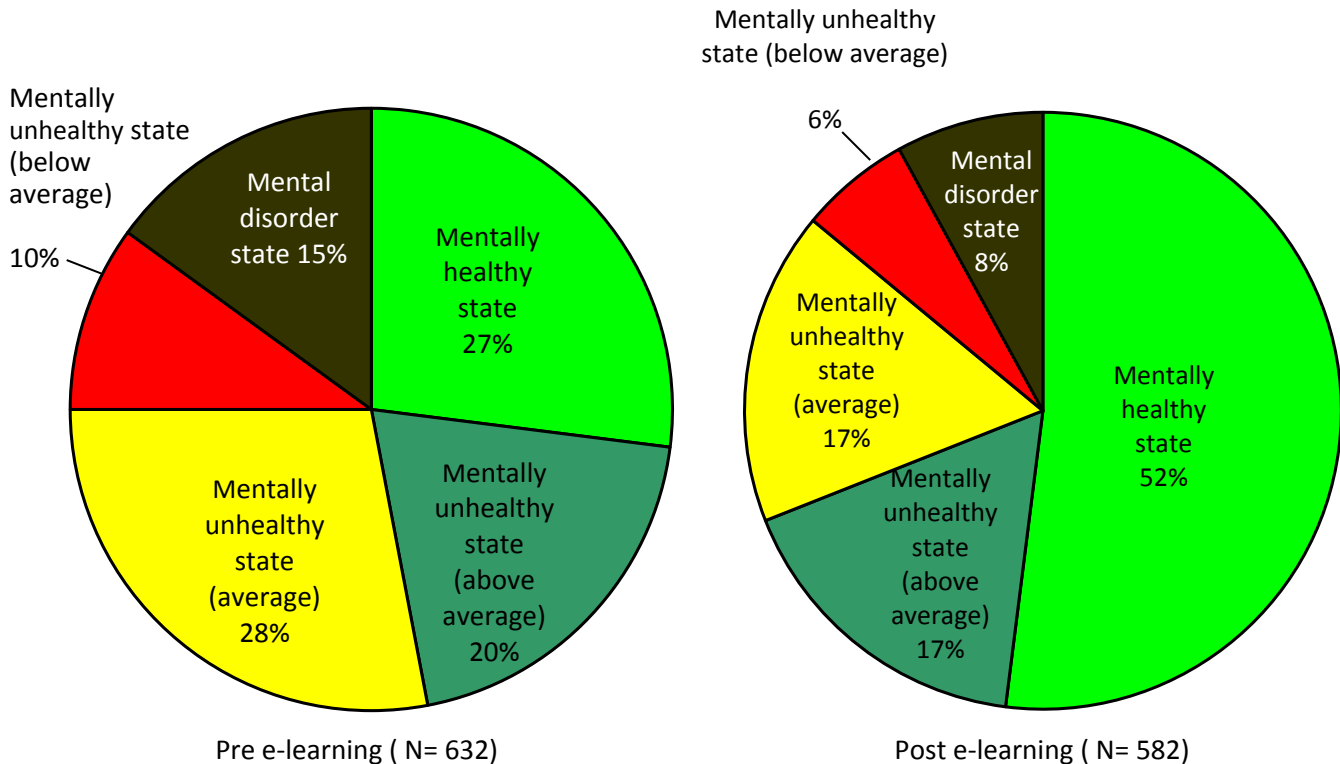
***Successful completion of this programme qualifies for  
Registered ICAN Consultant and opens up a career in helping others***

### **Registered ICAN Consultant**

On successfully completing this Advanced Diploma programme, students can apply to become Registered ICAN Consultant of Whole Person Development Institute. Registered ICAN Consultants are licensed to use the e-learning programme in this course and other ICAN training programmes. They can use the programmes within the corporations, government departments, schools, hospitals or NGOs that employ them to help their colleagues and other people (such as patients, clients and students). They can also become an independent practitioner using the e-learning programme and other ICAN training programmes to develop into a career in helping others.

## The power of the ICAN Whole Person Development course

The following is an example of the effects of enhancement of mental health among a cohort of some 600 teachers after studying the e-learning programme:



## Target Students

### Education Sector

Teachers, principals, academics, counsellors, social workers.

### Corporate Sector

Executives, human resources managers and other workers who wish to better themselves and to help others.

### Health Care Sector


Nurses, counsellors, doctors and other healthcare professionals.

### Public Sector



People interested in unleashing their untapped potential, strengthening their mental health and mind power to increase personal efficacy in the three important aspects (self, family, work) of life and in helping other to do the same.

*It is a matter of discretion for individual employers to recognise any qualification to which this course may lead.*


# What is iCAN Model?

 iCAN model is a scientific and valued-based practical psychology model innovated by Dr Wong Chung-Kwong, JP.



The three interacting objectives of **Success**, **Advancement** and **Happiness** of the  iCAN model come from the core principles of three important domains of psychiatry and psychology: psychotherapy; motivational psychology; and developmental psychology. In the  iCAN model, the psychological functioning of people is the interaction of four components: Self-value, Perception (or Cognition), Emotion and Behaviour. We use the term Personality Functioning to refer to this four-component interaction.

**Success** is the result of positive Personality Functioning: good self-esteem and abiding by correct value of life; optimistic perception and thinking; positive emotion; and effective behaviour.

**Advancement** is brought about by the  iCAN Self-empowerment Process. It starts from *Insights* in which people make conscious efforts to reflect upon themselves and their situations, including strengths and weaknesses. The next step is *Confirmation*: people set goals to better themselves. This is followed by *Abilities*: they activate their internal drive to learn and to act in order to achieve their goals. The process goes on to *Nurture*: they achieve “outward” attainment, and more importantly, “inward” self-appreciation and mastery. Such inward positive self-appreciation and sense of mastery motivate them to ask the salient question, “How can I do even better?” This question is the starting point of the next round of *Insights* in that it motivates people to set further and higher goals, thus generating very strong self-motivating force to make continuous progress and advancement in life.

**Happiness** is to “Connect” and “Empower”. To “Connect” is to form and maintain high quality inter-personal relationship with family members, friends, colleagues, other people, and also society and country. To “Empower” means to have the power to influence others, through high quality inter-personal relationship. People who are able to “Connect” and to “Empower” are healthy, strong and happy. The three interactive objectives of Success, Advancement and Happiness form a powerful synergy that enables one to achieve the following: enhancement of mental health; high efficacy in the three aspects (self, family and work) of life; and living a life of success, advancement and happiness.

# ICAN Whole Person Development Course

## Programme Leaders and Tutors Qualifications

**Dr Wong Chung-Kwong, JP**

**MB BS MD FRCPsych FHKCPsych FHKAM (Psychiatry)**

Chairman, Whole Person Education Foundation

Chairman, Board of Honorary Advisors of Whole Person Development Institute

Dr Wong graduated from the University of Hong Kong with the degrees MB BS in 1977. After graduation, he received specialist training in general psychiatry and also child and adolescent psychiatry. He was awarded the Commonwealth Medical Fellowship by the Association of Commonwealth Universities in 1983. He is Member of the Royal College of Psychiatrists (1983), Fellow of the Royal College of Psychiatrists (1992), Foundation Fellow of the Hong Kong College of Psychiatrists (1993) and Foundation Fellow of the Hong Kong Academy of Medicine (1993). He was awarded the degree of Doctor of Medicine by the Chinese University of Hong Kong in 1990. He was Professor and Chairman of the Department of Psychiatry of The Chinese University of Hong Kong.

Dr Wong innovated the scientific and value based practical psychology model “ICAN”, based on the salient principles of psychotherapy, motivational psychology and developmental psychology.

Dr Wong has extensive experiences of working with public and private corporations. His expertise and service are often sought by corporations and government departments to provide consultancy and training in the areas of stress and crisis management, mental health enhancement, leadership, team building and communication skills.

Outside the Medical Faculty, Dr Wong has delivered over 3,000 lectures, seminars, and workshops to professionals and the general public. He has taken part in the production of 600 TV programmes on topics of mental health, personal growth, corporate functioning and parenting skills. He has published over 60 scientific articles in psychiatric journals and books. He is the author of several series of books on topics of mental health and parenting skills. Based on the ICAN model, Dr Wong developed mental health enhancement curricula for adults and for the full age range of secondary, primary and kindergarten students.

Dr Wong serves as a member to several government committees and an honorary adviser to several voluntary agencies. He has acted as an expert psychiatric witness in over 800 civil and criminal cases in the High Court of Hong Kong.

## Programme Tutors

**Dr CHAN Sui Ping, Shirley**

**PhD (University of Hong Kong), MA (Hong Kong Baptist University) , MEd (University of Nottingham), Cert of Professional Studies (Exeter University), MIL (Membership of Institute of Linguists)**

Director of Education and School Services

Whole Person Development Institute

Over the past two decades, Dr Chan has obtained degrees in Master of Education, Master of Arts and Doctoral Degree in Philosophy respectively. She was trained as a professional in the field of English Language Education and has taught in primary schools, secondary schools and tertiary institutes in Hong Kong. Prior to the appointment as the Director of Education and School Services, Dr Chan served as the Assistant Professor at the Department of English and Deputy Director of Centre of International Education of Hong Kong Institute of Education. She was the coordinator of various undergraduate and post-degree courses. She specializes in English language curriculum development, task-based approach to language learning and teaching and assessment for learning. She has served as the Consultant in different primary and secondary schools and was invited to be the Chairman and/ or Committee member of government organisations in Hong Kong, Macau and mainland China.

Since graduation from the University of Hong Kong, she engages in ongoing professional study with special interest in studying how one's mindset can be changed from negative to positive, from being demotivated to motivated, from feeling isolated to strongly connected with new environments and people, from directionless to having clear personal and professional goals in life.

Dr Chan leads her professional team which comprises experienced psychologists, educators, corporate consultants to develop a wide range of tailor-made learning and development programmes for corporate which takes human capital as their most important asset. Her team engages in research on how to unleash the potentials of individuals to achieve the optimal performance in their profession and subsequently enables their companies to reach peak performance. Under her leadership, the expertise and service of the professional team are often sought by corporations and government departments to provide consultancy and training in the areas of mental health, stress and crisis management, leadership, negotiation and conflict resolution, team building and communication skills.

Dr Chan and her professional team have been active in delivering lectures, seminars, and workshops to professionals and the general public in Hong Kong, Macau and mainland China. She has always been invited by the mass media to share her professional knowledge on the topics of mental health, personal growth, corporate training and parenting skills.

**Ms WONG Wing Tak, Teresa**

**MSc Health Psych (Nottingham); BSc (Hons)Psych(OBU); MBPsS**

Assistant Training Manager (ICAN Registered Trainer)

Whole Person Development Institute

Miss Teresa Wong received her Honour Bachelor of Science Degree in Psychology from Oxford Brookes University, United Kingdom (U.K.); whereby she further pursued her Master of Science Degree in Health Psychology from The University of Nottingham (U.K.). She is a registered member of The British Psychological Society.

Miss Wong is an experienced trainer specializing in the fields of Health Psychology and Occupational Health Psychology. She has been actively involved in designing, developing and delivering various training programmes as well as seminars for different professionals, individuals and families. Furthermore, her expertise and service are often sought by different corporations to provide training in the areas of positive thinking, stress management, physical and psychological health enhancement, leadership, teambuilding, communication skills and complaint management so as to promote personal well being to the workforce and drive the corporations to achieve peak performance. Furthermore, Miss Wong has been invited by different press and media (e.g. Economic Times, Recruit Magazine, Ming Pao Daily, TVB Magazine and Tsang Sir 28) to share her experience in training and professional knowledge in physical and mental health at workplace.

In addition to her active participation in corporate training, Miss Wong also committed to improve the psychological quality of students, parents and teachers. In recent years, Miss Wong has provided different psychological consultation, counseling services and training programmes for children from China, Hong Kong and Macau in order to enhance their psychological development and strengthen their learning motivation. Furthermore, she has been involved in teaching and designing different “Special Educational Needs” curriculum in the areas of special learning disability, learning motivation, attention and ability enhancement, emotional and social management for different primary and secondary school students. In order to improve the parenting style and child rearing practices as well as strengthen the application of bio-psycho-social teaching model in different academics, Miss Wong has provided psychological guidance and delivered different public talks and training workshops for parents and teachers.

In the past few years, Miss Wong has been working as a Research Assistant I at The University of Hong Kong. Apart from conducting different psycho-social research, Miss Wong has extensive experience in conducting psychological assessment in cancer patients and survivors. She has worked collaboratively with different academics and healthcare professionals in publishing different academic articles. She also gave presentations on enhancing the interactive models of healthcare professionals, patients and caregivers.