



## Academic Qualification

- Master of Arts, University of Cambridge
- Bachelor of Arts, University of Cambridge
- Juris Doctor, City University of Hong Kong
- Postgraduate Certificate in Laws, City University of Hong Kong
- Higher Education Teaching Certificate, Harvard University
- ESOL Teaching Certificate, University of Cambridge
- Certificate in Dementia & Dementia Prevention, University of Tasmania
- Advanced Diploma in Educational Psychology
- Advanced Diploma in Cognitive Behavioural Therapy
- Certificate in Solution Focused Brief Therapy
- Mental Health First Certificate, Hong Kong Mental Health First Aid Association
- Psychological First Aid Certificate, National Child Traumatic Stress Network (USA)
- Skills for Psychological Recovery Certificate, National Child Traumatic Stress Network (USA)

## Professional Membership/Affiliation

- Fellow, Royal Society of Public Health
- Member, American Psychological Association
- Associate Member, Royal Society of Medicine
- Member, Law Society of Hong Kong
- Certified Hypnotherapist, National Guild of Hypnotists
- Certified Instructor of Hypnotherapy, National Guild of Hypnotists
- Certified NLP Coach Trainer, International NLP Coach Federation
- Certified NLP Trainer, International NLP Association
- Certified Strategic Intervention Coach - RMT

## Our Instructor

During his upbringing, Vincent's friends often teased him as being "one of the lucky few". While he was truly privileged to have received a good education in the UK, graduated from the University of Cambridge, became a practicing lawyer in Hong Kong, and having worked at different international law firms and public organisations, behind these so called "successes", he actually once suffered from long-term mental pressure, which led to severe insomnia and depression.

Fortunately, when Vincent was about 19, his father Joseph encouraged him to start practising Huashan Qigong, a form of Chinese breathing technique, which helped with his physical and mental conditions. As Vincent got better himself, he began to notice that many of his friends around him were also experiencing long-term suboptimal mental health. With the training received from professional counselors, Vincent began to serve as a peer counselor and mental health first aider, helping to alleviate the stress and emotional distress faced by his peers.

After entering the workforce, Vincent realised that his existing skills were no longer sufficient to cope with the challenges brought by Hong Kong as one of the most stressful cities. He therefore devoted his spare time to further education. He pursued an advanced diploma in Cognitive Behavioral Therapy, a diploma in Educational Psychology. He subsequently became a Certified Hypnotherapist, and a Certified Hypnotherapy Trainer. He also conducts research in humanistic psychology, positive psychology, MBCT, Success Coaching and so on. He is a Master Coach in Neuro-Linguistic Programming, and a certified Strategic Intervention coach. He trusts that with his training and research, he can help himself and those whom he has the privilege to meet, to improve their physical and mental health in the long run.

As time goes by, the spirit of "self-help and help others" has become Vincent's life mission. He founded Mind Matters Academy to offer various training programmes aimed at improving the physical and mental health of students. He trusts that his students would upon their graduation from the training, continue to use the skills and techniques learnt to help themselves and serve those around them.

Dr. Brock Chisholm, the first Director-General of the World Health Organization, once said, "Without mental health there can be no true physical health." The founding of Mind Matters Academy is aimed at synchronously improving the physical and mental health of its students.

In addition, we also wish to contribute to the community. As a supporting organisation of Food Link Foundation and the Samaritans, we donate a portion of the proceeds from our courses and services to provide food and hope for those in need, spreading the spirit of "self-help and help others".