

ILP Course Name	Traumatic Events Psychological Support Introductory Workshop
CRN	CRN5702
Mode	Online Zoom
Date	30 Sept 2020 (Wed)
Time	14:00 - 16:00 (for both students and staff)
Speaker/Organisation	Cherry Lin, Hong Kong Red Cross
Language	English
Event Details	The workshop will introduce various common psychological reactions to traumatic events, and provide an overview of psychological first aid content. Through the workshop, participants will be able to gain an understanding of empathy and sympathy, and thus will be more able to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation.