



THE UNIVERSITY OF TORONTO'S

Institute for Life Course and Aging is pleased to present

**GROUP NARRATIVE THERAPY FOR LEGACY BUILDING, AND WISDOM
REDISCOVERY AMONG OLDER ADULTS IN ASIAN COMMUNITIES:
A RANDOMIZED CONTROL TRIAL**

Dr. Esther Chow

Associate Professor, City University of Hong Kong

**Wednesday, October 26th, 2022
12:00 pm – 1:00 pm**

[ZOOM LINK](#)

This seminar will present the latest findings of the applications of Group Narrative Therapy (NT) among the older adults using a “Tree of Life” (ToL) metaphor. To recognize, and rejuvenate the life wisdom of Hong Kong Chinese older adults, a four-session strength- and meaning-based NT in group practice is developed, with two objectives: to examine its effectiveness in enhancing wisdom, and building legacy; and to test the longer-term effects.

The findings have significant theoretical contributions for professional social work practice to ground a new theory in understanding wisdom in older adulthood, develop a new clinical practice that appreciate and celebrate life wisdom, and a practice guide to be disseminated among health and social care practitioners.



***Dr. Esther Chow** is an associate professor, at City University of Hong Kong. She received MSW and PhD from University of Hong Kong, and a postgraduate degree in Narrative Therapy and Community Work from the University of Melbourne and Dulwich Centre, Australia. She is committed to infusing strengths-and meaning-based perspective in sharing knowledge, and striving for excellence in research scholarship, dissemination and transfer of knowledge through teaching and collaborative practice in applying narrative therapy (NT) with individuals, families, and community. She investigates the impacts of NT on diverse groups, including social work and counselling students (2015-2019), older adults encountering developmental changes (2016-18), older stroke survivors (Chow, 2011; 2013; 2014; 2017; 2018), persons living with chronic pain (2016-17), informal carers of mentally challenged (2020), and those going through grieving (2017-2020) in the contexts of higher education, health, social and community care services in Hong Kong. She published widely in Social Work and Gerontology journals, such as BMC Geriatrics, Social Sciences and Medicine, Innovative in Aging, Clinical Rehabilitation, Research on Social Work Practice, Mental Health and Aging and the like. In recognitions of her contributions to the field of gerontological studies and social services, she has received excellence in Knowledge Transfer Award by City University of Hong Kong (2021 & 2013), and been named as a Fellow of Gerontological Society of America (2015), a CADENZA fellow by Hong Kong Jockey Club Charities Trust (2008), and a Honorary Research Fellow of Sau Po Centre on Aging, HKU.*

**This seminar will be recorded and can be accessed within a week
on our [YouTube Channel](#) under [Seminars Playlist](#).**

Please RSVP to aging@utoronto.ca