



情緒困擾 與心理健康 Mental Illness & Mental Health

April 1st, 2023

from 2:00 -5:00 PM Eastern Time.

A joint ZOOM Educational Program

Organized and sponsored by:

The Chinese Coordination Centre of World Evangelization (CCCOWE)
and the
Ontario Chinese Christian Medical Fellowship (OCCMF)

Course Committee members

Pastor Francis Tam, Nora Wu, Ted Wu, Michael Park, Dr. Ray Goh,
Dr. Gordon Ko, Pastor Alex Cheung, Pastor Tommy Tsui,
Pastor Alfred Chui, Dr. Michael Paré,



加拿大華福
CCCOWE Canada

and OCCMF Joint Mental Health/Mental Illness Education



Pastor Francis Tam

Currently, Rev. Dr. Francis Tam serves as the Executive Director of the Chinese Coordination Centre of World Evangelism - Canada, and the Voluntary Interim Principal of the Canadian Chinese School of Theology Calgary. Formerly served as a church planter, senior pastor, the Executive Director of the Canadian Chinese Alliance Churches Association, the General Secretary (voluntary) of the Association of Canadian Chinese Theological Education and the Coordinator of the Chinese Alliance World Fellowship. Dr. Tam graduated with a Doctor of Ministry degree from Trinity International University, formerly served as a sessional instructor at Tyndale University & Seminary and Ambrose University, and is now serving as Adjunct Faculty of the Canadian Chinese School of Theology. Rev. Tam resides with his wife in Richmond Hill, Ontario and God has blessed them with two children and six grandchildren.

Speaker

Dr. Michael Paré

BSc, MSc, MEd



Works as a physician practitioner, leader, and supervisor in the field of psychotherapy. Having previously been an atheist and skeptic, Michael eventually became skeptical of his skepticism. As a Christian theist, he is particularly aware of the pseudo-scientific attacks on the credibility of theistic beliefs. Currently Michael is pursuing his Master of Theological Studies at Wycliffe College of the University of Toronto.

演講題目：什麼是情緒困擾？什麼是心理健康？

Title of Talk: What is Mental Illness? And what is Mental Health?

Mental Health and Mental Illness are two distinct but interrelated concepts. A Mental Illness is a diagnosable medical condition where a person's thinking, mood, and/or behaviours can negatively and severely impact functioning in life. Positive Mental Health describes a person's ability to enjoy life, work productively, manage life's challenges, and feel contentment. People living with Mental Illness can still experience reasonably high levels of mental health. Therefore, emotional well-being and positive social functioning in life are fully consistent with a diagnosed Mental Illness.

Learning objectives:

At the end of this 30 minutes talk, you will:

1. Learn what is the difference between mental illness and mental health.
2. Learn that there are many treatments for mental illness.
3. Learn that people can live well and adapt to having a mental illness.



Speaker

Dr. Gordon D. Ko MD, FCFP(EM), FRCPC (Physiatry), PhD (Pastoral counseling)



Dr. Gordon Ko, has over 30 years clinical experience in giving hope (and healing) to those suffering from chronic pain and neurological conditions. At the Canadian Centre for Integrative Medicine (www.DrKoPRP.com), he directs a multidisciplinary team to treat root causes with Functional Medicine (gut microbiome, epigenetics), Regenerative Medicine (PRP-prolotherapy) and Neuroplasticity (Mind-body/ Spiritual healing). He enjoys teaching students, professionals and public alike as faculty with the University of Toronto and the OMA speakers' bureau. He along with his wife and 4 children have helped in mission trips to Belize, Honduras, Nicaragua, Kenya and India. He was co-founder of the Wellness ministry at the Richmond Hill Christian Community Church where he has served for over 20 years.

演講題目：S.M.I.L.E. (微笑) 你的痛苦和壓力

Title of Talk: S.M.I.L.E. your pain and stress away.

Learning objectives:

At the end of this 30 minutes talk, you will:

1. Learn why the brain-immune-gut systems are so interconnected and important for your well-being
2. Smile while applying 5 non-drug approaches to improve your mood and energy
3. Integrate Biblical wisdom and prayer supported by the latest science in healing.

Speaker

Dr. Joseph Tham, MD, FRCPC, FAPA, UCNS Behavioral Neurology & Neuropsychiatry



Dr. Tham is a neuropsychiatrist at the BC Provincial Neuropsychiatry Program with inpatient and outpatients at UBC Hospital, Vancouver. He is the medical lead at the Alder Unit at St. Vincent's Langara Hospital in South Vancouver, a longterm stabilization unit for clients with neuropsychiatric conditions. He is the site medical lead for the UBC Neurostimulation Program, lectures and teaches medical students, residents and fellows at the University of British Columbia. Clinical & research interests include neuropsychiatric treatment in multiple sclerosis, medical management of behavioural dysregulation in traumatic brain injury, and the treatment of somatoform disorders. He has an interest in novel neurostimulatory and medical therapeutics.

演講題目：難治性情緒障礙的治療選擇

Title of Talk: Therapeutic Options in Refractory Mood Disorders

Learning objectives:

At the end of this 30 minutes talk, you will:

1. Discuss "treatment refractoriness" in mood disorders.
2. Examine neurostimulatory treatment options in mood disorder.
3. Explore potential future medical therapeutics.



Speaker

Michael J. Park, RSW



Internet Gaming Disorder (IGD) is an increasingly prevalent concern, also recognized as a condition by the World Health Organization. Michael will share his personal journey related to addictive gaming behaviour, provide an overview of symptoms and risk factors, and discuss current research on causes and treatments.

演講題目：了解網絡遊戲障礙

Title of Talk: Understanding Internet Gaming Disorder

Speaker

Boyang Qin



After junior high, Boyang immigrated to Canada with his parents from Mainland China. He studied Engineering at the University of Waterloo and works as a software developer in Toronto. Addicted to computer games as a teenager, Boyang almost flunked out of school in his second year. With grace from God, he is no longer controlled by games. Boyang is married to his wife Echo with a 6 year old daughter.

個人見證：心理健康/遊戲成癮

My personal testimony: Mental Health/Game Addiction

Moderator of the Panel

Pastor Alfred Chui

Volunteer Ministry Director of CCCOWE Canada



Panel Discussion on MENTAL ILLNESS & MENTAL HEALTH with Q&A.

(30-minutes)

Michael Park, Joe Tham, Gordon Ko, Boyang Qin, and Michael Paré,

Registration Information



The seminar will be by ZOOM.

- Language: English w/ Cantonese & Mandarin interpretation channels 英語主講，粵語、國語聲道傳譯
- Please attend this free interactive session.
- More information and registration can be found in the following link and QR code
- Register now 即刻報名 : cccowe.ca/mhw2023
- CCCOWE Canada's office number: 416-497-0146



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