



Professor Daniel Wong

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Professor Daniel Fu Keung Wong is a clinical psychologist and a mental health social work academic at The University of Hong Kong. His major research interests revolve around evidence-based practice in mental health, cognitive-behavioural therapy (CBT), mental health literacy and promotion, and mental health issues among migrants. Professor Wong has been a pioneer in indigenizing the application of CBT for Chinese people. In the past ten years, Daniel and his team have obtained numerous funding to develop innovative culturally-attuned intervention models to tackle social issues such as depression, anxiety problems, chronic illnesses, cancer patients and their carers, gambling problems, drug addictions among the Chinese, and etc. Professor Wong has written over 100 academic papers and 17 books and professional manuals, and has popularized CBT for use by mental health professionals and the general public. Daniel has a strong linkage with government and non-government organizations in Hong Kong, and has been identified as a key trainer and speaker on mental health issues and Chinese cognitive-behavioral therapy locally and internationally. Professor Wong and his colleagues have established the Institute of Cognitive Therapy in Hong Kong and Centre for Holistic Health in Melbourne, Australia to provide training for mental health professionals and promote better mental health among Chinese populations.