

## **Abstract**

### **“Positive Family, Happy Life” Programme**

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This presentation will provide background on positive psychology and its application in working with parents with special needs children. While families with special needs children are facing daily and lasting challenges, they are not necessarily maladaptive. Family functioning is dependent on how family members restructure the “catastrophic” experience of having a special needs child, and how they perceive the meaning of such a challenge to them.

The speaker will present an overview of a family project 'Positive Family, Happy Life' that was launched by Heep Hong Society in its 24 centres in August 2012 under the sponsorship of Eu Yang Sang Charitable Foundation. A book entitled “Making Hope Come True: The Hopes Stories of Parents with special needs children” (點亮希望：開展色彩人生) was also published to promote hopeful thinking among families with special needs children. Through the real life stories of parents, the book illustrates the major components of Hope Theory and the characteristic of high hope persons. It is a good self-learning material that assists parents to become a high hope person and enhance their positive psychological aspect. This is the first parent education book that uses real life hope stories in the field of positive psychology in Hong Kong.