

# Certified Cognitive Stimulation Therapy – Hong Kong (CST-HK)

## Practitioner Training Course

### for Speech Therapists and Speech Therapy Students

#### Lead Trainer

**Dr. Winsy Wong** is currently a Research Assistant Professor at the Department of Language Science and Technology of The Hong Kong Polytechnic University. Her research interests include the theoretical and clinical aspects of aphasiology, rehabilitation of individuals with neurogenic communication disorders, cognitive processing of adults, and inter-professional collaboration in long-term care of individuals with stroke or dementia. She is a qualified speech therapist and a Certified CST-HK Trainer.



#### Enquiries

##### Speech Therapy Unit

Tel or WhatsApp  
**3400 3636**

E-mail  
[speech@polyu.edu.hk](mailto:speech@polyu.edu.hk)

Website  
[www.polyu.edu.hk/cbs/st/en](http://www.polyu.edu.hk/cbs/st/en)

##### Mode of Training

Lecture, group discussions, brainstorming activities, role-playing

Class size: 40



Register Here\*

#### Course Description

##### Cognitive Stimulation Therapy (CST)

is an evidence-based intervention for enhancing cognition and quality of life in people with dementia. This Certified CST-HK course is co-organised by the International CST Centre of **University College London**, the Department of Social Work and Social Administration of **The University of Hong Kong**, and the Speech Therapy Unit of **The Hong Kong Polytechnic University**.

#### Course objectives:

1. To reflect on different perspectives and psychosocial approaches of dementia
2. To understand how CST was designed and evaluated
3. To appreciate the effect and key principles of CST
4. To be familiar with the CST sessions
5. To apply key principles of CST during its implementation
6. To develop a plan for running CST groups in work settings of speech therapists

Date **21 March 2026 (Sat)**

Time **09:00 to 13:00 & 14:00 to 18:00**

Venue **PolyU campus**

Course Fee  
**HK\$1,740**

Medium of Instruction  
Cantonese supplemented by English  
Study materials in English/Chinese

CPD Accreditation  
**TBC**

\*To register, upload of credentials as a qualified speech therapist or proof as a speech therapy student is required