



香港專業輔導協會

Newsletter

會訊

December 2008

The Hong Kong Professional Counselling Association

Secretariat:

c/o College of International Education, Hong Kong Baptist University (Shek Mun Campus), 8 On Muk Street, Shatin, N.T.
Tel: (852)23347172 Fax: (852)23561469 Website: <http://www.hkpc.org.hk> Email: enquiry@hkpc.org.hk

Council 2008-2009

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陳茂釗博士

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崔日雄博士

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張敬凰小姐

The 13th AGM on 5 July 2008 Annual Report (2007-2008)

By Dr. Raymond Chan, President

Being the President of the HKPCA for two years, I appreciate all the support from our Council Members, who have put invaluable efforts on the success we have achieved so far. I am pleased to take this opportunity to present to our members a review of the progress of the Association on the following areas:

1. Membership

The number of members is increasing steadily. Currently we have 600 members in different categories. Up to the end of June 2008, we have received HK\$88,450 as membership fees, with about 67.5% of the members having made their payment.

Categories	End of June 2008 (no. of persons)	End of May 2007 (no. of persons)	End of May 2006 (no. of persons)	31 Dec 2004 (no. of persons)
Affiliate	24	24	24	26
Associate Fellow	114	93	82	82
Fellow	9	9	9	9
Member	314	257	212	177
Junior Member	63	54	47	41
Student Member	65	64	53	59
Institutional Member	11	11	11	9
Total	600	512	438	403
Increasing rate (%)	17%	17%	12%	12%

2. Implementation of the Two-Tier Membership System

In response to calls from the counselling profession to establish standards of counselling, the Professional Affairs Committee of HKPCA has worked on an initiative to establish a professional-level membership category. Different views from the profession have been consulted and the proposal was endorsed in the Annual General Meeting last year. Under the leadership of Dr. Isaac Tam, the preparation for the implementation of the plan is in good progress. This Two-Tier Membership System will be implemented in this annual year. It is believed that the System, with the establishment of a "HKPCA Certified Counsellor", setting criteria for membership in terms of education and training in counselling as well as post-training supervised experience, is of great importance to the professional development of the field, in view of the establishment of a standard that is in high level, trustworthy and has reached a general consensus.

3. Programs

Thanks for the effort of the Programme Committee, we have been providing a number of professional training workshops and seminars to our members. The followings were organized in the last annual year.

	Date	Workshop / Seminar	Speaker(s)	No. of Attendants
1	June 25 & 28, 2007	善用九型人格學 --- 如何改善自己的溝通技巧	Ms. Irene Chow	20
2	Dec 1, 2007	Crisis Intervention in School	Ms. Holly Wong	31
3	Dec 8, 2007	From Defense Mechanisms to Contact Modulation: Gestalt Therapy Approach to Resistance	Professor Arie Cohen	21
4	Mar 14, 2008	Case Conference	Ms Dorcas Suen, Mrs. N Y Leung & Dr. M Y Ho	21
5	Apr 21, 2008	Application of CBT on Depressive Clients	Mr. Stephen Y K Sun	40
6	Apr 26, 2008	Facilitating Career Exploration of Young People	Dr. Raysen Wai Leung Cheung	38

Adventure Based Counselling Practitioner Foundation Course

Apart from the above seminars and workshops, starting from 2006, the Association has formally started its co-operation with Youth Outreach for organizing the “Adventure Based Counselling Practitioner Foundation Course”. We are delighted to have 95 participants completed the Course in the last annual year.

Supportive Peer Supervision Programme for Primary School Master/Mistress

In response to the invitation for quotation from Education Bureau (EDB), the Association has specifically developed a training workshop package on “Supportive Peer Supervision for Primary School Master/Mistress (Student Guidance Teacher) ”.

The training workshop represents a collaborative effort of expertises in the field of counselling, clinical psychology, social work and education. The content and structure of the training workshop have undergone reviews by external experts, and have been endorsed by the HKPCA Council for standards and quality assurance purposes.

So far, 18 participants have completed the Scheme and comments on it are positive.

4. Publications

The Asian Journal of Counselling (AJC) is published biannually by the Association and the Hong Kong Institution of Education Research of The Chinese University of Hong Kong. It is an internationally recognized journal devoted to the extension of knowledge and promotion of communication in the very broad field of counselling. Papers from members are welcomed to be submitted for future publications.

With the great effort of the Publication Committee, the Association has published two volumes of AJC last year with the details as follows:

Asian Journal of Counselling, 13, 1 & 2 (2007). (Special issue: Internationalization and International Publishing in Counselling)

Dr. Chan Raymond Mow-chiu
President, The Hong Kong Professional Counselling Association

Editor's Message

Dr. Chui Yat Hung

This issue announces the background, conditions and application procedures of our newly implemented professional membership system which has aroused great concern among counselling professionals and training institutions. It provides terms of reference for the application for "HKPCA Certified Counsellor". Our president has also highlighted our number of membership is increasing steadily in recent years, and has expressed our devotedness to offer various kinds of programmes and workshops that promote professional development for members. As an editor, I have to solicit feedbacks and think of ways to extend readers' enthusiasm for contributing articles that facilitate better communication among members. Please feel free to contact us should you have any suggestions to offer or be willing to join our work.

Sharing of New Council Member

Mrs. Vivien Chan

It is my honour to serve as one of the Council Members of the Hong Kong Professional Counselling Association. I have been an Associate Fellow of the Association for many years and walked through the years with HKPCA and many other colleagues.

Counselling profession in Hong Kong has come a long way. I remember coming back from the USA more than twenty years ago, counselling was just coming along as a curiosity. There were not as many professionally trained counsellors serving in the field as now, and the public was under-informed in what counselling is. How time has changed! For all these years of serving in the field, I have witnessed the continuous growth of counselling as a profession. As Hong Kong continues to prosper into one of the foremost financial metropolis in the world, it also brings along all the psychological needs and illnesses associated with the modern society. Fortunately, the counselling profession in Hong Kong has faced up to the challenge and has made important contribution to the community.

As I can see from the up and coming professionals, who are young, industrious, conscientious and creative, I am full of hope and anticipate a new and exciting era to come. I wish I can contribute whatever experience I have to HKPCA, and if in any way that I can make a small difference, I would be very happy and thankful for the opportunity. I really look forward to working with all of you!



**You're welcome to
send an article to
"Leisure Corner"**

歡迎會員投稿，抒發及分享有關從事輔導工作的體會或生活感想。可能是溫馨小品、或煩惱、或迷惘、或鼓舞...。五百字內，中英文均可，請電郵稿件至：enquiry@hkpca.org.hk 或聯絡秘書處，電話 2334-7172。

Members are welcome to send articles to Leisure Corner. Free topics related to your counselling work or real live experience – no matter it is soft, touching, bothering, upsetting, encouraging or enlightening. Please email your article which is not more than 500 words, in English or Chinese, to enquiry@hkpca.org.hk, or contact the Secretariat at 2334-7172.

Volunteer Wanted:

- ☞ Executive editor for newsletter
(Chinese / English)
- ☞ Programme planning committee
(programme implementation support)
- ☞ Other volunteering work with the
nature not specified

**Interested parties please contact the
HKPCA Executive Secretary, Ms. Yamie
Chiu, at 2334-7172.**

PROGRAMMES & WORKSHOPS

Dear Members,

The recent global economic turmoil has hit Hong Kong, as suddenly, as with other places, bringing additional stress to our already busy lives, demonstrating that change is perennial and inevitable. Wonderful homes can be destroyed by unpredicted earthquakes, lives taken by diseases, even life savings can evaporate overnight. Nevertheless, events, however tragic, can be interpreted differently. One can choose to mourn all day, or to take these as challenges. For example, financial crises give opportunities to people to recognize the need to learn stress management, whereas personal crises highlight the importance of, and demand for, counselling service. The training programmes provided by HKPCA aim to enhance life management skills to help you deal with daily stresses. We look forward to seeing you in the upcoming training courses. Please mark in your diary the dates of the programmes and hope to see you then.

Upcoming Programmes

Date	Nature	Title
10 Jan 2009 (9:30am – 5:30pm)	Workshop	Topic: Premarital Counselling and Marriage Enrichment Speaker: Dr. Simon Yiu Chuen Lee Venue: City University of Hong Kong, B5-309
10 & 17 Jan 2009 (9:30am – 5:00pm)	Workshop	Topic: Mental Health First Aid Course Speaker: Ms. Holly Wong Venue: City University of Hong Kong, R6052
7 Feb 2009 (9:30 am – 12:30pm)	Seminar	Topic: Counselling Young People and Their Families Speaker: Mrs. Laurene Man Venue: City University of Hong Kong
7 & 14 Mar 2009 (9:30am -6:30pm)	Workshop	Topic : Youth Mental Health First Aid Training Course Speaker : Ms. Jennifer Shui Wa Yim Venue : The Hong Kong Polytechnic University
28 Mar & 25 Apr 2009 (9:30am – 12:30pm)	Seminar	Topic: Parenting Skills Speakers: Dr. Sylvia Chu & Mr. Henry Chow Venue: City University of Hong Kong
15 & 22 Apr 2009 (6:30pm- 9:00 pm)	Workshop	Topic: Introduction to Time Line Therapy Speaker: Mr. David Shum Venue: City University of Hong Kong

Past Events

Date	Nature	Title
11 Jan 2008	Workshop	From Defense Mechanisms to Contact Modulation: Gestalt Therapy Approach to Resistance (Stage B) Speaker: Professor Arie Cohen
14 Mar 2008	Seminar	Case Conference Speakers: Ms. Dorcas Suen, Mrs. N Y Leung & Dr. M Y Ho
12 Apr 2008	Workshop	Application of CBT on Depressive Clients Speaker: Mr. Stephen Y K Sun
26 Apr 2008	Workshop	Facilitating Career Exploration of Young People Speaker: Dr. Raysen Wai Leung Cheung
5, 12, 19 & 26 Aug 2008	Workshop	Pre-marital Counselling and Marriage Enrichment Training Workshops Speakers: Dr. Simon Yiu Chuen Lee & Dr. Benny Lam
5, 7 & 9 Aug 2008	Workshop	Mental Health First Aid Training Course Instructor: Ms. Jennifer Shui Wa Yim
26, 28 & 30 Aug 2008	Workshop	Mental Health First Aid Training Course Instructor: Ms. Jennifer Shui Wa Yim
7 Nov 2008	Workshop	處理親子衝突手法及言語技巧 講者：理盧幼慈教授

For details and registration, please visit our website: www.hkpc.org.hk

Thank you for your attention.

Mrs. Bonny Ip
Programme Secretary

HKPCA Certified Counsellor

Preamble and Background

Counselling is an applied discipline with theories and methods of practice that are grounded on the diverse scholarly literature from a number of academic disciplines, including psychology, psychotherapy, and lifespan human development. In many regions around the world, like the U.S., the U.K. and Australia, counselling has established itself as an independent academic/professional discipline that has wide applications in educational, social service, and human resource settings, and counsellors are represented by professional counselling associations.

Hong Kong Professional Counselling Association (HKPCA) has been the only professional association for counsellors in Hong Kong. Since its establishment in 1996, HKPCA, which was founded by experienced practitioners and academics in the field who have been associated with the Association of Psychological and Educational Counsellors of Asia (Hong Kong Branch) since its inception in 1978, has offered counselling-related professional training for counsellors, organized conferences and workshops on counselling, published an academic journal in counselling (*Asian Journal of Counselling*), and developed the first counselling code of ethics for counsellors in Hong Kong.

Applications for HKPCA membership are evaluated based on the applicant's academic credential and experience in providing counselling-related interventions. However, the need to establish a "professional-tier" membership in HKPCA has become more apparent and urgent because of the following development in Hong Kong and its surrounding regions:

1. Counselling-related training programs have proliferated in recent years. We are facing a situation that there will be several hundreds of graduates each year in counselling (mostly at the master degree level), and these graduates will all be claiming that they have received "professional" training in counselling.
2. Parallel to the above scenario is the rapid development of counselling in the Mainland China. A certification system in counselling has been developed at the national level, and now there are courses being offered in Hong Kong and nearby regions aiming to prepare individuals to take certification exams in China.
3. In Hong Kong, psychologists are working on statutory registration of psychologist. There is also a new counselling psychology division within Hong Kong Psychological Society (HKPS). Counsellors have to establish their own niche within the Hong Kong professional mental health community before it is too late.

The increase in counselling-related professionals in Hong Kong is a positive development for the profession. However, as the only professional organization in Hong Kong representing the counselling profession, HKPCA should take note of the *threats*: 1. the growing public awareness and doubt of counsellors' qualifications; 2. the growing possibility of having "black sheep" within the profession who do not practice in an ethical manner or follow the established guidelines. The public will lose its trust on the entire profession if there is no mechanism to monitor the behaviour of counselling professionals; 3. The lack of a system of professional credentialing and monitoring will create much confusion within and beyond the profession, and if the public became sceptical of the professionalism of the counselling discipline, the entire discipline might fade into the background, and counselling professionals and training programs in Hong Kong would become the biggest losers.

Consequently, professional credentialing is an important issue that HKPCA must address promptly and immediately. Society-based professional certification is one approach to control the entrance to the counselling profession. It is a system, if set up appropriately, to protect consumers, to maintain and monitor the professionalism of counselling, and to guide the continuous growth and development of the counselling discipline. Thus, the Professional Affairs Committee of HKPCA (hereafter refers as "The Committee") attempts to make recommendations in the following areas related to professional credentialing in Hong Kong:

1. To make recommendations on the minimal academic and professional credentials required of a professional counsellor
2. To make recommendations on the basic academic components in counselling that are core to the training of professional counsellors
3. To make recommendations on practice-related experience required for professional counsellor
4. To make recommendations on the process needed to set up a professional-tier membership in HKPCA.

Recommendations Approved in the 2007 Annual General Meeting

Recommendation 1:

Professional membership in HKPCA should be called "HKPCA Certified Counsellor." Application to become a "HKPCA Certified Counsellor" has to be examined and endorsed by the HKPCA Council. Membership should be renewed annually and be subjected to adherence to HKPCA Ethical Guidelines and stipulations related to continual professional education.

Recommendation 2:

The minimum academic level for professional membership in HKPCA should be a Master's degree in counselling or in a counselling-related field (or its equivalence).

Recommendation 3:

In order to qualify for professional membership in HKPCA, the individual should enroll in a master-level degree program (or its equivalent) with a clear “theory” and “practice” component.

- 3.1. The total number of contact hours in the academic program, including both the theory and practice components, should aggregate to 320 hours: the following domains should be adequately covered (i.e., substantially covered in named courses) in the “theory” component:
 - Compulsory domains: Counselling theories and orientation, helping process and skills, counselling ethics.
 - Other required domains (at least 3 of the 5 domains): human growth and development, social and cultural foundation, measurement and appraisal, program evaluation, and group work.
- 3.2. There should be a practicum component in the academic program where students have the opportunity to practice and receive regular supervision. The total number of contact hours and supervision hours are specified in Recommendation 4.

Recommendation 4:

To qualify for professional membership in HKPCA, the individual should have accumulated a total of 450 hours of supervised practice of which 150 hours must be subsequent to the completion of training (that is, after graduate training at the level of a master’s degree in a counselling-related field or its equivalent). In addition, a total of 100 supervision hours must be accumulated, of which 50 hours must be subsequent to the completion of graduate training. At least 30 percent of the supervision hours have to be individual-based (that is, one-on-one supervision).

Recommendation 5:

A “Grandfather Clause” should be set up to allow special individuals who have made an important and unusual contribution to the counselling profession in Hong Kong to become “Certified Counsellors”. The following guidelines are to be observed:

- 5.1. A two-year time period for the validity of the “Grandfather Clause.”
- 5.2. In the “Grandfather Clause,” individuals can be considered to become “HKPCA Certified Counsellors” through two possible paths:
 - 5.2a. The applicant should possess a master’s degree in a counselling-related field (or its equivalent) and have 20 or more years of experience in providing counselling at the time of application (but without the documented supervision experience).
 - 5.2b. The applicant is nominated by the HKPCA Council to have made an “exceptional contribution” to the field of counselling.

Recommendation 6:

The Membership Committee of HKPCA should be charged with the responsibility to review applications for professional membership and the development of a system for applicants to follow, with the assistance of the HKPCA Administrative Office. The Membership Committee could decide to re-structure its composition, with approval by the HKPCA Council, so that its members could efficiently and credibly manage and review future applications for regular and professional membership status.

Application Procedures

1. Must have obtained the status of Fellow, Associate Fellow or Member in HKPCA. Membership criteria and application form are available at <http://www.hkpc.org.hk>
2. Must possess a Master's degree in counselling or in a counselling-related field, with theory and practice components as specified in Recommendations 3 and 4.
3. Note that "supervised practice" has three important aspects:
 - (i) "Practice" refers to the broad array of remedial, developmental, and preventive intervention performed by counsellors in multiple settings, with identifiable goals and a mechanism (e.g., qualified counselling supervisors) to monitor and evaluate the attainment of goals.
 - (ii) "Supervised practice" refers to an arrangement where the “counsellor-in-training” is accountable to a person in a supervisory role.
 - (iii) Supervision is used primarily as a process to facilitate the professional competence and development of the counsellor.
4. Complete the application form with all supporting documents.
5. Send a non-refundable application fee of \$300 in cheque payable to "The Hong Kong Professional Counselling Association Limited". If the application is approved, this fee will be converted to the first year of certification fee.

Training for Senior Primary School Guidance Teachers in Hong Kong

Workshop on Supportive Peer Supervision for Primary School Master/Mistress (Student Guidance Teacher)

The Hong Kong Professional Counselling Association (HKPCA) has specifically developed a training workshop package on “Supportive Peer Supervision for Primary School Master/Mistress (Student Guidance Teacher)”, commissioned by Education Bureau (EDB), from January to July 2008. This supportive peer supervision training workshop represents a collaborative effort of expertises in the field of counselling, clinical psychology, social work and education. The content and structure of the training workshop have been reviewed by external experts and have been endorsed by the HKPCA Council for standards and quality assurance purposes.

The 36-hour training programme consists of two components: three consecutive days of training workshops and supervised study and three 4-hour face-to-face practicum supervision sessions. Participants are required to complete both components in order to meet the certification requirements of the HKPCA.

Eighteen participants graduated from the programme and their feedback on the whole is very positive. They agreed that the programme was effective in improving their skills and knowledge in supervision, and most expressed that the practicum supervision sessions were valuable.

In light of the success and good response, the programme will be organised again in this annual year. Thank you to all who have been involved in the programme for the efforts and support. We are looking forward to your continuing contribution to the counselling profession in Hong Kong.



The following individuals joined HKPCA from Jun 2007 to May 2008:

14 Associate Fellows:

Dr. Chan Tak Mau
 Ms. Chung Sau Kwan
 Ms. Hung Yuet Mui, Sally
 Ms. Leung Yin Fun
 Mr. Liang Kwok Leung, Tommy
 Mr. Ng Ngai Ling
 Mrs. Ngai Ling Kam Har, Karen
 Dr. So Kwan Yuk, Doris
 Mr. Tam Yat Sun
 Ms. To Tury Beatrix
 Mr. Tong Si Wai
 Mr. Choy Chi Ming, Tony
 Ms. Tse Chui Ying
 Ms. Yu Chung Hung

8 Junior Members:

Mr. Cheung Kwok Wai
 Ms. Chu Wai Yee
 Ms. Fok Yim Yee
 Mr. Ho Cheuk Wai
 Ms. Lam Ka Fung
 Mr. Lam Wing Kin
 Mr. Lau Hok Wai
 Ms. Yeung Wai Ling, Amy

7 Student Members:

Ms. Chan Wai Man
 Mr. Cheng Hoi Shing
 Mr. Kwok Seung Kit
 Mr. Lai Yiu Kwong, Ricky
 Ms. Lam Suet Man
 Ms. Lui Chun Chun
 Ms. Willsher Deborah

1 Affiliate:

Mr. Chin Yi Ma

49 Members:

Ms. Au Ching Sze	Ms. Lam Chui Mei	Mr. Ng Siu Wai
Ms. Chan Yee Seung, Rose	Ms. Lam Ka Man, Abby	Ms. Shu Sum To, Dorothy
Mr. Chan Yuen Sum, Sumly	Rev. Law Tai Yin	Mr. So Lut Kong, Herny
Mr. Chang Chun Fu	Ms. Lee Earn Ee, Berenice	Mr. Tsang Chi Yuen
Ms. Cheung Che Chun	Ms. Leung Yin Wan, Joanne	Mr. Tse Kam Por
Mr. Cheung Hing Fu	Ms. Leung Kin Yan	Ms. Tsoi Yee Man
Ms. Chiu Wing Man	Ms. Leung Pui Yu	Mr. Tsui Chun Nam, Andy
Ms. Chiu Wing Yee, Grace	Ms. Leung Yuen Wa	Ms. Wong Choi Kei, Tracy
Ms. Cho Suk Yan, Polly	Ms. Li Shuk Kuen	Mr. Wong Hing Ching
Ms. Choi Pik Shan	Ms. Liu Chi Fun	Mr. Wu Chi Lun, Eddy
Ms. Chow Tai Ling	Ms. Ma Hiu Yeung	Mr. Yam Wai Man
Ms. Choy Wing Kwan	Mr. Ma King Chiu	Ms. Yau Lai Ling, Lydia
Ms. Fong Yin Yin, Ginny	Ms. Mak In Fun	Ms. Yau Siu Kwan
Ms. Hui Yee Yan, Rowena	Ms. Mok Wai Yee	Ms. Yau Wai Har
Mr. Ip Ka Chi, Antony	Mr. Ng Hon Sang	Mr. Yuen Wai Kit
Ms. Kwok Lai Kuen	Ms. Ng Oi Ching	
Ms. Kwok Min Wa, Joyce	Ms. Ng Pui Man	

Membership Upgrade

The membership of following individuals have been upgraded since June 2007:

3 upgraded to **Associate Fellow**:

Ms. Poon Yuk Yee
 Mr. Kung Pak Sing, Patrick
 Dr. Fung Lai Chu, Annis

1 upgraded to **Junior Member**:

Mr. Choi Fun Chit, John

7 upgraded to **Member**:

Ms. Wong Wai Han
 Ms. Wong Lo Lo
 Ms. To Yin Ling, Gloria
 Mr. Choi Tsz Ho
 Ms. Choi Wai Yin
 Mr. Lam Kwok Kwong
 Ms. Fong Kin Ching

For anyone who would like to join the HKPCA or upgrade their membership, please visit our website:

www.hkpc.org.hk
 for details and download of application form.