

Newsletter

November 2007

The Hong Kong Profession! Counselling Association Secretariat:

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Council 2007-2008

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The 12th AGM on 16 June 2007 Annual Report (2006-2007)

By Dr. Raymond Chan, President -

It has been a year since being appointed as President of the HKPCA. Thanks to the great support from the HKPCA Council Members, with their genuine support, we have been moving ahead with great success. 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. Now we have more than 500 members in different categories. Up to the end of May, we have received HK\$58,300 for membership fees, about 65% of the members have made their payment.

Categories	End of May 2007 (no. of persons)	End of May 2006 (no. of persons)	31 Dec 2004 (no. of persons)	31 Dec 2003 (No. of persons)	
Affiliate	24	24	26	29	
Associate Fellow	93	82	82	84	
Fellow 9		9	9	3	
Member	257	212	177	135	
Junior Member	54	47	41	40	
Student Member 64		53	59	57	
Institutional Member 11		11	9	11	
Total 512		438	403	359	
Increasing rate - from 2006 to 2007 (%)	17%	12%	12%		

2) Establishment of a New "Professional Membership"

In response to calls from the counselling profession to establish standards of counselling practice, the Professional Affairs Committee of HKPCA has worked on an initiative to establish a professional-level membership category. The proposal by the Committee to establish such a membership category is presented to all HKPCA members for endorsement in today's Annual General Meeting. The proposal suggests the establishment of a "HKPCA Certified Counsellor", and recommends the criteria for membership in terms of education and training in counselling, as well as post-training supervised experience. It is hoped that a professional-level membership can set the training standards required for entrance into the counselling profession, and that a monitoring system can be established to ensure continual professional practice.

After the endorsement of the proposal on the establishment of the professional-level membership, another committee will then be set up to work out procedural details on how to implement the plan. We hope that first call for application will start in 2008.

3) Supportive Supervision Scheme

Apart from developing "HKPCA Certified Counsellor", the HKPCA has been simultaneously drawing upon ideas on training counselling supervisors. The training structure of the "Support Supervision Scheme" was established in 2004. The first training programme titled "Support Supervision Scheme" was launched in 2005, which was co-organised with the Applied Social Sciences Department of the Hong Kong Polytechnic University. We are delighted to have eleven participants who have completed the Professional Certification Course for Supervisors in Counselling under the Supportive Supervision Scheme, since its launching in 2004. The second cohort of the "Support Supervision Scheme" is pending to begin in September 2007, which the Association and the Department of Applied Social Sciences of the Hong Kong Polytechnic University are the co-organisers.

4) Programs:

Thanks to the effort of the Programme Committee, we have been providing a number of professional training workshops and seminars to our members.

	Date	Workshop/ Seminar	Speaker
1	24 June 2006	Workshop: How to use a Local Suicide Risk Assessment Tool [榮氏 評估自殺風險量表]	Dr. Gracemary K.H. Leung
2	10 Nov 2006	Workshop for parents: [家長如何應 付及改善孩子不良行為]	Prof. Norma Leben
3	13 Jan 2007	Workshop: Experiencing Hypnosis	Dr. Kelvin Tang
4	14 April 2007	Parent training seminar: [家長講座: 培育未來新一代]	陳寶安博士 周朱瑞華博士
5	26 May 2007	Workshop: Handling Adolescent Internet Addiction	Ms. Chan Ki
6	25 & 28 June 2007	Workshop: Introduction to Enneagram	Ms. Chow, Irene

Apart from the above seminars and workshops, starting from last year, 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 twenty three participants completed the Course from June 2006 to May 2007.

5) Publications

The Asian Journal of Counselling is published biannually by the Association and the Hong Kong Institution of Education Research of The Chinese University of Hong Kong. It is a journal devoted to the extension of knowledge and promotion of communication in the very broad field of counselling.

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

- 1. Asian Journal of Counselling, 13, 1 (2006). (Special issue: International issues in psychology and counselling)
- 2. Asian Journal of Counselling, 13, 2 (2006). (Special issue: Youth counselling)

Dr. Chan Raymond Mow-chiu President, HK PCA

第12屆周年會員大會年報 (2006-2007)

會長:陳茂釗博士

我出任香港專業輔導協會會長已有一年時間了。由於獲得協會理事會會員 及現任會員的莫大支持,我們成功地向前邁向一大步。我很高興能藉此機 會向我們所有會員介紹一下下列範疇內我們工作的進展狀況:

1. 會員

會員的數目正在穩定地增長。現時我們已有逾500位隸屬不同類別的會藉 的會員。直至五月底為止,我們已收到港幣58,300元的會員費用,約莫百 分之六十五的會員已繳交會費。

\$159	截至2007年五月 (人數)	截至2006年五 月 (人數)	截至2004年 12月31日 (人 數)	截至2003年12月 31日 (人數)	
附屬會員	24	24	26	29 84	
準資深會員	93 9 257 54 64 11 512	82 9 212 47 53 11 438	82 9 177 41 59 9 403		
資深會員				3 135 40 57 11 359	
會員					
初級會員 學生會員					
					開體會員
總共					
增加率 - 由2006至 2007 (%)					17%

2. 設立新的「專業會籍」

為回應輔導專業界對於建立專業守則的呼求,協會的專業事務委員會已著 手爭取設立一個專業層面的會籍類別。在今天的周年會員大會中,我會向 各位會員介紹追個設立新會籍的計劃書,以便得到各位的支持。適計劃書 建議成立一個"香港專業輔導協會認証輔導師"的專業資格,以及就所接 受到的輔導教育及培訓、和培訓後所取得的督導經驗,作為推薦會藉的準 則。期盼能藉著一個專業層面的會籍,既可以制定一些進入輔導行業所需 要的培訓標準,也可以建立一個監管的制度,以便保證專業實務的持續性 發展。

這關乎專業層面會籍的設立的計劃書得到認同之後,另一個委員會便會成立,以便找出如何去實行這個計劃的程序細則。我們希望第一輪的申請將 會於2008年開始。

3. 支援督導師計劃

除了發展"香港專業輔導協會認証輔導師"之外,協會也同時間汲取了培訓輔導督導師的構思。"支援督導師計劃"的培訓架構在2004年已建立起來。首項被稱為"支援督導師計劃"的培訓項目在2005年開展,此項目與香港理工大學應用社會科學系合辦。我們很高興舉行第一屆認証督導師培訓的畢業典禮,這些畢業生都完成了在支援督導師計劃下自2004年推行的專業輔導督導證書課程。第二期支援督導師計劃快將於2007年9月開始,主辦單位是本協會和香港理工大學應用社會科學系。

4. 活動項目:

有鑒於活動籌劃委員會的努力,我們得以為會員提供多個專業培訓工作坊 及講座。

	日期	工作坊/講座	講員
1	6月24日	工作坊:如何採用評估自殺風險量表 [梁氏評估自殺風險量表]	梁國香博士
2	11月10日	家長工作坊: [家長如何應付及改善孩 子不良行為]	理盧幼慈教授
3	1月13日	工作坊: 催眠體驗談	鄧國永博士
4	4月14日	家長講座:培育未来新一代	陳寶安博士 周朱瑞華博士
5	5月26日	工作坊:如何處理青少年沉迷上網 問題	Ms. Chan Ki
6	6月25及28日	工作坊:九型人格簡介	Ms. Chow, Irene

除了上述講座及工作坊之外,由去年開始,協會已正式地與協青社攜手合作,舉辦"歷奇為本輔導執行師基礎課程"。我們很高興有超過20多名的參加者完成了這個由2006年6月至2007年5月舉行的課程。

5. 出版

亞洲輔導學報為本協會及香港中文大學香港教育研究所每半年出版一次的 期刊。它是一本致力於在輔導學這個偌大的範疇內提供知識延伸和促進交 流而出版的期刊。

在出版委員會的不辭勞苦下,協會出版了兩期亞洲輔導學報,詳情見下:

- 1. 亞洲輔導學報, 第13卷, 第1期 (2006). (專輯 心理與輔導國際議題)
- 2. 亞洲輔導學報, 第13卷, 第2期 (2006). (專輯:青少年輔導)

陳茂釗博士 香港專業輔導協會會長

Membership Momentum

HKPCA membership is dynamic. It has momentum. Your membership strength is gained by your motion. Here are some suggestions.

Motion 1: Pay your membership fee on time to maximize your money power.

Motion 2: Display your membership certificate to discharge your status power.

Motion 3: Enrol in workshops, seminars or conferences to exert your learning power.

Motion 4: Read newsletters and e-mails to maintain communication power.

Motion 5: Contact colleagues, peers and students to expand recruitment power.

Motion 6: Attend annual general meetings to exercise voting power.

Motion 7: Upgrade your membership to elevate your category power.

Motion 8: Nominate others or volunteer yourself to energize the Council power.

Motion 9: Follow the code of professional conduct to testify your ethical power.

Motion 10: Ask yourself what you can do for HKPCA to demonstrate your creative power.

Happy moving!

Isaac Tam, PhD

Chairperson, Membership & Professional Standard Committee

會籍動量

香港專業輔導協會的會籍特徵是活力充沛。它是一種動量,你注入多少行動,你的會籍便會產生多少的力 量。以下就是一些建議:

行動一:按時繳交會費,善用你的財力。

行動二:展示會員證書,流露你的身分魅力。

行動三:參與各項工作坊、研討會及會議,延伸你的學習力。

行動四: 閱讀會訊電郵, 保持溝通能力。

行動五:聯繫各方同仁,擴張人才吸納力。

行動六:出席周年大會,享用投票權力。

行動七:使你的會籍升級,提高你的會籍權益。

行動八:提名或自薦,加強理事會的領導力。

行動九:遵守專業操守,驗證你的道德判斷力。

行動十:細間你能為協會做甚麼,顯示你的創造力。

祝你越動越開心!

譚中嶽博士

會籍及專業標準委員會主席

給打算接受心理輔導者的一點提醒

香港專業輔導協會秘書 嚴穗華

近年,隨著社會急速發展,人們承受的壓力相應提高。尋求心理輔 導人士的數目也有上升趨勢。然而,不少受助者對心理輔導仍是一 知半解,甚至存著很多疑惑和迷思。我期望在此與大家分享我的看 法。

甚麼是心理輔導?

心理輔導是一門專業,是由一位受過訓練的輔導員去幫助其他人 表達他們的感受,了解自己,並且改變他們的行為。人們常感到 抑鬱、焦慮、困惑、受壓、或寂寞,這是面對正常人生發展階段 上必然出現的共同經歷,譬如作出事業上的決定,處理生命的轉 折期,解決婚姻或家庭糾紛,發展人際關係,以及處理喪失親 友,此時人們便會前來尋求輔導。尋求輔導並不表示你有甚麼不 妥一它是告訴你自己你不是孤單一人,而你也不需要獨自去處理 問題。

對於那些向你提供輔導服務的人來說,輔導是一門專業。換句話 說,專業輔導並不是業餘玩兒。在幫助你的過程中,輔導員收集 各種資訊,有助你了解自己。你誠實無偽的述說你的感受和經 歷,可使輔導員診斷出為何你會產生這樣的感受,並提供建議和 方法,以便作出改變。這些評估、診斷及治療程序都反映出輔導 員所受的多年專業培訓及經驗。

誰人有資格被稱為專業輔導員

輔導員擔當不同的專業職銜。專業輔導員一般在以下其中一個範 聯裡最少獲取碩士學位:輔導心理學、臨床心理學、精神健康輔 導、學校輔導、社會工作、或是婚姻及家庭治療。對於輔導員來 說擁有一個博士學位並不罕見。輔導員訓練的嚴謹反映於他們在 專業裝備上是否達到某一些必須具有的標準,以及是否有資格獲 取特許的執照或認證。

輔導員代表不同的專業範疇、理論定位、以及培訓重點。舉例 說,輔導心理學家傾向把求助的問題視為正常人生發展階段中人 們所面對的障礙;臨床心理學家傾向把問題視為反映出某種或某 程度上的精神病態來處理;婚姻及家庭治療師則傾向於以人們所 身處的家庭系統的環境去了解他們。專業的輔導員應該被期望具 備以下的能力,包括:

- 認識他們本身的專業輔導範疇與其他專業輔導範疇的分別、當 輔導你時他們所扮演的角色和功能、以及行業的專業操守;
- 2. 有技巧與手法去跟你建立一個可信賴的關係;
- 有能力去幫助你發掘並且了解自己的性格、生活方式與喜好是如何形成的;
- 有能力去評估、診斷、以及治療精神病態、心理失調問題與行為失當;
- 明白輔導員本身個人及文化上的偏見及需要,或會影響到他們 所給予你的幫助;
- 6. 對心理測驗及教育測驗的應用、詮釋及局限具備學術研究式的

訓練;

7. 擁有你可以向其他專業人員或機構尋求額外協助的資料。

對輔導應有的合理期望

輔導意味著輔導員與受助者之間有一個夥伴關係。它所要求的關係就是(1)合作性 — 輔導員與你同工,一起去了解和處理你的困擾;及(2)保密性 — 輔導員規定不能在面談以外洩露你的身分以及你所求助的問題。若然你顯示出你有傷害自己(例如有自殺傾向)或他人(例如對他人施行暴力)的意向,輔導員便必須通知其他人。在一些情況下,輔導員或會提供一些直截了當的指引;譬如教導你當你處於遭受身體虐打的境況下,你應何時離開及應往何處去。在其餘時間,輔導員可能會協助你自行作出決定。「成功」的輔導是沒有時間規定的。時間的長短視乎於以下的因素,例如困擾你的問題的性質、你是否樂意更多發現自己、以及問題的嚴重性和是否已持續一段日子等等。

專業輔導員的道德操守

輔導就是道德上的實踐。因此,輔導員的行為都受到其職業上的 道德標準所監管。

道德標準是由專業輔導機構所開發的,而輔導員必須要跟從。倘若輔導員違反了這些標準,便會受到法律上的譴責。舉例說,所有道德操守清楚地聲明禁止輔導員與受助者發展性關係。假若輔導員為了一己私利,在未獲得客戶的同意之下,洩露客戶的機密資料,這也是一項違反道德操守的行徑。因此,道德標準及強化其在法律上的地位是必須的,以便保護你免受剝削,以及為著你的利益著想,保證給予你最好的服務。

大部分道德標準建議輔導員不要和受助者捲入雙重/多重關係。換而言之,輔導員有道德責任避免向他們的家人、朋友、及他們所認識的人提供輔導。倘若你只信任及只可與你的朋友分享你的問題,而他/她恰巧又是一名專業的輔導員的話,你的朋友或會應你的請求去輔導你。然而,你必須有心理準備會有若干可能性的後果出現:(1)你的輔導員朋友或會嘗試把你轉介至另一位可靠的輔導員,他/她從而與你仍能維持朋友關係;抑或(2)假如輔導持續下去,你的輔導員朋友或會疏遠你,好使他/她能夠成為你的專業輔導員。雙重/多重關係很可能會削弱輔導員的客觀性。

所以道德標準清楚地聲明輔導員與他們的受助者發生性關係是不 合道德,以及在許多情況下都是不合法的。在輔導的關係上所發 展的信任和連繫很多時會使受助者動情,因而能被一個不道德的 輔導員所利用。因此,經常要詢問自己那些由輔導員所引發的身 體接觸是否恰當。性行為不單指性交,也指不合宜的觸摸、擁 抱、愛撫,以及帶有性挑逗意味的言語。當輔導員出現這些行為 時,受助者往往感到困惑和難為情。因此,使用你最初的反應和 直覺來保護自己。當你感到你的輔導員利用你們的關係來作出性 騷擾舉動時,鼓勵你去聯絡你當地的專業輔導團體,以便尋求諮 商和意見。

以上數點給打算接受心理輔導者的一點意見以供參考。

PROGRAMMES & WORKSHOPS

Dear Members,

The objective of our Programme Committee is to generate training programmes that promote active learning, recycle earlier learned concepts and skills that help to consolidate participants' expertise. The success of our training programme is measured by how useful the training is transferable to your work and personal life. We are eager to solicit your advice and support so as to design and conduct training programmes that are helpful and important to the field of counselling.

You are cordially invited to contact me (scbonip@cityu.edu.hk) or any of our Council members to let us know your interests and views.

A list of tentative programmes is given for your reference. You are cordially invited to attend these for professional development.

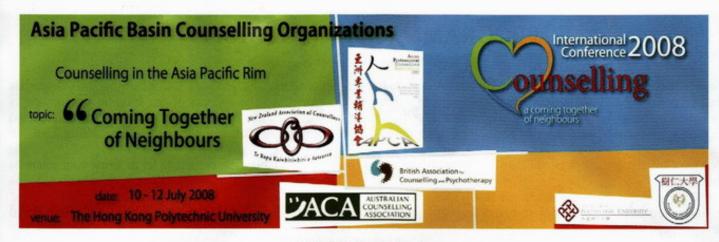
Date / Time Nature		Topics / Speakers / Venue	
1 Dec 2007 (9.30am -5.30pm)	Workshop	Crisis Intervention in School Speaker: Ms. Holly Wong Venue: City University of Hong Kong G5317	
8 Dec 2007 resistance (9.30am -12.20pm) Workshop Speaker: Professor Coh-		From defense mechanisms to contact modulation: Gestalt Therapy approach to resistance Speaker: Professor Cohen Venue: City University of Hong Kong P4302	
11 January 2008 Lecture Parent Education Speaker: Dr. T S Chan			
February 2008 (To be confirmed)	Workshop	Career Counselling and Practice Speaker: Dr. Raysen Cheung	
7 March 2008	Case Conference	Speakers: Ms Dorcas Suen, Mrs. Leung N Y and Dr. Ho M Y	
14 March 2008 Case Conference Speakers: Ms Dorcas Suen, Mrs. Leun		Speakers: Ms Dorcas Suen, Mrs. Leung N Y and Dr. Ho M Y	
April 2008 (To be confirmed) Workshop Time Line Therapy Speaker: Mr. David Shum		Time Line Therapy Speaker: Mr. David Shum	
2008 Workshop		PREPARE/ENRICH: Premarital Counselling and Marriage Enrichment Training Workshop Speakers: Dr. Simon Lee and Dr. Benny Lam	

For details and registration, please visit our website: www.hkpca.org.hk Thank you for your attention.

Mrs. Bonny Ip Programme Secretary

Past Events

Date	Nature	Topics / Speakers
17 November 2007	Workshop Co-organize with HKU	Workshop on Group Therapy with Psychotic Clients: A Possibility? Speaker : Dr. Philip Tsui
9 December 2007	Lecture	善用九型人格學 如何改善自己的溝通技巧 Speaker: Ms. Irene Chow
9,16, 23 November 2007	Workshop	善用九型人格學 如何改善自己的溝通技巧 Speaker: Ms. Irene Chow



輔導無彊界

"Coming Together of Neighbours" 國際輔導學會會議

International Conference on Counselling 10 -12 July 2008 Hong Kong 香港 2008年7月10-12日

Venue: Hong Kong Polytechnic University, Kowloon

地點: 九龍紅磡香港理工大學

This conference is co-hosted by several international and local counselling organisations and is open to all counsellors, psychotherapists, psychologists, social workers and any other professional who works with people in the 'helping professions'.

Some of our international speakers are:

UK: Professor Sue Wheeler

Hong Kong: Professor Atara Sivan Canada: Professor Nancy Arthur

Australia: Dr Colin Carbis Malaysia: Dr Mile Glamcevski South Korea: Dr Sang Min Lee

USA: Dr John McCarthy New Zealand: Dr Judi Miller Maldives: Aishath Nasheeda Vietnam: Nguyen Ha Thanh

Singapore: Dr Leong Jenn Yeoong

There will be approximately 36 workshops run over a 2 day period with up to 6 workshops being run concurrently. There will be something of interest for everyone. Polytechnic University will also be hosting a string of workshops on Marriage and Family counselling.

To register your interest in this conference and to receive further updates send an email to: Philip Armstrong philip@theaca.net.au or Dr Catherine Sun ctlsun@netvigator.com

On behalf of the conference committee we hope to see you in 2008 at Kowloon.

Philip Armstrong

Conference Committee Chair

這個會議由多個國際及本地的輔導團體共同主辦, 歡 迎所有輔導師、心理治療師、心理學家、社會工作者 及任何投身於「助人行業」、常與人接觸的從業員參 與。

我們的講員來自世界各地,當中包括:

英國: Professor Sue Wheeler

香港: Professor Atara Sivan

加拿大: Professor Nancy Arthur

澳洲: Dr Colin Carbis

馬來西亞: Dr Mile Glamcevski

南韓: Dr Sang Min Lee 美國: Dr John McCarthy 新西蘭: Dr Judi Miller

馬爾代夫: Aishath Nasheeda

越南: Nguyen Ha Thanh

新加坡: Dr Leong Jenn Yeoong

這次會議長達兩天,約有36個工作坊,當中有多至 6個工作坊會同步進行。當中必有一些題目是所有人 都會感興趣的。此外,香港理工大學也會舉辦一連串 有關婚姻及家庭輔導的工作坊。

若有意登記參與是次會議及收到有關會議的最新消息,請電郵至:philip@theaca.net.au(PhilipArmstrong)或ctlsun@netvigator.com (Dr Catherine Sun)。

在此,謹代表會議委員會衷心盼望於2008年見到你的 蒞臨。

菲利浦 岩土唐 會議委員會主席

Membership Upgrade

The following individuals were upgraded since Jan 2007:

3 upgraded to Associate Fellow:

Dr. Lee Man Yuk Ching

Rev. Luk Kim Hung, Joseph

Mr. Mann Ka Fai

3 upgraded to Member:

Miss Law Man Ching

Miss Lin Sin Wan, Winnie

Mr. Wong Chi Hang, Patrick

1 upgraded to Student Member:

Mr Tho Hong Nin

Congratulations!

Professor S. Alvin Leung, Ph.D, Department of Educational Psychology ,The Chinese University of Hong Kong has been awarded the Fellow of the Society of Counseling Psychology as an International Counseling Psychologist. We are delighted to send him our warmest regards and share the excitement for the honour. Congratulations!

Our council member Mr Chui Yat Hung has awarded Doctor of Education in 2007. Congratulations!

For anyone who would like to join the HKPCA or upgrade their membership, please visit our web-site: www. hkpca.org.hk for details and download of application form.



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.orghk 或聯絡祕書處,電話2334-7172。

Or something bothering or upsetting you. Or something with encouragement or enlightenment. Please email your article which is not more than 500 words, in English or in Chinese, to enquiry@hkpca.orghk or contact the Secretariat at 2334-7172

HKPCA NEWS 最新動態

MEMBERSHIP UPDATE

The following individuals joined HKPCA since Jan 2007:

9 Associate Fellows:

Dr. Chan Wai Yu
Mr. Leung Siu Kong
Ms. Liu Wun Ying , Winnie

MUNDIA LAWRENCE JACOB

Dr. SIMASIKU
Mr. Ng Ngai Ling
Mr. Parkinso Andrew lan
Mr. Tam Yat Sun

Miss Tse Chui Ying

Mrs. Wong Ip Chung Ping

3 Affiliates:

Mr. Chin Yi Ma Ms Lau Cathy Miss Pang Ka Ping

27 Members:

Miss Au Ching Sze Mr. Lam Ka Shun, Joseph Ms. Lau, Farida Ms. Chan Miu Hung, Bridget Miss. Cheng May Lin, Selina Ms. Lau Kit Yee Chiu Wing Yee, Grace Dr. Law Andrew Ms. Miss Choy Wing Kwan Mr. Lee Ka Heng Chu Ching Yin Miss. Leung Hiu Wah Ms. Chung Kam Fai, Kelvin Mrs. Leung Suk Mun Mr. Mr. Ng Siu Wai Mr. Fung Chun Kit, Alphon So Lut Kong, Herny Ms. Hui Fung Kuen Mr. Ko Kwai Shum Mr. Tang Yick Hong, Simon Miss Kwok Pui King Rev Wo Kit Hing Ms. Lai Pui Chuen Ms. Yeung Pui Kei, Rita Mr. Yuen Yuk Lan Lai Yik Hin, Garret Ms. Mr. Miss Lam Ka Man , Abby

11 Junior Members:

Mr. Chan Chung Kit Ms. Chiu Suk Lin, Lena Ms. Chow Yin Ho Cheuk Wai Mr. Mr. Koo Chi Kin, Duely Ms. Kwong Lai Yuk Ms. Lam Nga Yu Ms. Law Pui Yee Miss Leung Po Yan Mrs. Yeung Wai Ling, Amy Ms. Yong Moi Kui, Rose

8 Student Members:

Mr. Cheung Chi Chuen Mr. Choi Fun Chit, John Ms. Hau Kam Yee, Zoe Miss Hon Chor Shan Mr. Lai Yiu Kwong, Ricky Ms. Lam Suet Man, Angel Miss Lee Siu Foon, Cynthia Ms. Wong Yung