



# Newsletter

## 21st Annual General Meeting Extracts



The 2016 AGM holds at The City University of Hong Kong

With the continuous active support of HKPCA members and potential members, The AGM 2016 was held in great success on 24 June 2016. We were honoured to have Professor Alvin Leung Seung Ming, Dean of Education, Faculty of Education, The Chinese University of Hong Kong, one of the HKPCA founders, to be our guest speaker to share with us his precious experience in "Career Development of Professional Counsellors". A total of 123 members/potential members joined the meeting, with 96.97% attendance rate. Thank you to the Immediate Past President Dr. CHUI Yat Hung for his 4 years contributions to the Association and congratulations to the new council board with new 2016-2017 President Dr. FUNG Lai Chu Annis leading the Council to a new era. It was

adjourned with a warm dinner and social gathering after the AGM.

As the oldest and most established association representing a broad spectrum of professional counsellors in Hong Kong, we will strive to continue to raise the standard of counselling practice in Hong Kong, to strengthen the professional network, to offer ongoing training activities, to conduct researches including the publication of counselling studies to enhance ethical standards, and to advocate counselling education in Hong Kong. We also work towards promoting public understanding on counselling service, in the light of whole person development, wellness and mental health in Hong Kong.

During the AGM, a total of 3 motions were passed:



HKPCA new Council Board 2016-2017



New President:  
Dr. FUNG Lai Chu Annis

Category	Before 2017	2017-2018	Voting Right
Fellow	\$400	\$450	Yes
Associate Fellow	\$350	\$400	Yes
Member	\$250	\$300	Yes
Associate Member (Junior Member)	\$200	\$250	Yes
Student Member	\$100	\$100 (unchanged)	No
Affiliate	\$150	\$150 (unchanged)	No

#### New membership fees approved in Motion 3

### Motion 1

#### Ratio between Post-master Supervised Practice Hours and Post-master Supervision Hours

The ratio between post-master Supervised Practice Hours and post-master Supervision Hours be at least FIVE to ONE (5 : 1), which means for every 5 practice hours, there should be at least 1 supervision hour; and that this new requirement applies to the 2017 and subsequent admission cohorts.

### Motion 2

#### Combination of Two Membership Categories

With effect from January 2017, the current HKPCA membership categories of "Associate Member" and "Junior Member" will be combined into one category under the name of "Associate Member", with voting right.

### Motion 3

#### Adjustment of Membership Fee and Certificate Fee

With effect from January 2017, the annual membership fees of Fellow, Associate Fellow, Member and Associate Member be increased by \$50 each, and that the issuance of paper certificates for all categories be increased to \$50 each.

We proudly reported the following percentage increase in June 2016 as compared to last year:

General Membership	+19%
Professional Membership	+31%
Approved Counselling Supervisor	+9%



Dr. TAM Chung Ngok, Isaac holds the vote of Motions

## Adhoc from member: My first experience in AGM

by Fanny TSE

As a member of the HKPCA, this was my first time to participate in AGM. The AGM was held at the City University of Hong Kong. There were many counselling professionals attending the meeting. Some of them are well-known counsellors in the Counselling field and I felt very honored to be there. I was so excited that I met my first counselling teacher, Miss Jennifer Yim, who enlightened me a lot in the field of Counselling.

In the meeting, the guest speaker, Professor Alvin Leung Seung Ming, shared the topic on "Career Development of Professional Counsellors" with us. Then the AGM began. Though the meeting was formal but proceeded in a relaxing atmosphere. In the past, I regarded myself just as a member and attended some workshops organized by the Association. However, after attending the AGM, I understand more about the work of the Association, the Council members as well as the membership category.

The AGM raised two issues, namely, the supervision issue and the urge for the enhancement of Counselling Professionalism. I realized that the HKPCA has been doing their best to maintain the standard of counselling practice. I hope that the Association could address these issues seriously and inform us the progress regularly. Thank you!



Prof. LEUNG gives a talk on the development of counselling practice



Dr. CHUI presents the heartfelt thanks to Prof. LEUNG



Members response actively at Q&A sessions



Upcoming workshop in October 2016 :

# Introduction to Animal-assisted Therapy 動物輔助治療初探

by Dr. FUNG Suk Chun

## Preface:

### The Story of Jingles and Johnny: The Origin of Animal-assisted Therapy

Animal-assisted therapy (AAT), the incorporation of the talents and positive traits of therapy animals into different therapeutic contexts, is a practice modality that is considered an additive to established interventions. The first piece of professional AAT literature can be found in a case report written by Boris Levinson, an American child psychologist, in 1962. Levinson made use of his own dog, Jingles, in the treatment of Johnny, a severely withdrawn child. At the beginning he had no plan to incorporate Jingles into the sessions with Johnny. But on one appointment day, Johnny and his mother arrived at Levinson's office several hours earlier. Jingles followed Levinson to the door. Jingles ran right up to Johnny and began to lick him. Levinson was very surprised as Johnny cuddled up to and petted Jingles. Thereafter Levinson allowed Jingles to be present in the diagnostic interview. By the end of the session, Johnny expressed his desire to come back and play with Jingles. The treatment of Johnny by Levinson and the "co-therapist" Jingles started then. Levinson described the changes in his relationship with the child during the treatment process as follows: At the beginning sessions, Johnny was seemingly not aware of the presence of Levinson while playing with Jingles; subsequently, there were many conversations between Levinson and Johnny, and the replies from Johnny were coherent though Johnny was very intent upon Jingles; eventually, Levinson was included in the play with the child and the dog. The establishment of rapport allowed Levinson to work out the problems of Johnny. As Levinson (1972) stated, it is not easy for the therapists to enter into the world of and gain trust from severely ego-disturbed children. He believed pets could be easily accepted by these children as their playmates



and could bring them into the real world. According to Carl Rogers (1963), when Levinson presented his paper "the Dog as Co-therapist" at a Convention of the American Psychological Association, "some of those who listened to the paper thought this was ridiculous poppycock, and that his idea had no place among serious therapists" (p.6). Nevertheless, Levinson's case report has brought out insights in the possibility of incorporating a dog in the healing process. His accidental discovery has aroused further interests and explorations on the therapeutic value of animals on humans, especially on children with autism. Over the last 30 years, there have been growing interests in AAT, and more and more empirical studies on it were conducted. There are at least six systematic reviews and meta-analysis studies in the last decade.

## References:

- Levinson, B. M. (1962). The dog as a "co-therapist". *Mental Hygiene*, 46, 59-65.
- Levinson, B. M. (1972). *Pets and Human Development*. Charles C. Thomas, USA.
- Rogers, C. (1963). Psychotherapy today or where do we go from here? *American Journal of Psychotherapy*, 17, 5-16.

**Date:**  
22 October 2016 (Sat)

**Time:**  
10:00am-1:00pm  
(total 3 hours)

**Venue:**  
Hong Kong Baptist University  
(Co-organiser)

**For details and application,**  
please visit official website  
[www.hkpca.org.hk](http://www.hkpca.org.hk) and  
facebook [www.facebook.com/counsellingHK](https://www.facebook.com/counsellingHK) or contact us by  
[email](mailto:info@hkpca.org.hk).



Dr. FUNG with her "co-therapist"

# Snapshots of 2016 past activities

**Jan-Oct:** Emotion Focused Therapy for Individuals

**Feb:** Expressive Art Therapy



**June:** Wounded Healer

**Aug-Sept:** Family crisis management workshop



## Past/Upcoming activities in 2016:

Date/Time	Name of workshop	Venue	No. of attendants	Trainer	Remarks
Jan-Oct 2016 (total 32 sessions)	Certified Training in Emotion Focused Therapy for Individual	Poly U and HK Federation of Youth Groups	16	Mrs. Selina Leung Ho Siu Man 梁何紹文女士	In progress
26 Feb 2016 (Fri)	Expressive Arts Therapy	Queen Elizabeth Hospital	48	Dr. Eve Wong 黃蕙蘭博士	Completed
11 June (Sat)	Wounded Healer	Poly U	35	Dr. AU Cheung Kong 區祥江博士	Completed
7, 21 Aug & 4 Sept, 2016 (3 sessions)	Family Crisis Management Workshop 家庭壓力與危機處理	HKBU	23	Dr. Wat Wai Ho 屈偉豪博士	Completed
22 Oct, 2016	動物輔助治療 (Animal-assisted Therapy) 初探	HKBU	TBA	Dr. FUNG Suk Chun 馮淑珍博士	Coming Up
Dec/Jan, 2016/17 (4 sessions)	Use of Expressive Art in Group Work	TBA	TBA	Ms. Yiu Wing Sze 姚穎詩女士	Coming Up
31 Mar - 1 Apr, 2017	HKPCA Joint Two-day Conference with Hong Kong Association for School Discipline and Counselling Teachers	City U	TBA	TBA	Coming Up



## Member's Benefits

### Professional Indemnity Insurance for HKPCA registered members

HKPCA proudly announced the UPGRADED package with the limit of indemnity increased to HK\$7 million and HK\$15 million respectively with the SAME annual premium rates and terms as per existing policy.

#### Coverage period:

1 October 2016 to 30 September 2017

#### Deadline of Application:

31 October 2016

Free seminar will be organized for HKPCA members in Sept/Oct 2016.

For details please visit our official website [www.hkpc.org.hk](http://www.hkpc.org.hk) or contact Dr. Raymond Chow at Tel: 2523 6350 or Alice Cheung at Tel: 2523 6072 of Chartered Insurance Broker Ltd. for more details.

### Joint membership discount with HKPTU 香港教育專業人員協會

Good news! All of our HKPCA active members holding HKPCA valid membership card can enjoy the same discount of their own membership at Causeway Bay outlet ONLY.

Effective till 31 July 2018. For detailed privileges, please visit our official website [www.hkpc.org.hk](http://www.hkpc.org.hk) under "Membership Welfare"

### HKPCA Joint Two-day Conference with Hong Kong Association for School Discipline and Counselling Teachers

Date: 31 March 2017 – 1 April 2017 (Friday and Saturday)

Venue: City University of Hong Kong

More Details to be announced later.

## Congratulations to 2 new Fellows endorsed in AGM 2016



### Dr. YUNG TSANG Sun May, Grace

容曾萃薇博士

#### Brief introduction:

- ◆ She was honoured with the Hong Kong Outstanding Educators' Award in 1992.
- ◆ Established the Green Pastures Whole Person Development Centre in 2002.
- ◆ Experienced counsellor, family therapist, curriculum developer, teacher and clinical supervisor of counsellors and therapists
- ◆ Satir Growth Model has been her counselling orientation and an anchor in her professional and personal development
- ◆ The first scholar in the world to study Satir's clinical supervision
- ◆ In the past 30 years, Dr Yung has committed herself to promoting the Satir Growth Model in Hong Kong and around the world. She has been a key leader of the Hong Kong Satir Centre, the first Asian elected as a board member of the Virginia Satir Global Network, and the first Asian to be granted the "Living Treasure" award by the Network in 2009



### Dr. CHUI Yat Hung

崔日雄博士

#### Brief introduction:

- ◆ Dr. Chui has made substantial contribution to the development and growth of HKPCA. Specifically, as one of the council members, he has continually contributed his precious time to the businesses of the association in the past 8 years.
- ◆ During this long period of time, he was elected as the Vice-President (2010-2012) and the President (2012-16). Taking up the leading role in the association, Dr. Chui not only attended all regular council meetings to share his professional experiences and ideas, but also participated in some sub-committees.
- ◆ During his two consecutive terms, the accreditation system of local Master program in counselling was revised and refined.
- ◆ His efforts in setting up standards in the profession, which contributed to the field of counselling in local context, are much appreciated.



## Appeal for touching stories from members

HKPCA council cordially invite our honorable Fellows/Approved Counselling Supervisors/Certified Counsellors to share their work experience or case study with the objective of enhancing the communication and learning among members. Story sharing has to be with related clients' consent.

Interested parties, please send your stories (maximum words: 300-400, English or Chinese) to our executive secretary: Ms. Cynthia Yuen by email to [enquiry@hkpca.org.hk](mailto:enquiry@hkpca.org.hk). Thank you.

## HKPCA Council 2016-2017

### President:

Dr. FUNG Lai Chu, Annis  
馮麗珠博士

### Vice- President:

Prof. TSE Shu Ki, Samson  
謝樹基教授

### Immediate Past President:

Dr. CHUI Yat Hung  
崔日雄博士

### General Secretary:

Mr. IP Man Him, Jeffrey  
葉文謙先生

### Honorary Treasurer:

Dr. FUNG Suk Chun, Pat  
馮淑珍博士

### Chair, Membership & Professional Standards Committee:

Mr. TANG Wai-hung  
鄧惠雄先生

### Program Secretary:

Ms. NG Wai Ngan, Shirley  
吳偉顏女士

### Publicity Secretary:

Ms. WONG Kit Fong, Cindy  
黃潔芳女士

### Members:

Dr. CHEUNG Kam Hung, Rainbow  
張錦紅博士

Prof. NG Yat Nam, Petrus  
吳日嵐教授

Dr. WAT Wai Ho, Benjamin  
屈偉豪博士

### Executive Secretary:

Ms. YUEN Kwun Chai, Cynthia  
阮冠釵女士



HKPCA council cordially invite passionate members to become our volunteer to help support the Association. Should you have special expertise in marketing, website design, project organizing and other areas, please register on website or write to us by [enquiry@hkpca.org.hk](mailto:enquiry@hkpca.org.hk).

Your support is important to our association growth in the field!

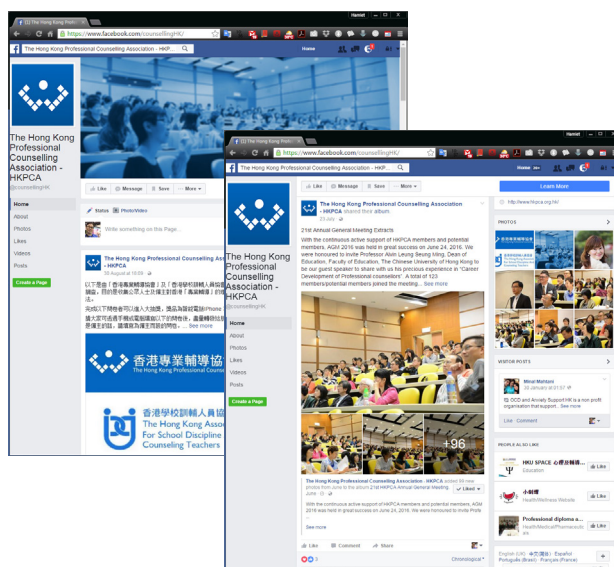
## Facebook Page Successfully Launched

After successful launch of our website [www.hkpca.org.hk](http://www.hkpca.org.hk) revamp in May 2016, we are grateful to inform that HKPCA has set up our own facebook in July 2016:

<https://www.facebook.com/counsellingHK/>

From there, you will get update of our association from time to time.

Do come and visit us, and enlighten us with your valuable comment. Thank you!



## New office/ Contact Us

The Secretariat, HKPCA, c/o  
Dept of Applied Social Sciences,  
City University of Hong Kong, Tat  
Chee Avenue, Kowloon, Hong  
Kong

Tel: +852 2334 7172

email: [enquiry@hkpca.org.hk](mailto:enquiry@hkpca.org.hk)

website: [www.hkpca.org.hk](http://www.hkpca.org.hk)