



# 香港專業輔導協會

The Hong Kong Professional Counselling Association



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Website: www.hkPCA.org.hk

February 2018

## HKPCA newsletter

### 封面故事

#### 輔導員質素的體現

作者：李文玉清博士

近期會內會外有不少聲音關注輔導員專業地位的確認，我同意這是重要的。但作為協會的資深一員，我更重視輔導員個人的質素和表現。除了持續掌握和提升專業能力（例如輔導理論、技巧、策略等）外，也可透過進修，研究、分享和交流而達成(即Learn to be)。



因此，持續擴闊及更新輔導員個人能力以外的素質 (Qualities)，是同樣重要。這部份可透過經驗累積、沉澱、昇華而得到。另外，我們也要確立自我覺察、反省和檢討的能力。套句儒家經典的話，就是「吾日三省吾身」！當然輔導員反省的不只是忠、孝、仁、義、信、禮，而是坦誠的自我檢視，包括：

- 能否清楚個人的強項和弱點，以及對受助者的影響？
- 對受助者的需要是否有同感？
- 面對困難的個案，是否有足夠的信心？
- 能否經常保持充沛的活力和工作的熱忱？
- 能否吸納新知識，思慮創新而不墨守成規
- 能否理解和帶領當事人探討令他/她停滯不前的原因 / 害怕改變的心理障礙？
- 能否掌握受助者的處境（宏觀如國家、社會、法律、體制；微觀如個人、家庭、學校和工作）對他/她的影響？

輔導員要不斷保持開放、彈性和樂觀的態度，以及願意作一定程度的冒險。與此同時要善待自己，不過份地投入工作，以至耗盡精力，出現枯竭 (Burn out) 的現象。

願與你們共勉：我們的輔導專業不但需要高質素的輔導員，而更需擁有健康和委身精神的輔導員！

2017年秋

原著 清清爽爽，明明白白的香港

#### 重要日期：

#### 2018年即將舉辦的工作坊：

- 1) 24/2 -31/3 (共8節，每節三小時，共24小時) 由資深輔導督導秦安琪主講“敘事實踐初階課程”，詳情已上載HKPCA 網頁。
- 2) 6月3及10日(星期日)下午2:30- 5:30 由屈偉豪博士主講 “家庭治療個案研習” 工作坊
- 3) 7月7日(星期六) 上午10:00 至下午1:00, 由吳日嵐教授主講 “精神健康個案研習”

歡迎會員及非會員報名參加，詳情請留意 HKPCA 網頁或電郵公佈。

# 活動剪影

## 1. 9.9 - 「認識家事調解及應用在夫妻及家長工作中」訓練 (家庭福利會鍾國盛先生主講) 工作坊

家事調解簡介, 調解技巧介紹及練習, 處理夫妻、親子衝突之技巧應用, 問答與回應



## 2. 11.11 - Investigating family poly-victimization : Implications to risk assessment and safety planning (by Professor Edward Chan at Polytechnic University) workshop

Concept of family polyvictimization, Integrative perspective of understanding family as a whole, Irreplaceable implications for future practice, Proactive risk assessment to the building of safety support for the violence victims.



## 3. 第二次輕談淺聚 -- 2017 年11月3日 (下午7:00 - 9:30)

當晚的內容包括三部分：(1) 分享樂 (2) 四個個案分組研習, 以及(3)輔導督導的經驗分享。這次活動的特色是全部由會員作主持人, 共有40位會員參加。



所有出席者, 不論是主持人或參加者, 都積極參與分享和討論。三個分享樂, 包括[好書], [靜觀], 以及[皮紋學]都充滿溫馨和新鮮感。在四個同步進行的個案研討部分, 參加者與該個案的輔導員, 從多元及沒有批判的角度下研討, 交流想法, 氣氛熱烈而具啟發性。最後[輔導督導的經驗分享]部分, 督導師將督導過程的要點 -- [Dos] 及[Don'ts] 送給大家。



會員對這次活動的評價十分高, 認為分享內容豐富, 討論氣氛非常熱烈, 能集思廣益, 獲益良多。他們希望本會日後, 能舉辦更多不同主題的同類型聚會。

# 分享樂

## 輕談淺聚之分享樂 [淺談正念靜觀療法]

作者: 余仲虹

[正念靜觀療法]於中國、美、加及歐洲等地遍地開花。本文旨在淺談[正念靜觀療法]的機制和應用，加強對治療領域的知識!

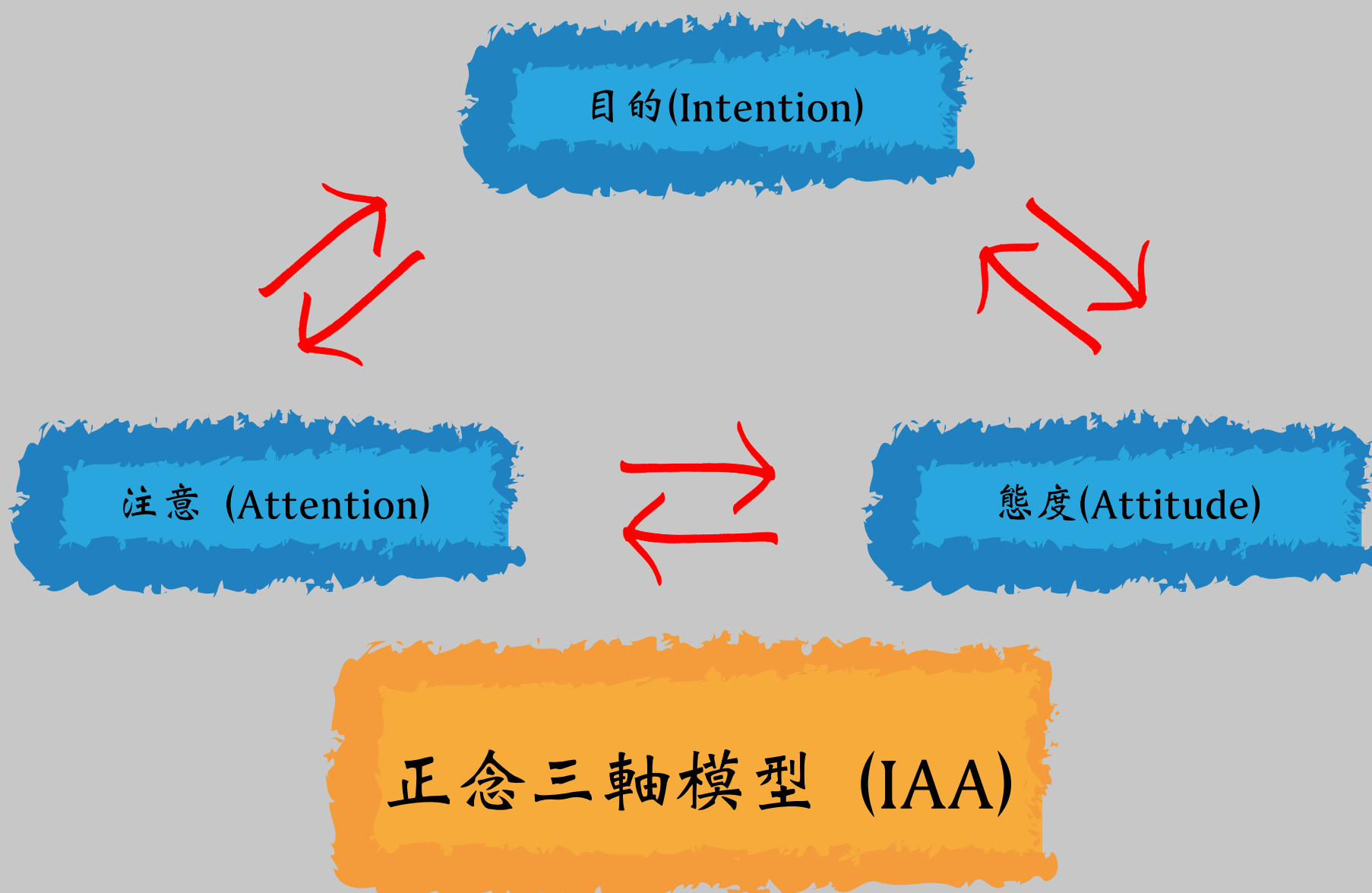
### 甚麼是「靜觀」？



靜觀是有意識地，不加批判地將注意力置於此時此刻。這份注意力可以培養自己更大的覺察力和思考力，它可幫助我們接納當下的現實，從而有更大的自由，作出適當的回應。雖然靜觀的哲理與技巧源自佛法，但它的本質是關乎生活的智慧，不跟任何宗教有

### 技術和機制

正念訓練的主要技術包括靜坐冥想、身體掃描、靜觀步行、靜觀瑜伽等，讓當事人透過這些練習達至的機制：



以上三軸是在迴圈過程中互相交織且同時發生的幾個方面

- I 目的:為什麼做正念•靜觀訓練。練習目的決定其結果。
- II 注意:個人當下身心內外的體驗，暫停對體驗解釋與評價，只關注於此刻的體驗。
- III 態度: 非價值評判、接納、善意、開放的態度對待內在和外在的體驗。

這三個基本因素，讓練習者透過「再感知」(re-perceiving) 導致信念的根本改變。讓從前的“主體”變成“客體”，建立一個觀察性自我。從中，改變個人與思維內容的關係，讓人步出個人經驗之外，獲得距離感，從而勇敢地覺察痛苦的想法、情緒、感覺，而不被它們困擾。

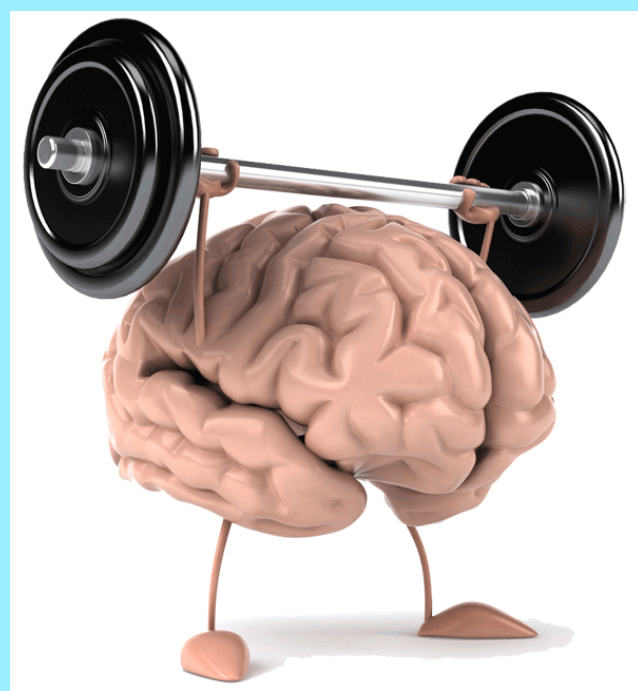
正念靜觀的應用及成效:

- 1.減壓療法 (Mindfulness Base Stress Reduction) :在治療慢性疼痛、進行壓力管理有著顯著療效。
- 2.認知療法 (Mindfulness Base Cognitive Therapy): 在抑鬱症的治療及控制復發等有很好的療效。
- 3.辯證行為療法: Dialectical Behavior Therapy (DBT)適合那些有自殺行為和自我傷害的朋友。
- 4.接受與投入療法 Acceptance Commitment Therapy (ACT) :廣泛應用於一般的精神失常、低生活滿意度等心理治療和身心健康領域。
5. Corporate-Based Mindfulness Corporate-Based Mindfulness Training (CBMT): 適用於職場，改善員工的注意力、加強創意提升工作效能!

以下網址可提供更多 [正念靜觀療法] 的資料:

<http://mindfulness.hk/cn/>

<https://www.umassmed.edu/cfm/>



[三個臭皮匠，勝過一個諸葛亮]

## Reflection in Case Study

Chit Chat@ HKPCA (November 3, 2017)

By Darwin Li

The above Chinese proverb succinctly captured my experience on the event day. As a new graduate and HKPCA member, I was thrilled to present my case for study in a group of 10 participants.

Although this session only lasted for an hour, I felt greatly empowered by and closely connected with the counselling community. The empowerment came from the support of fellow peer counsellors and their appreciation of my effort. Through a series of exchange, they further enhanced my understanding of the case. In addition, they gave multiple perspectives in case assessment that widened my thinking especially on areas which I had overlooked. Their valuable input also



brought me insight to the case. It seemed to me that I had experienced a comfortable and fruitful 1-hour “peer supervision”. At the end of the activity, I had a sense of being part of a bigger and stronger counselling community, instead of struggling by myself. I also got to know several counsellors for future connection and support.

The “Case Study” activity is certainly a meaningful gathering and should continue periodically in future. It allows counsellors with diverse training background and experiences, to gather together to promote peer support and professional development. Therefore, in addition to individual and group supervision, “peer supervision” is a practical alternative to be promoted in future.

# Important Reminder 重要提示：

## 2018 HKPCA membership renewal

Members should have received the HKPCA membership renewal email reminder and official invitation letter by post in Dec 2017. Please fill in the reply slip if you accept the renewal offer and send back with proper amount of membership fee on or before 15 February 2018. Membership will only be valid and listed in website. For enquiry, please contact us by email at [enquiry@hkpca.org.hk](mailto:enquiry@hkpca.org.hk)

## New Membership entry criteria and Certification fee adjustment

Effective 1 January 2018, there is upgraded membership entry criteria for Fellow, Associate Fellow and Approved Counselling Supervisor. For professional membership “certification renewal”, the fee has been increased from HKD 300 to HKD 500 effective 1 Jan 2018. Application fee of certification (Certified Counsellor or Candidacy of Certified Counsellor will be HKD 700 (include first year waive of certification fee). For details please refer to 2017 AGM new motions [http://www.hkpca.org.hk/newsroom/2017\\_73676/](http://www.hkpca.org.hk/newsroom/2017_73676/)

## Continuous Professional Development (CPD) for renewal of Professional Membership

Effective from 1st January 2019 for one-year trial run, every HKPCA Certified Counsellor and Approved Counselling Supervisor applying for membership renewal will have to declare, on voluntary basis, the CPD points they have accumulated over the past year. For membership renewal in January 2019, at least 10 points have to be attained. For detailed point scheme and declaration form, please refer to 2017 AGM motion 6 or below link: [http://www.hkpca.org.hk/newsroom/2017\\_73676/](http://www.hkpca.org.hk/newsroom/2017_73676/)

## Online search of your favorite Approved Counselling Supervisor

From now on, for candidates of Certified Counselor who search for their HKPCA Approved Counselling Supervisor, they can simply search it online:

- click the online link: <http://www.hkpca.org.hk/certification/hkpca-approved-supervisors-list/>
- select “major study or research area” then click search selection and contact.

## Free download:

- New membership mini booklet 2017 pdf version
- Code of Ethics
- Universal Membership form (for general, professional category and membership upgrade)
- Resources Guide: frequently used record template forms for Candidacy of Certified Counsellor
- Professional Indemnity Insurance coverage summary and application form
- Continuous Professional Development (i.e. CPD form) ---- eligible for 2019 professional membership renewal use ONLY

Download link: <http://www.hkpca.org.hk/resources-centre/download-area/>

