



2020年1月至2020年5月

活動預告



日期/時間	工作坊/聚會名稱	地點	主講嘉賓
2020年1月11日 (星期六) 10:00AM – 1:00PM	青少年自殺 危機評估及介入	香港撒瑪利亞 防止自殺會 白田中心	郭慧敏女士
2020年2月29日 (星期六) 2:30PM – 5:00PM	離苦得樂： 正法治療分享工作坊	筲箕灣	嚴穗華博士
2020年3月-4月 (待定) 7:00PM-9:00PM	Practice Wisdom in Clinical Supervision	佐敦	李文玉清博士 及 郭志英博士
2020年3月31日 (星期二) 2:30PM-4:00PM	探訪突破青年村 及交流	沙田 亞公角	伍詠光先生 (人際事工總監) 及 廖暉清女士 (高級心理輔導員)
2020年5月2日 (星期六) 2:15PM-6:00PM	「生命・歷情」體驗	賽馬會 「生命・歷情」 體驗館, 何文田	體驗館負責人

歡迎會員及非會員報名參加，詳情請密切留意 HKPCA 網頁或電郵公佈。

Tel : +852 2334 7172

E-mail: enquiry@hkPCA.org.hk

Website: <http://www.hkPCA.org.hk>

facebook: counsellingHK



What is Counselling About?

Fellow, Dr. Kwong Wai Man

I offer here a crude version of what counselling is about. It is about helping people to address troubled experiences, often described as 'a problem'. Why do people perceive themselves facing problems so difficult that they turn to seek professional help? How did 'a problem' come into being and become aversive to a person's sense of well-being? Counselling is about helping the person making changes that respond positively to troubled experiences. How do people change (presumably for good)? Put it differently, how do counsellors bring about client change? It is the 'how' in the last two questions that counselling is concerned about.

Counselling takes place primarily through verbal medium a conversation between the counsellor and the client, but the non-verbal part also communicates in the encounter between two people. It is basic to the craft of counselling that the counsellor is able to effectively use the conversational medium to engage the client in a thoughtful articulation of her/his troubled experience and to scaffold the conversational process towards self-directed change by the client, sometimes being facilitated by the counsellor.

There are things done by a counsellor in a counselling conversation, such as listening, acknowledging, assuring, probing.... The counsellor, by artfully joining, sometimes leading, the conversational process, support the client to disclose troubled experiences by seeking to understand the client's point of view, and provide a structure and focus for the client to reflexively examine how such troubled experiences came about, what meaning it carried to her/him, and how they disrupted her/his sense of well-being.

Counselling is not simply about giving information and advices, though information is occasionally given if appropriate and in a timely manner. Preoccupation with information giving, particularly if it is not what the client actively sought, will likely interfere with the counsellor's quality of understanding of the client (the client's affective experience in particular) and undermine her/his sense of agency.

Counselling is not about handing out advice, until and unless the counsellor knows what advice the client needs and will examine it with critically before heeding. If the counsellor is too eager in giving advice, s/he risks alienating the client if the latter felt being put in an one-down position.

Counselling is not about influencing attitudes, beliefs, and behaviors by persuasion, though interpersonal influence is what goes on in the counselling process. Influence attempts, if ever the counsellor considers appropriate, should be weighed in terms of how such influences may be received and followed through by the client in ways that may serve the client's best interest. The latter is an ethical requirement; it also requires the counsellor making ethical judgment. Influence by persuasion, even if the client complies, amounts to inducing change by an external agent, but not self-driven change.

Counselling is not interviewing, though it takes the overt form of interviewing – verbal transaction between a counsellor and a client. The counsellor is not an interviewer hosting a talk with the client. Rather, the client is the person to host the talk because it should be a talk that will serve the client's purpose.

Counselling involves a basic acceptance of the client's perception and feeling. Otherwise, the client will not accept the counsellor's attempt to help. Counselling involves the counsellor responding to the feelings, thoughts, and experiences of the client in an empathic way because counselling help is always premised on reaching a new, shared understanding of the troubled experiences that motivated the client to seeking counselling help in the first place.

Counselling is voluntary because it is about the life of another person. Involuntary clients will likely reject/resent the imposition of clienthood by the counsellor's initial attempt to relate to them as 'a client'.

Put in a nutshell, counsellor education is about enabling would-be counsellors to learn and develop the craft of artfully using conversation as a medium for a client to talk troubled things through with a listening and caring other.

在動盪中讓 我們擁抱希望

會員：陳德雅 (M841)

行文之際，香港正處於一片水深火熱。因著政治上的矛盾，社會各界意見分歧。日復日的衝擊，各區氣氛緊張，大街小巷瀰漫著催淚煙，重重籠罩著整個都市。無盡頭的抗爭，看不清的前路，令人感到失落無助。

關於無助感，心理學也有相關研究。1965年，心理學家 Martin Seligman 進行以電流電擊狗隻的實驗，提出了「習得無助」(Learned helplessness) 的理論。受試狗隻分為兩組，第一組被輕微電擊，但實驗設置讓牠們能靠自己行動停止電流。第二組狗隻同樣遭受電擊，但實驗設置令牠們無論如何掙扎也不能停止電流或逃走，只可無奈接受電擊。稍後，這組狗隻被移去一個可逃走的地方，再施以電擊，但狗隻不再嘗試逃走或避開電流，只躺在原地任由電擊。因此，Seligman 發現，當動物重覆面對控制不了的困境，便會變得消極並放棄改變。將此概念放於人類身上，當我們經歷持續的挫敗，無力控制或改變情況和結果，這些不斷的打擊把人壓得絕望無助，繼而消極地放棄作出改變。

面對不安的局勢，雖然感到無助，但無論政府或市民，無論哪個派別，都說自己愛香港，也都懷抱一些希望：希望安居樂業，希望穩定繁榮，希望香港會更好。究竟所謂的「希望」其實是甚麼呢？

心理學家 Shane Lopez 在他 < Making Hope Happen > 一書裡，對希望提出了一些概念。首先要知道，願望 (Wish) 和希望 (Hope) 是不同的。願望是期許未來會變得更好，甚至比現實可能的更好。但許願的人以為只要坐著等待，願望就會成真。所以，許願的人是被動的，願望能否實現，有賴上天的眷顧，是妄想不經努力而僥倖得到成功。另一方面，希望都是對未來的想像，也是一個相信未來會變好的信念，但抱有希望的人都相信自己有能力，亦願意付出努力，會主動和積極地計劃並設法令希望成為現實，哪怕已預期當中將會出現不少困難。

這麼來說，建立希望是需要對未來有所想像，再以計劃和行動配合，這種能力，Lopez 認為，也是可以學習得來的。隨著年紀增長，靠著過去生活的經驗，反覆學習和修正，我們更了解自己的能力和需要，以及環境的資源和限制，因此能想像更遠的未來，並建立更合乎每個人人生階段期望的目標。

但，不是每個人都願意在生活中尋找希望，有人情願坐著隨遇而安，甚至守株待兔。因此 Lopez 說希望是一種選擇。要選擇在未知中抱有希望，一點也不易，因為人們都有「損失厭惡」(Loss aversion) 的傾向，我們對失去的懼怕，往往大於得益為我們帶來的喜悅。實現希望需要為未知的未來努力和行動，這些付出就像押注，未必一定有收穫。當希望落空時，一切付出便會失去。因此，有人選擇不求希望，但求沒有損失。但其實，如何定義得到和失去呢？如果在追求希望的過程中，花了時間，得到經驗，最後失掉希望，但享受過程，這是得還是失？

希望也包含很多情緒。建立希望時，我們會為那個想像的願景感到興奮，喜悅，甚至為無限個可能感到驚嘆。但，懂得希望的人，都知道想像、計劃和行動是分不開的。因此，在希望這希望那的當兒，在無法預知的未來裡，伴隨而來的是 what when where how 的問題，想到這裡，恐懼油然而生。面對恐懼，我們有三個行為選擇：要麼奮力戰鬥 (fight)，要麼逃之夭夭 (flight)，要麼賴地裝死 (freeze)。實現希望的人，都是戰鬥者。當我們選擇一鼓作氣抱著希望向前衝時，恐懼的出現會從後拉我們一把，讓我們適時停下，檢視自己的位置、資源和方向。

最後 Lopez 認為，希望具有傳染性，是可以分享的。希望不是空想，要尋找希望，先找出生命中令你感到興奮和值得活的事情，再設定目標，認清方法和付諸行動。每人都可以選擇過有希望的生活，只要願意付出勇氣和行動去堅持自己的信念。

在這個動盪的時候，我們需要提醒自己，在順逆境時都要為未來建立希望並付諸行動。距離目標還遠時，請不要放棄，嘗試放慢腳步並調整自己，檢視所有的資源和方法。作為輔導員，我們要保持開放和不批判的態度，以我們的專業和同理心與別人分享及同行，鼓勵他們建立和實現希望。

香港人加油！

參考書目：

Lopez, J. S. (2013). Making hope happen: Create the future you want for yourself and others. New York: Atria Books.

Tartakovsky, M. S. (2018). The psychology of hope. Retrieved from <https://psychcentral.com/blog/the-psychology-of-hope/>

Welcome 2019-2020 HKPCA New Council

陳榮年先生

Mr. Joseph Chan Kai Nin

本人很高興有機會服務大家，雖然是遲了一點。本人曾從事與傷殘人士職訓就業有關的工作，亦曾參與工商界人事的管理和培訓以及高等教育學生的生涯規劃及學生事務工作，包括心理，生涯，學習和成長的輔導。本人的專業訓練包括社會工作、工商管理及教育。會務方面，本人特別有興趣「成長發展」輔導及幫助中途轉型輔導員適應和就業。



崔日雄教授 *Prof. Chui Yat Hung*

本人現任港專學院應用社會科學系教授、系主任及學院學生事務長，以及職道生涯規劃輔導協會總監。本人曾任學校社工及學生輔導中心總幹事，亦曾於本港多所大學社會科學系和教育學院任教，並負責發展社會工作學及輔導學的課程。本人專門研究升學及事業發展，以及輔導與青少年心理發展；曾出版多份生涯輔導教材，並經常為學校、教師及社會服務機構的員工提供專業培訓。本人近年不但致力培訓香港的職涯發展師，而且透過媒體喚起教育同工及社會大眾對「規劃人生」的重視。

鄺偉文博士 *Dr. Kwong Wai Man*

I studied physics and chemistry in HKU and graduated in 1973. Soon afterwards I proceeded to enrolled in the MSW programme of HKU (first launched in 1973) and graduated in 1975. Joining the Boys' and Girls' Clubs Association (BGCA) in July 1975 in the project leader of an experimental project to provide personal social work to 'at-risk' young people in a deprived community, I stayed in front-line and later supervisory positions until I moved on to social work teaching in 1984. In 1980, I took a year-long study leave to complete the M.Ed. programme of the Ontario Institute for Studies in Education (O.I.S.E.) of the University of Toronto. It was in this programme that I received counsellor education with a year-long counselling practicum in a junior high school. When the City University of Hong Kong started planning the MSSC programme, I was a member of the programme planning team. After its launch, my teaching load began to shift from social work courses to counselling courses. By the time I became the programme leader of the MSSC programme, I taught only counselling courses covering counselling theories and practice, counselling skills training, research on counselling, narrative-based therapeutic conversation, parent education and support. Parent education and counselling is one of my core research areas. I also engaged in parent counselling practice in an on-and-off manner throughout the years since I head the family life education service of BGCA in 1981. Beginning with a tilting towards CBT at the time I studied in O.I.S.E., I have gradually moved over to Rogerian as well as postmodern orientations towards counselling. Now, I approach counselling as the craft of co-constructing a therapeutic conversation with the client leading the process.



「逆境求變 -- 探討青少年自殺現象與出路」座談會分享



配合時機，主題吸引，講者有料，聽者有心，交流互動，非常豐盛，感恩參加，得益不少。內容集中短期情境處理，非常切合參加者的需要，但引出兩條可跟進的主線，一是輔導員如何理解民主、自由、公義和法治；二是如何重建一個社會及個人的品格、良知和理性。共勉之。

院士：陳榮年 (FE025)

於今年七月二十五日晚上，我聯同多位香港專業輔導協會（以下簡稱本會）前/現任理事，出席了由本會與慈山寺佛法心靈輔導中心合辦的上述座談會，與在場的講者們以及接近一百名參加者（其中逾半是專業輔導員及社會工作者），就着本港近年發生的多宗青少年輕生事件，以至近日的社會動盪引致一些青少年陷於負面情緒甚至輕生陰霾的現象，進行分享和討論。是次座談會由三位貴為本會院士的專家學者和資深輔導員擔任主持和講者，包括嚴穗華博士、黃蔚澄博士，以及崔日雄博士。他們於席間分享了其相關經驗和心得，並探討有效的預防和介入策略，從而協助時下青少年尋找其生命的希望和出路。

在嚴穗華博士作出了開場白後，先由黃蔚澄博士帶領現場人士進行了簡短的放鬆練習，讓參加者的身心均得以安定下來，並能更集中精神地聆聽講者們的精彩分享。隨後，黃博士就着本港近三十年來青少年自殺問題的趨勢、成因，以及介入方法等，進行了較宏觀的分析和分享。接着由崔日雄博士剖釋有自殺傾向或行為之青少年的動機、壓力因素、心理和精神狀態，以及當事人的不同強度之自殺意欲等。崔博士亦提出了如何適當地處理自殺事件的訊息，以及拆解相關危機。

是次座談會令我有反思和啟悟。基本上，我仍深信在青少年人群體當中，自殺念頭往往只是一念之間。

如果獲得其信任的旁人（可以是其家人、同學、網友、師長、輔導員或社工）或途徑，適時地提供輔導或支援，當事人大多能打消其自殺念頭，安然度過輕生危機。

院士：鄧惠雄 (FE014)



從輔導中喚起復元的內在力量 Recovery Approach & Counselling

I'm deeply impressed by the guest speaker, Mr. Vincent Leung, who contribute to the community by using his own experience.

Mr. Leung demonstrated the resourcefulness of being a champion of the end users. His sharing was so 1st handed, which reminded myself, as a counselor, the importance of being honest and non judgmental.

Looking forward to more interactive seminars like this, with leverage learnings from speakers, end-users, and caretakers.

Thank you for the carefully arranged seminar

Member: Chan Tat Sang Daisy (M869)



It was a great Friday evening well spent in the Recovery approach and counselling workshop. The most valuable experience was the first-person experience sharing from the guest speaker who went through all stages with Mental Health disorder and now using his insights to shine on others. Recovery is truly a journey of healing and it is important as helping professions to understand how to best support them through this process.

We have to believe that resilience is like a floaty, no matter how deep we push it down into the water, it has its own strength to float on the surface again, just like we have to believe in our clients that they have their own ability to find their way up. Let's continue to work together with passion, respect and empathy, when " I " becomes " WE ", " Illness " will eventually becomes "Wellness ".

Member : Yuen Ho Yi (M1202)

敘事實踐初階課程

Narrative Practice Introduction

HKPCA 能開辦為期8節的敘事治療是一個好消息，因為我在大學讀輔導時雖然已對敘事治療有相關的認識，卻未能以此作為一門輔導學科修讀；而從該8節的授課設計可預見這課程不是只有幾小時的理論，開課後實際的ROLE PLAY令我更肯定這課程吸引之處是必須上課而不能單從書本上學習得到，至今我最大的得著是敘事治療所強調的「外化」，我體會到外化不需要將問題脫離自己，仍可以將問題與人分開來看而看得更清楚，因為我覺得人在面對問題時所產生的混亂一直是最基本卻不容易處理的項目，敘事治療在這方面的確有其獨到之處。

副院士: 趙大偉 (AF361)

感謝香港專業輔導協會安排如此精彩的課程，也由衷感謝angela的悉心教導，其深入淺出、理論與實踐相結合，令我開展了一段豐厚的敘事旅程。除了認識敘事治療背後理念、歷史背景、獨特提問手法外，作為參與此旅程的參加者，我意外獲得了親自體驗敘事所帶來的新衝擊、反省作為輔導員的人生觀和價值觀，重新認識似曾熟悉卻是嶄新的 " 我 "。

副院士: 蕭綺君 (AF445)



精神健康系列 專家分享



宣傳公共關係及宣傳委員會核下的攝製隊，圍繞「精神健康」系列，多個月來馬不停蹄的走訪了這方面的專家們。

透過他們專業知識，剖析不同心理健康現象的特徵、成因、及支援等等，希望帶給廣大讀者一些啟發和支援。

攝製隊成員：(左起) Cynthia, Susanna, Esther

處理急性壓力反應的建議 – 區祥江博士

最近社會衝突不斷，撕裂嚴重，香港人的情緒健康因而備受影響，部分人甚至出現了急性壓力反應。面對這種情況，情緒管理過程模式 (Process Model of Emotion Regulation) 能給我們什麼啟示，幫助香港人減輕情緒上的負擔呢？



從輔導中，喚起復元的內在力量 – 謝樹基教授

復元 (Recovery) 是近年來在精神健康領域一個重要的概念。究竟何謂復元模式，與傳統的精神復康模式又有何不同呢？又能為輔導工作帶來什麼啟發呢？



正向心理學看生命中之美好 (上集) – 盧陳清泉女士

我們每個人都值得擁有生活中之美好。正向心理學 (positive psychology) 研究發現每個人都有 24 個品格強項 (character strengths)，當中的每一個都與我們的身心安康 (well-being) 息息相關。我們如何能透過這品格強項，去擁抱一個美好的生活呢？



正向心理學看生命中之美好（下集）－ 盧陳清泉女士

不少研究指出，除了感恩（gratitude）之外，擁有慈愛（compassion）和希望（hope）兩種品格強項亦能讓我們的生活變得更加美好。箇中的緣故，由臨床心理學家盧陳清泉女士為大家娓娓道來。



淺談精神健康與抑鬱症（上集）－ 梁嘉慧博士

最常見的精神病患是甚麼症狀？而，偶爾情緒低落及實際患上抑鬱症的分別又是甚麼？梁嘉慧博士透過深入淺出，通過世界衛生組織的相關數據及個案分享，講解精神健康與我們日常生活其實息息相關。



淺談精神健康與抑鬱症（下集）－ 梁嘉慧博士

當我們發現身邊有人情緒低落又或是患上抑鬱症時，應該怎樣去支援他們呢？心理學家梁嘉慧博士認為除了勸喻當事人尋求專業人士診斷外，我們亦可以學習作為一位聆聽者。以不批判的心態去內心聆聽，不一定需要認同，卻以同理心及真誠去接納當事人的情緒。



毒成癮知多D：成因、輔導與治療－ 韓小雲女士

本片由香港基督教服務處服務總監韓小雲女士介紹吸毒的成因、輔導及治療方法，並講述如何採用以人為本的原則，協助吸毒者拉遠生活及毒品的距離。



你有焦慮嗎？認識焦慮症及治療－ 王駿濱醫生

本片由精神科專科醫生 王駿濱醫生介紹焦慮症的身心症狀、多方面的成因以及生理及心理的治療方法。此外，王醫生還分享一些小貼士給患者家人。透過王醫生的分享，加深了我們對焦慮症的認識。



家庭與家庭治療－ 屈偉豪博士

透過屈院長分享婚姻及家庭治療輔導歷程，讓我們體會到生命影響生命，個人成長的陰影，如何影響夫婦的親密關係，夫婦親密關係，又如何受著原生家庭的影响，又如何影響著下一代的成長和親子關係，同一時間分享輔導員如何協助受助者，從陰影中，得到心靈深層醫治，從而重新得力，並且改善個人、婚姻及家庭、親子關係。



新片預告－精神健康系列之：哀傷輔導及生涯規劃即將上映，敬請密切留意HKPCA 網頁及社交平台（面書）！

Reminder: Continuous Professional Development (CPD) Declaration For 2020 Professional Membership Renewal

Date: 1 October, 2019

Please be reminded that effective from 1 Jan 2019, every HKPCA Certified Counsellor and/or Approved Counselling Supervisor have to declare on the time of membership renewal the Continuous Professional development point (CPD point) they have accumulated within the past 12 months from 1 Jan to 31 Dec 2019.

This requirement is only eligible to professional memberships for 2020 professional membership renewal. The objective is to assure our professional members have continuously acquired, refreshed or even shared counselling related knowledge via training in the past 12 months.

Deadline for professional members (Certified Counsellors and Approved Counselling Supervisors 2019 CPD declaration is on or before 31 Jan 2020. After this date, any online declaration for 2019 CPD or update will not be counted.

For those professional tier members who do not declare on time, the association reserves the right to dislist the title of the professional membership. For 2020 membership renewal, professional members have to reach at least 10 points per member.

How to declare:

Members are strongly encouraged to use our online report system with a few steps click and select by member login system. Simply click <https://www.hkpca.org.hk/myprofile/> , login and then enter "Report CPD" at section 4.

Alternatively, members can also select using written blank form downloadable from our website <https://www.hkpca.org.hk/membership/cpd/> and send back to HKPCA office by 31 Jan 2020 together with membership renewal invitation reply which was sent out to all members by November. For more information about the scheme and details of CPD, please refer to <https://www.hkpca.org.hk/membership/cpd/> or write to us at enquiry@hkpca.org.hk

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香港專業輔導協會

The Hong Kong Professional Counselling Association



+852 2334 7172



enquiry@hkpca.org.hk



The Hong Kong Professional Counselling Association,
Room 18, Flat S-V, 6/F, Valiant Industrial Centre,
No. 2-12, Au Pui Wan Street, Fotan, New Territories,
Hong Kong.



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