



香港專業輔導協會

The Hong Kong Professional Counselling Association

SINCE 1995

NEWSLETTER

OCT 2020

25th
ANNIVERSARY

專業輔導



是危？或是機？



2020年11月 至 2020年12月 活動預告

運用創意藝術於孩子的哀傷路上

The Use of Creative Arts in Children Anticipatory Grief and Bereavement

日期：2020年11月27日(星期五)。

時間：6:45–9:45 PM

地點：社協 — 油麻地吳松街191號突破中心9樓

講者：黃慧蘭博士 Dr.Eve Wong (PsyD, MSW, EXAT, CST, PCCC(Hons))

已滿額

NOV

27

疫境中的夫妻親密 (網上講座)

日期：2020年12月11日(星期五)

時間：8:00–9:30PM

講者：屈偉豪院長 (California M.F.T., AAMFT Clinical Fellow, AAMFT Approved Supervisor, HKPCA ACounS, CCoun, Fellow)

DEC

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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>

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25th HKPCA Annual General Meeting 2020



Dear HKPCA members,

The 2020 Annual General Meeting was successfully held on July 17, 2020. (Friday). Due to the unstable pandemic situation, we conducted the AGM online this year. On behalf of the council, we reported and shared the news and development of the association over the past year. Total of 73 members enrolled and attended the Pre-AGM and AGM with positive feedback.

For the pre AGM, we were very honored to invite Mrs. CHAN SO Chan Ying Peggy 陳蘇陳英女, Senior Counsellor & Family Therapist, Director of Programme, ISS Family Institute, International Social Service Hong Kong Branch to share with her valuable experiences in "Supporting families to cope with Crises, 支援家庭，解困危機".

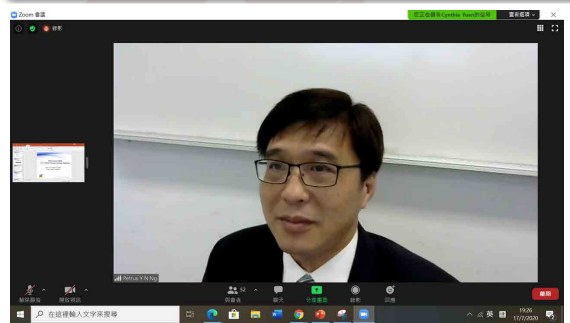
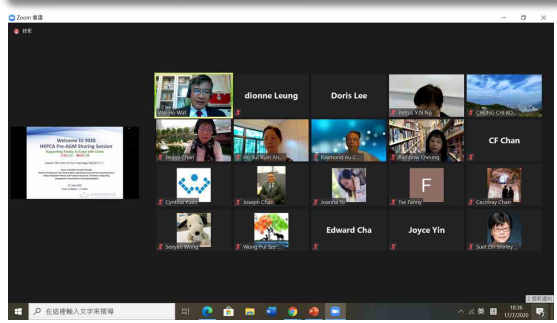
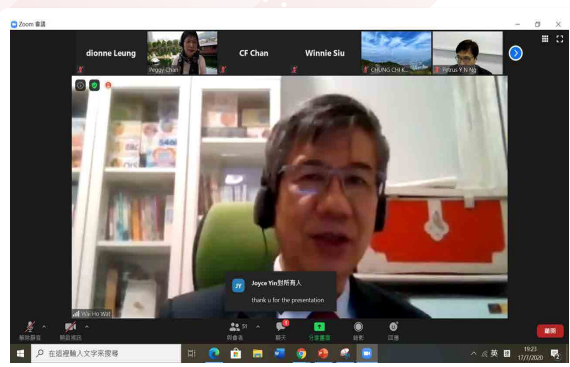
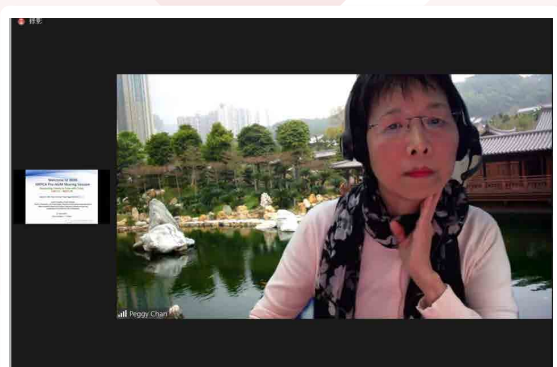
Congratulations to Dr HUNG Suet Lin Shirley and Mrs CHAN SO Chan Ying Peggy being nominated as new Fellows this year. We look forward to their unfailing contributions to our association in the future.

In the light of 25th anniversary, we are gratefully thankful to have Mr Philip Armstrong, CEO of Australia Counselling Association, who shared his 7 minutes warmful blessing and encouragement to HKPCA and our members.

Video link: https://www.hkpc.org.hk/newsroom/2020_75180/

Thank you for your continuously support to the Association. Take good care and we look forward to seeing you at the AGM next year!

吳日嵐教授 (Prof Petrus Ng)
HKPCA president





危機介入的 詮釋及反思



香港專業輔導協會院士、認可督導及認證輔導員、
認證家庭及創傷療愈治療師
郭志英博士 (Dr. Kwok Chi Ying, Paulina)

全球包括香港均面對因天災人禍、疫症、戰亂、暴亂與恐怖襲擊、經濟及金融、社群撕裂、家庭和人際關係破裂等所帶來不可預測的風險與危機；所以，人類聚居的地球是危機處處。近期蔓延全球威脅着人類生命及引致民生和經濟大衰退的「新冠肺炎」便是典型例子。人與環境是分割不開，互為影響，因此，大部份人一生中都會難免遇上不同問題的危機，且是在毫無準備下突如其來，要走避也不及，也難以預測，並且非常考驗個人處理突發事情的能力，連身邊人也可能束手無策，這大抵便是危機的本質。

當面對大大小小的自然災禍、政治危機、金融危機、家庭危機及健康危機等，很多人都具有足夠的外在和內在資源，是可應付突發的危機，故他們並不需要外在協助；但有些人則因為種種原因，是需要有適當的外援或專業介入，來協助他們過渡危機。為了更有效協助處於危機的人士，專業助人者在面對多變及難以預測的危機時，要對危機介入有更全面的詮釋和反思。

中文「危機」已包含了「危險」(Danger) 與「機會」(Opportunity) 的意思，而英文“Crisis”，是源於希臘文的“Krisis”，意思是決定或轉捩點。只要能把握機會便能化危為機。Gerald Caplan (1964) 將危機界定為「個體在面臨會危及個人原本狀態或健全性之情境所處的狀態」。Roberts (2002) 也嘗試為危機下定義，「危機是當個人的心理系統失調，回應機制未能回應外在/內在壓力而導致困擾，並造成精神/社交障礙」。Roberts & Ottens (2005) 並補充說，構成危機的成因主要是壓力或創傷性事件，並需要兩項條件：1) 對創傷事件的觀感；2) 沒法用以往方法來回應所面對的困擾。而危機大致可分幾種不同類型，又或是不同類型的組合：包括大型抑或小型、天災抑或人禍，發展性抑或事件性。例子如車禍是屬小型人為事件而日本海嘯便屬大型和天災。近期蔓延全球威脅着人類生命及引致經濟衰退的新冠肺炎，其幅蓋面是由全球大型爆發至本土某一群眾內的小型爆發，最初看似原屬區域性大型的自然界天災，但卻很快變成多樣性和複雜性組合，疫情帶來全球性的醫療系統災難、社會民生及經濟危機的人禍，也影響不同人的發展階段和屬情境性危機的失業率上升。

遭受危機影響的人的表現，除了因時代背景及文化的不同而有所不同外；不同人面對危機的能力，亦因人而異，例如面對親人離逝，不同人在面對哀傷的反應是不一樣的，因為每個人的承受力及支援是不同。因而危機在不同時空有不同定義，不能一概而論。這說法也符合Robert & Ottens 所定義的其中一項“對創傷事件的觀感”的條件，主要是來自受影響的人的觀感；不過，作者本身的前線經驗和對前線危機工作者的觀察，發覺在介入過程中，專業對危機或創傷事件的觀感也着實有不少影響。因此，助人者對於危機定義的詮釋，需多作反思，因在互動過程中助人者如何與受影響的人建構危機事件，也難免影響如何界定事件的性質、所採用的評估工具和介入模式。

傳統上，危機被區分為發展危機及情境危機，根據 Gilliland & James (1993)指出，情境危機是隨機發生的、事出突然的、情緒激動的與變動劇烈的。因此，一般性危機反應包括：解決問題能力和因應機制暫時會受到打擊、心理層次方面先是震驚，隨之而來的是否認、混亂、激動、恐懼、沮喪、麻木等失衡的狀態；生理方面則會出現一般性的壓力反應，例如心跳加速和冒汗等。基本上，受影響的人會對危機作出如何反應，需視乎其觀感、性格特質、能力與過往的經歷、事件的性質和環境，包括其他的危險因素、支援網絡及資源等之間的交互作用的結果。故每宗個案或是危機事件均是獨特的；若只倚賴標準化的評估工具和既定的介入程序來準確量度危機的嚴重性和程序的合適性是有其限制的。且看以下例子：

個案一：一個自稱患有情緒的中年女士致電中心表示有尋死的想法，事實上在多次談話中曾透露有多次自殺記錄，有時是自己放棄自殺；但有一兩次是被發現送院治理。而且，女士也表示自己常情緒激動，常覺得丈夫不再愛她而感到困擾。

個案二：另一女士沒任何精神病及自殺記錄。丈夫有外遇而感到困擾。她主動尋求輔導。在第二次輔導時淡然的向社工說，謝謝你的幫忙，我可以自行處理了，不用掛心，還有其他人等着你幫助！

這兩宗個案，若用評估工具來量度，是誰的風險因素較多？是誰有較大機會自殺成功？我們是否可以說因為個案一的風險因素較多便說個案一的危機較大？另一方面，兩宗個案的介入程序是否也一樣？是否均可以如Roberts (1991) 的七個階段的危機介入模式來順序處理？這是很值得助人者多思考的問題。評估無疑可以立即地確定危機的狀況，例如緊急性，還可以把分析的結果，例如支援網絡的強弱，讓助人者決定危機可能帶來的影響而採納適當的介入計劃；而介入模式則可提供良好的基本取向及介入歷程的參考框架。

要強調的是受危機影響的人當刻的表現多是脆弱無助的，如受虐婦女，助人者必須要敏感和尊重案主的感受，留意案主在危機事件中的反應表現而不只是其臨床表徵或病徵。在使用某一介入模式時，助人者的焦點必須集中在當下的狀況，包括案主在認知、行為及情緒方面因應危機事件的發展和變化是如何反應的。助人者須時刻的臨在(presence)，作出以人為本的回應和可能因應危機事件的變化而需要更新先前的評估結果和所計劃的程序，這是有難度的，因同時要求助人者在認知和情感的投放時，需顧及平衡兩者之間的能力。評估工具因此只宜作參考，也不該只是一次性而需要持續觀察和評估最新轉變，因為當中變數實在太多。

重要的是在介入時還要靠專業的直覺、敏感度、同理心、細心聆聽，且要有能力穩定案主的情緒才可建立信任關係；並要摒棄過度如Schon (1983) 所談的技術理性(technical rationality)，如專業用語或過於側重評估工具的客觀分析，反而更需要細心聆聽案主的聲音，才可貼近案主的心思意念。有效的危機介入還需要實務知識和經驗並個人的人生閱歷與智慧等來與案主互動。由此可見，專業不能簡單地以主觀假設來界定危機或案主的行為反應，繼而程序化的處理危機。若要超越危機，便要重視與案主有更多的互動與對話，並需要對案主有更大的好奇心，共同搜尋探討案主尚未被發現的個人歷史中所重視的事件、能力和信念；從而更全面的認識案主，幫助激發內在的能量，引發出新的可能，重獲生命自主的能力，化危為機，織出人生的希望和意義而不再是受害人或是倖存者的身份。

Reference :

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4. Roberts, A. R. & Ottens, A.J. (2005). The Seven-Stage Crisis Intervention Model: A Road Map to Goal Attainment, Problem Solving and Crisis Resolution. Brief Treatment and Crisis Intervention. Oxford: Oxford University Press.
5. Schon D. A. (1983). The Reflective Practitioner: How Professional Think in Action. US: Basic Books.



“Are you ready for the coming wave of online counselling?”

鄭永鏞 先生 (Mr. Michael Cheng Wing Kai)
私人執業家庭治療師 Family Therapist

With the worldwide pandemic in 2020, many counsellors that need to interact with clients are seeking alternative ways to continue with their work. Meeting clients online has become a solution. New communication technologies allow us to continue with our work, not only for counselling, but also for supervision, lectures and group work.

Development of Instant Remote Therapy/ Counselling Elsewhere

As early as 1995, people have used the Internet for instant mental health services. In the past 2 decades, numerous online counselling platforms have been formed in different countries, providing both localized and international services.

In the USA, online therapy is quite common. Numerous e-therapy organizations with large numbers of counsellors (many platforms have 500+ licensed counsellors, including one that has 7000+ listed) are providing services to people all over the world, with some even providing insurance reimbursement for local clients.

China hosts some of the largest online platforms for counselling and psychological health services in the world. In 2018, approximately 40% of counselling sessions are done in online.

Online Counselling May Feel Different, But often In A Good Way

Is online counselling effective? This is a question that many of the counsellors are concerned and hence stop them to use this method.

There are numerous benefits when we use the Internet as a platform for counselling. Pragmatic reasons include convenience of location, accessibility and financial benefits. There are also advantages such as anonymity, equality, ubiquity, and ease of recording.

To understand the experiences of clients with online counselling, I interviewed a few of them and compared to research findings. I would like to share some of the interesting replies from of my clients.

- “I can truly feel normal, being myself when I’m in my room.”
- “It has been impossible for me to see my previous counsellor because of the travelling time and odd working hours.”
- “The experience of talking to someone outside the family in my room, really put things in perspective for my relationship with my family”
- “I feel more comfortable with that distance between us. It gives me a sense of self-control and autonomy. But at the same time, I wonder what it would be like if I was meeting you in real life.”
- “I felt intimidated talking in a counselling room no matter how comfortable the room appears.”

The feedback I got was generally positive. In fact, many of my clients preferred to switch to online counselling once they had tried it. However, some of them still try to arrange face-to-face sessions but few people feel that it is a “must do”. Studies indicate that clients felt a sense of freedom and were able to be completely honest and openly to their therapist when using online platform, they felt “without embarrassment or fear of judgement from therapists”. So, online platform allows clients to bypass the stress when they were participating into a face-to-face therapy consultation.

Different Platforms, Slightly Different Skill Sets, Lots of New Possibilities

For the younger generation, using instant messaging and video conferencing are part of their daily life. However, for those who are not familiar with new technologies, it will take some time to adapt. Being introduced to new things often causes discomfort or panic. However, to ensure that the art of counselling can continue in the future, it is important to accept changes.

Of course, there are concerns about security and confidentiality, but such issues are not a problem with adequate technical knowledge. There are also issues about safety, risks and ethics, but with numerous research findings and articles available, these should not stop us from exploring the possibilities of working online.

In Hong Kong, due to the accessibility of transport within the city, and the fact that people in our field are generally more reserved about using new technologies, online counselling is something people wouldn’t have considered previously. With the recent global pandemic, professionals around the world are now looking for the possibility of counselling while maintaining social distancing or even when a city is under a lockdown. Many of us in Hong Kong have already experienced the benefits of working online.

New changes may bring new challenges. By being creative and with continuous learning and investigation, new opportunities and possibilities will come.

Reference :

1. Cook, J. E., & Doyle, C. (2002). Working alliance in online therapy as compared to face-to-face therapy: Preliminary results. *CyberPsychology & Behavior*, 5(2), 95–105.
2. Jiandanxinli (2016). Psychological health awareness & Psychological consultation Surveys 2016 Report (心理健康認知度及心理諮詢學業2016調查報告). jiandanxinli.com & Peking university Counselling and Therapy Centre. (published in Chinese. Available at www.jiandanxinli.com/report2016)
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6. Mallen, M. J., Jenkins, I. M., Vogel, D. L., & Day, S. X. (2011). Online counselling: An initial examination of the process in a synchronous chat environment. *Counselling and Psychotherapy Research* 11(3):220-227
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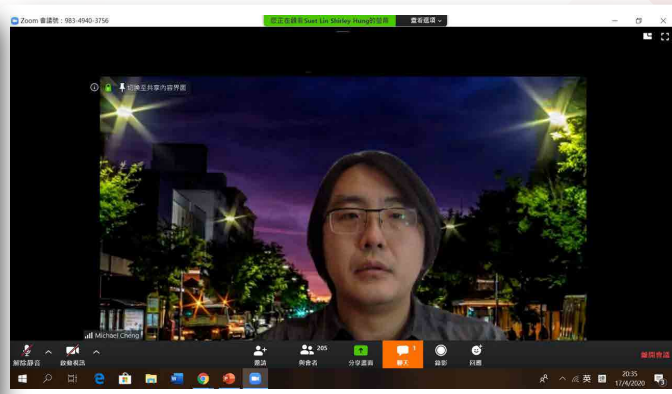
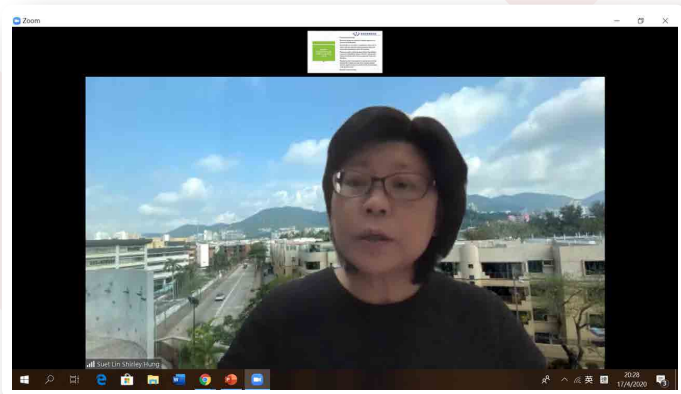
分享園地 -

APR 2020

回顧「叙事治療：網上輔導分享研討會」 ZOOM ONLINE WORKSHOP

嘉賓：院士及認可輔導督導 洪雪蓮博士 (Dr. Shirley Hung) 及
私人執業家庭治療師 鄭永鏞先生 (Mr Michael Cheng)

首次網上研討會，當日人數出席率高達205人，反映會員對是次主題十分期待及需求！



JUN 2020

回顧「2020 線上輕談淺聚：「線上輔導」 ZOOM ONLINE WORKSHOP

嘉賓：私人執業家庭治療師 鄭永鏞先生 (Mr Michael Cheng) 實戰經驗分享

當日人數約50人，會員就線上輔導經驗作分組討論，各抒己見，互相交流，十分熱烈！！



回顧「*Practice Wisdom in Clinical Supervision*」督導訓練

嘉賓：院士及認可督導 李文玉清博士 及 郭志英博士

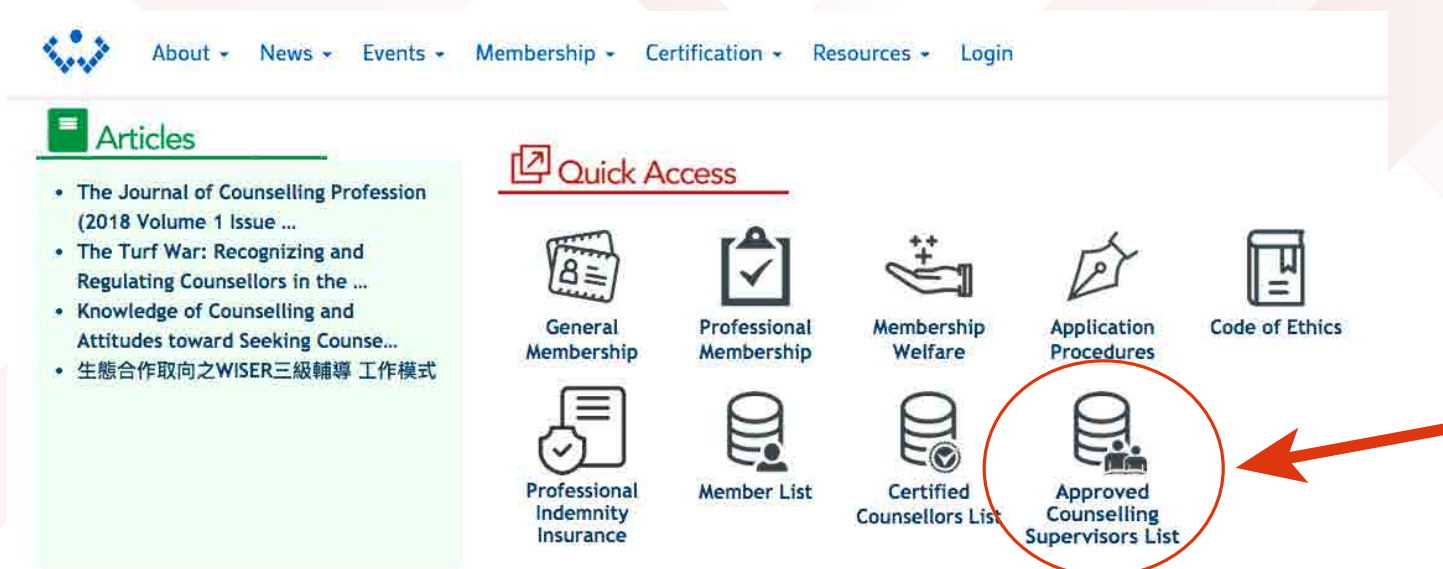
督導訓練 (Alignment workshop 2020), 共25位HKPCA認可督導出席接受培訓，當天每位督導就講題認真地聆聽，討論和分享交流，同時對本會督導要求加深了解。



網站新增認可督導資訊

網頁內增添最新「認可督導」搜查功能，以便各「候選認證輔導師」輕鬆地尋找合適「認可督導」

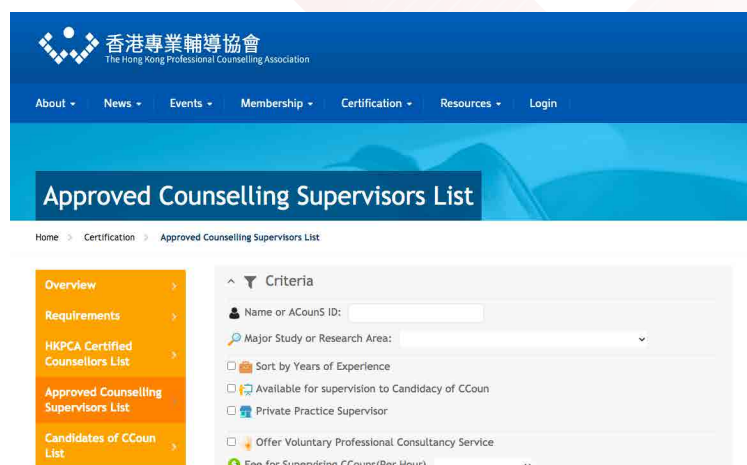
<https://www.hkpcsa.org.hk/certification/hkpcsa-approved-supervisors-list/>



快速搜查操作說明

1. 「候選認證輔導師」先於網址內選擇「Certification」，然後再選擇「Approved Counselling Supervisors List」
2. 「候選認證輔導師」可以透過以下條件篩選督導資料：


- ◆ Name or ACounS ID:
- ◆ Major Study or Research Area:
- ◆ Sort by Years of Experience
- ◆ Available for supervision to Candidacy of CCoun
- ◆ Private Practice Supervisor
- ◆ Offer Voluntary Professional Consultancy Service
- ◆ Fee for Supervising CCouns (Per Hour)



✱ 定期資料更新，讓認證輔導師候選人輕鬆地有效尋找合適的認可督導

認可督導個人資訊更新

被認可的督導可以隨時登入會員帳戶 www.hkpcsa.org.hk/myprofile 更新資訊，完成修改後按「Update this Section」

 [About](#) [News](#) [Events](#) [Membership](#) [Certification](#) [Resources](#) [myProfile](#)

The information below will be publicly shown on HKPCA website.

Major Studies or Research area:

1

Addictive Behaviour

▼

2

Positive Psychology


▼

3

Mental Health Counselling

▼

Self-description:
(in 200 words)

B I U A 

I have extensive experience in working with individuals affected by problem gambling and bipolar disorders. The approaches I use include: Solution Focused, Strengths-based approach.

Years of Experience on Supervision:

Number of years with experience in full time supervision (since obtaining your master degree in counseling)

10

☐ Rather not to provide

Availability of Supervision:

Are you OPEN to Supervising to Candidates for Certified Counselors?

☒ Yes ☐ Not yet

Voluntary Professional Consultancy Service:

Will you consider to offer voluntary professional consultancy service to candidates for Certified Counselors? (maximum 5 CPD points counted per year)

☒ Yes ☐ No ☐ Maybe

Fee for supervising CCounS (per hour):

☐ Below HKD 500 ☒ HKD 501-1,000 ☐ Above HKD 1,000

☐ Negotiable ☐ Rather not to provide

忘記密碼

如果會員忘記密碼，請按「Forget My Password」，只要打入電話號碼及會員編號，便可重新設定密碼。

會員通訊



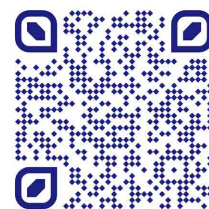
◆ 領取「25 周年限量版水樽」

合資格人士，必須需預約領取，若代領，必須填寫授權書。
有關領取詳情，留意Facebook 公佈。



◆ 集體保險（只接受 全會員Full Member 或以上級別者申請）

2020 年 10 月 至 2021 年 9 月份優惠計劃已公佈，詳情及申請方法，
敬請留意網頁 <https://www.hkpca.org.hk/resources-centre/insurance/>



◆ 新任「候選認證輔導師Candidates of CCoun」，留意「表格」事宜

跟據HKPCA 規定「候選認證輔導師」必須填寫表格附件3,7,8及了解有關本會之專業
守則、保險.....等有關資料。可從主版面尋找「Resources Centre」，在「Download
Area」的 HKPCA Resource Guide (Zip)
下載有關附件表格。 <https://www.hkpca.org.hk/resources-centre/download-area/>

特別通告

1. 有關線上輔導, 敬請留意協會給會員發出的建議:

Online Counselling — Area of Concern

https://www.hkpca.org.hk/newsroom/2020_75104/



2. 有關認證輔導師候選人 網上實習及督導時數

本會只承認候選人總實報時數的 20% 作為 網上 實習及督導時數上限，
生效日期只限於 2020 年 1 月 1 日至 2020 年 12 月 31 日止。(延長生效
日期與否視乎協會更新通告) 有關最新詳情，請留意以下網址最新公佈或
Scan入 QR Code，了解詳情

https://www.hkpca.org.hk/newsroom/2020_75043/



The Council 2020-2022

Chairperson :	<i>Prof. NG Yat Nam, Petrus</i>	吳日嵐教授
Vice Chairperson :	<i>Prof. CHUI Yat Hung</i>	崔日雄教授
Treasurer :	<i>Dr. YIM Shui Wa, Jennifer</i>	嚴穗華博士
General Secretary :	<i>Dr. WAT Wai Ho, Benjamin</i>	屈偉豪博士
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Council Member :	<i>Dr. KWONG Wai Man</i>	鄺偉文博士
Council Member :	<i>Mr CHAN Kai Nin, Joseph</i>	陳榮年先生
Executive Secretary :	<i>Ms. YUEN Kwun Chai, Cynthia</i>	阮冠釵女士



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, N.T., Hong Kong.



www.hkpca.org.hk



counsellingHK

Office hours : Monday to Friday, 09:00 a.m. — 3:00 p.m.
(appointment is required if for visit)

公共關係及宣傳委員會 2020 編製

