

香港心理學會輔導心理學部

輔導心理學部於二零零六年八月正式成立，其宗旨如下：

- (一) 在香港為「心理輔導」定義和發展有關心理輔導的服務、研究和專業環境；
- (二) 宣揚及推廣輔導心理學的崇高專業和道德標準；
- (三) 履行一切有助推動以上宗旨的事宜。

Hong Kong Psychological Society Division of Counselling Psychology

The Division of Counselling Psychology was formally inaugurated in August 2006. The aims of the division are:

- (a) to define and develop the field of counselling psychology in Hong Kong with regard to service, training, research and professional conditions
- (b) to promote the highest professional and ethical standards in counselling psychology; and
- (c) to do all such things that are conducive to achieving these aims.



欲了解更多有關輔導心理學部的資訊，歡迎聯絡輔導心理學部秘書。

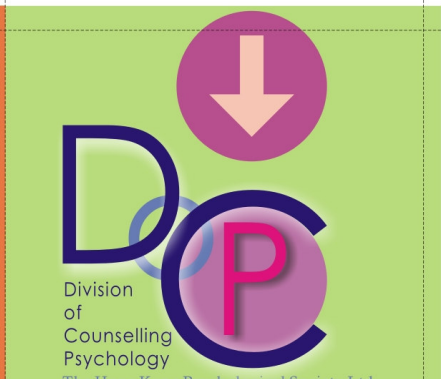
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Division of Counselling Psychology
The Hong Kong Psychological Society Ltd.



香港心理學會輔導心理學部



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輔導心理學的性質

輔導心理學是心理學的分支。輔導心理學家的主要職責是向在不同範疇遇到困擾的個人、夫婦、家庭和機構提供有治療效果的援助與輔導。常見的困擾範疇包括個人成長和身心健康、人際關係、子女養育、緊急與持久的生活或工作危機等。

輔導心理學主張採用科學實踐的訓練模式，重理論依據。輔導心理學家均接受過研究與理論實踐的訓練，務求融會理論、研究和實踐所得的結論去領會身心健康，從而促進個人成長和打開人際網絡，提升工作效能。

輔導心理學家會因應他們的訓練方法和側重而採取不同的治療方法，即使如此，他們都有共同的承諾，就是以人的福祉為重，相信每個人的發展潛力、美善、才能能有效地解決各種問題和改善生活質素。

Counselling Psychology

Counselling Psychology, is one of the practice specialties in psychology. The main role of a counselling psychologist is to provide therapeutic assistance and guidance to individuals, couples, families and groups in various areas including personal growth and well-being, relationships, parenting, acute and chronic life crises, work issues and health, to name a few.

Counselling psychology strongly endorses the scientist-practitioner model of training with its emphasis on evidence-based practice. Counselling psychologists are taught both research and practice and seek to integrate theory, research, and practice to understand and foster well-being, to facilitate personal and interpersonal growth and to enhance functioning across the life span.

Counselling psychologists work with many therapeutic styles and techniques depending on their training and preference. However, what they have in common is a commitment to the well-being of the whole person, and a belief in the inner strengths, virtues, assets, that each person has, and which can be harnessed to resolve problems and distress and improve quality of life.

輔導心理學家接受的訓練

成為輔導心理學家，需持有認可大學頒發的心理學學士學位及輔導心理學或相關範疇的碩士或博士學位，並需進行過研究或接受過治療訓練。

輔導心理學家的培訓包括評估心理測試和診斷心理健康的運作，他們能根據求助者的需要而設計適用的心理治療方案，這些方案可望起到防禦或治療之效。此外，輔導心理學家還能有系統地評估任何對個人、家庭、團體或機構施行的心理治療方案的效能。

輔導心理學家致力理解人們在性別、種族、文化、性取向和殘障的差異，從而提升人們的身心健康，加強他們的競爭力。

How are Counselling Psychologists Trained?

Counselling Psychologists have a bachelor's degree in psychology and a master's degree or doctoral degree in counselling psychology or related areas in psychology from a recognized university. Training includes both research and supervised therapeutic practice.

Counselling psychologists are trained in the assessment, and diagnosis of mental health functioning. They are able to formulate psychologically-based interventions or programmes which are tailor-made to fit with clients' needs. These services may be preventative or remedial in scope.

Counselling Psychologists are also trained to systematically evaluate the effectiveness of any psychological intervention or programme of service whether delivered to individuals, families, groups or organizations.

Counselling psychologists, seek to understand diversity in gender, ethnicity, race, culture, sexual orientation, and disability, and utilize this understanding to enhance well-being and to promote competence with diverse populations facing diverse challenges.

輔導心理學家的工作場合

輔導心理學家可在不同的地方工作，如大學輔導中心、醫院、體育機構、志願機構、商業機構等，其服務對象為個人或團體。

Professional Settings

Counselling psychologists work in different settings such as university counselling centers, hospitals, hospices, sports institutes and individual or group practices.

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