

Newsletter

THE HONG KONG SOCIETY OF PSYCHOTHERAPY

Issue No. 1 Spring 2010



簡介

香港心理治療研究學會（以下簡稱學會）於二零零八年成立，並根據有限公司建構。

學會屬教育機構，為培訓並推動香港心理治療專業而設。核心成員包括專業心理治療培訓師，以及於醫療界、教育界、社會福利界服務的資深執行師。顧問團隊包括享譽國際的心理治療培訓

師、資深心理治療師、生命重塑師，並專業輔導員。學會旨在透過培訓及發展計劃，推廣香港心理治療，並提供支援服務，以專業回饋社會。

Brief Description

The Hong Kong Society of Psychotherapy (HKSP) is established in 2008. The basic structure of the society is formed under a limited company.

We are an educational organization to facilitate training and communication among professional and practicing psychotherapists in Hong Kong. We are a group of interested parties in the profession including psychotherapy trainers, experienced practitioners from the medical profession, educational institutes, and welfare organizations. We invite well experienced psychotherapists as well as top class international psychotherapy trainers, people transformation experts and highly educated counseling professionals to form its advisory board. The society aims at promoting psychotherapy in Hong Kong through organization of educational and development programs for its members and providing people helping services for the community.



學會展望

1. 促進並推進本地心理治療的發展。
2. 扭轉市民對心理治療的恐懼與誤解，提倡心理健康的意識與關注。
3. 維護高水平的治療關係，堅守專業素質與服務承諾，為專業治療師建構發展平台與條件。
4. 廣納包括輔導學、社會福利工作、婚姻關係、家庭治療、精神分析等不同範疇的專業，建立心理治療聯盟學會。

HKSP Vision

1. Our goal is to encourage the growth and development of psychotherapy in the local community,
2. We aim to improve the public image and perception of psychotherapy in Hong Kong with ultimate purpose to facilitate the psychological healthy well-being of human beings.
3. We aim to promote the highest standards for psychotherapists-client relationship for its members, though providing an environment for professional development so as to facilitate the maintenance of professional standards, professional identity and self-regulation within the profession.
4. We aim to become a prominent association for psychotherapists from various disciplines: counseling, social work, marriage & family therapy, psychology, psychoanalysis, and other relative fields.

學會使命

1. 聯結高水平的心理治療師，為專業發展提供網絡與資源，共同推動心理治療向人文與科學層面邁進。
2. 與社會補助機構或福利團體合作開辦工作坊，讓公眾人士體驗心理治療的效能。
3. 開辦高水平培訓課程、研討會、工作坊，以普及本地心理學教育。
4. 透過系統性的整合，融會動力心理學、行為治療、家庭治療、家庭系統排列、完型治療等不同心理治療學派，促進跨派別的合作、研究和共新。
5. 積極探求心理治療方法的新趨勢，以配合生活所需。
6. 建立並堅守道德指標，確保會員具備相關專業知識。
7. 以教育和持續發展為本，為市民提供臨床心理治療服務。



HKSP Mission

1. We intend to ally highly-educated and well trained psychotherapists to enhance the art and science of psychotherapy. We provide a platform for the networking and resource development for professionals
2. We educate the public the efficacy and usefulness of psychotherapy through working with the local NGOs or participating in welfare activities and organizing workshops.
3. We promote the education of psychotherapy through formulizing training programs, seminars and workshops including inviting participation of international scholars and facilitators on various discipline of psychotherapy. We enhance high standards of training, experience sharing and learning , and promote the highest standards of clinical and ethical practice in the profession.
4. We promote interdisciplinary collaboration among various specialties in psychotherapy including the psychodynamic, client-centered, behaviorist, cognitive, family therapy, family constellation, gestalt therapy and various approaches within a dynamic systems perspective. We facilitate cross-disciplinary thinking, investigation and research in psychotherapy, promote and enhance integrative knowledge and practice in the profession.
5. We are keen to develop new trends of methodologies in psychotherapy with focus on the applicability on daily life.
6. We establish ethical codes and guidelines, confirm professional identity of members, support members by professional credentials.
7. We provide clinical psychotherapy services for adults, adolescents and children as a practical base for ongoing development and education of the public.

催眠瘦身計劃 - 催眠治療與減重減壓



西方有多項研究證實，催眠治療於改善身心健康及控制體重方面，比傳統的方法有效而持久。然而，在東方則鮮有這方面的例證。有鑑於此，香港心理治療研究學會（研究組及催眠組）特推行一項名為「催眠治療與減重減壓」的學術研究計劃，誠邀公眾共同參與，以進一步探討催眠對減低體重及減低壓力的臨床效用。

此計劃會以嚴謹的學術態度進行，有關資料如家族遺傳、個人信念價值、內在動機、潛藏抗拒、飲食及運動習慣等，皆作適當探討，以便根據參加者的生理、心理需要，有效地給予治療。

治療過程約五個星期，治療師會先向客人作壓力自我評估及健康資料搜集才開始療程。客人會參與四次以專業催眠方式的減重與減壓治療，每兩星期一次，連續四星期，每次約一個半小時。治療師會在療程後六個月以電話作療後跟進，以了解治療對客人的長久作用。

客戶如有提問，可向香港心理治療研究學會－研究小組－首席研究員查詢有關事宜（劉子翹先生聯絡電話: 6558-8076）。一切資料，絕對保密。

香港心理治療研究學會

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