

Psychology & Counselling

心理學及輔導

Advanced Diploma in Applied Social Sciences (Counselling)

Programme Code: CS015A

Application Code: 2080-CS015A



☎ 2975 5865

✉ emma.ng@hkuspace.hku.hk

This part-time programme provides students with a broad-based social science training and an understanding of counselling. It prepares students for advanced studies in counselling and other related disciplines.

R Applicants shall:

- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of working experience; or
- (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language; and have 3 years of work experience; or
- (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects; or
- (d) be aged at least 25 years and with 3 years of work experience.

Applicants should have good command of reading and written English and Chinese.

\$ HK\$51,500 (to be paid in 2 instalments)

Application Fee: HK\$150

D 2 years to 5 years

🇬🇧 English

Q Level 4 (Reg. No.: 07/001792/4) Validity Period: 05 May 2008 - on-going

Advanced Diploma in Applied Social Sciences (Psychology)

Programme Code: CS002A

Application Code: 2080-CS002A



☎ 2975 5865

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This Advanced Diploma in Applied Social Sciences (Psychology) is designed for those who are interested in personal, academic, and/or career development in the field of psychology. The key areas to be introduced include: abnormal psychology, developmental psychology, organizational behavior, personality psychology and social psychology.

R Applicants shall:

- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of working experience; or
- (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language; and have 3 years of work experience; or
- (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects; or
- (d) be aged at least 25 years and with 3 years of work experience.

Applicants should have good command of reading and written English and Chinese.

\$ HK\$51,500 (to be paid in 2 instalments)

Application Fee: HK\$150

D 2 years to 5 years

🇬🇧 English

Q Level 4 (Reg. No.: 07/001790/4) Validity Period: 05 May 2008 - on-going

Advanced Certificate in Counselling

Programme Code: CS029A

Application Code: 2080-CS029A



☎ 2975 5865

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This programme is specially designed for those who are interested in acquiring knowledge in the key areas of counselling. The modules will provide students with a general understanding of the discipline and training in basic counselling skills.

R Applicants are expected to be holders of:

- a recognized bachelor's degree in any discipline; or
- an Associate Degree or a Higher Diploma or an Advanced Diploma in any discipline awarded by a recognized institution; or
- an equivalent qualification.

\$ HK\$16,000 per programme (to be paid in 1 instalment)

Application Fee: HK\$150

D 1 year

🇬🇧 English

Q Level 4 (Reg. No.: 10/000874/4) Validity Period: 12 Oct 2010 - on-going

More details



Advanced Certificate in Psychology

Programme Code: CS004A

Application Code: 2080-CS004A



☎ 2975 5865

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The Advanced Certificate in Psychology is a part-time study programme primarily designed for those who are interested to acquire foundation knowledge in some key areas of psychology, including social psychology, developmental psychology, abnormal psychology, organizational behavior and personality psychology. The modules will provide students with a general understanding of the discipline and better prepare them for advanced studies in psychology and other related disciplines.

R Applicants are expected to be holders of:

- 1) a recognized Bachelors Degree in any discipline, or
- 2) an Associate Degree, Higher Diploma, Advanced Diploma or an equivalent sub-degree award.

* All applicants are subject to screening and final approval by the programme team.

Applicants should be able to read & write in both English and Chinese.

More details

\$ HK\$16,000 (to be paid in 1 instalment)

Application Fee: HK\$150

D 1 year to 3 years

🇬🇧 English

Q Level 4 (Reg. No.: 12/000143/4) Validity Period: 01 Feb 2012 - on-going



Advanced Certificate in Life Coaching

Programme Code: CS032A

Application Code: 2090-CS032A



☎ 2975 5657

✉ sophie.yys.wong@hkuspace.hku.hk

This programme is designed for those who wish to apply life coaching skills in a variety of roles so that they can support the people they work with to achieve their life goals or for self-development. It is intended as a introductory as well as intermediate course for students to pursue continued development in area of life coaching.

R Applicants shall hold:

- a. An associate degree, high diploma or advanced diploma, or equivalent; AND
- b. be aged 21 or above with at least two years experience in a supervisory role.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$18,500

Application Fee: HK\$150

D 7 months

🇬🇧 English

Q Level 4 (Reg. No.: 15/000098/L4) Validity Period: 26 Jan 2015 - on-going

Certificate in Cognitive Psychology

Programme Code: CS048A

Application Code: 2070-CS048A



☎ 2975 5657

✉ sophie.yys.wong@hkuspace.hku.hk

This programme provides the basic knowledge of cognitive psychology, cognitive science and machine learning to individuals who want to pursue their further studies in the fields of psychology, cognitive science, quantitative psychology, data science, big data analytics, artificial intelligence, or other related disciplines in bachelor's or postgraduate's programmes at universities.

(Note: This is an introductory level programme, so no programming background is required.)

\$ HK\$10,000

Application Fee: HK\$150

D 7 months

Q Level 3 (Reg. No.: 18/000255/L3) Validity Period: 01 May 2018 - on-going

See legend on page 029 圖像說明於第029頁

R Minimum Entry Requirements 基本入學要求 (P.015)

\$ Fee 學費

D Duration 修業期

🇬🇧 Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Certificate in Positive Psychology

Programme Code: CS049A

Application Code: 2160-CS049A



☎ 2975 5657

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The Certificate in Positive Psychology programme provides an introduction to the core concepts and fundamental principles of positive psychology, including its philosophical approach and its practical applications. Throughout the programme, students explore the research and practice that make up the foundation of positive psychology. The implementation of positive psychology based exercises may contribute to positive mental wellness, increasing psychological assets and resourcefulness.

- R** Applicants shall:
- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of work experience; or
 - (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language; and have 3 years of work experience; or
 - (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects;
- * Applicants with other qualifications will be considered on individual merit.

\$ HK\$12,500
Application Fee: HK\$150

D 8 months

English

Q Level 3 (Reg. No.: 18/000759/L3) Validity Period: 01 Oct 2018 - on-going

Certificate for Module (Mindfulness-based Psychotherapy)

Programme Code: CS053A

Application Code: 2070-CS053A



☎ 2975 5657

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This programme enables mental health practitioners to gain practical knowledge about the foundations, the basic philosophies, history of development and research evidence of Mindfulness-based Psychotherapy and its effectiveness. It integrates the mindfulness paradigm into mental health and explores ways to incorporate mindfulness into therapeutic work for clients with mental health concerns. By learning specific skills in Mindfulness-based Cognitive Therapy and Mindfulness-based Psychotherapy, it promotes continuous professional development of students to apply this evidence-based intervention appropriately for helping people with different mental health issues. Finally, it allows reflective practice on the benefits and limitations of this approach and ethical concerns and risk management in its application.

- R** Applicants shall:
- Hold a professional qualification in mental or physical healthcare; or
 - Have a bachelor's degree or above in relevant disciplines of education, psychology, social work or counselling.
- Applicants with other acceptable qualifications will be considered on a case-by-case basis.

\$ HK\$11,800

D 5 months

English

Q Level 6 (Reg. No.: 21/001408/L6) Validity Period: 13 Dec 2021 - on-going

Executive Certificate in Applied Psychology

Programme Code: EP014A

Application Code: 2155-EP014A

☎ 2975 5657

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Applied psychology is the use of theory and findings in psychology to solve practical problems in important areas of the human environment, including education, health, the workplace, and so on. This programme is designed to help participants apply cutting-edge theory to real-world situations. It is made up of different registered psychologists and other related specialists to deliver a powerful curriculum that explores a range of human behaviors, including how to motivate individuals and organizations, how to assess and improve performance and how to pursue healthy lives.

- R** Applicants should
- a) hold a bachelors degree awarded by a recognized university or equivalent; or
 - b) hold an associate degree / a higher diploma or equivalent, and have at least 2 years of work experience relating to staff supervision.
- Applicants with other qualifications and substantial senior-level work experience will be considered on an individual basis.

\$ HK\$7,800 per programme

D 6 months

Cantonese, suppl with English

Exploring the Applications of Psychology

Programme Code: PSYC9021



Application Code: 2080-1987NW

☎ 2975 5657

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Psychology is the study of human's behaviour, performance, and mental operations. It also refers to the application of the knowledge, which can be used to understand social phenomenon, treat mental health problems, and improve education, employment, and relationships, etc. The subject lies at the intersection of applied, educational, and theoretical science.

The objectives of this short course are (1) to introduce participants to the field of psychology; (2) to describe how various psychological approaches contribute to our understanding of everyday life settings; and (3) to apply the knowledge from these studies to our own personal and professional lives.

\$ HK\$2,520

D 6 weeks

English

Occupational Health Psychology

Programme Code: PSYC9049



Application Code: 2080-1992NW

☎ 2975 5657

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Occupational Health Psychology, also known as OHP, is an interdisciplinary study in the field of psychology where much of the emphasis is placed on improving the safety and well-being of employees in the workplace through application of psychotherapeutic principles and behavioral change. OHP can help the employee address specific emotional or work-related wellness issues. The purpose of this short course is to provide participants with opportunities to become more aware of and to understand the concepts of occupational health psychology in the Hong Kong contexts.

\$ HK\$2,800

D 10 weeks

English

Introduction to Counselling

Programme Code: COUN9001

Application Code: 2080-1088NW

☎ 2975 5655

✉ karina.cheng@hkuspace.hku.hk

This course provides basic theories and practice in counselling. Students will learn communication and interpersonal skills, ethical issues in counselling, developmental issues, basic counselling micro-skills, assessment and therapeutic approaches in counselling.

\$ HK\$3,350

D 10 weeks

Cantonese

Psychology & Counselling

心理學及輔導

心理學導論 (一)

課程編號: PSYC9019

S

報名代碼: 2070-1425NW

☎ 2975 5657

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心理學是一門研究人類思想與行為的社會科學，研究範圍廣大，分支繁多，既是一門理論學科，也是一門應用學科。本課程旨在介紹心理學各範疇的理論，讓學員對心理學有初步入門認識。內容包括基本心理學概念、各重要門派理論、研究方法、認知發展、學習論、記憶與遺忘、生理與心理的關係、思想與語言發展等。

課程資訊



💰 HK\$1,950

D 8 個星期

🇬🇧 粵語

心理學導論 (二)

課程編號: PSYC9003

S

報名代碼: 2075-1518NW

☎ 2975 5657

✉ sophie.yys.wong@hkuspace.hku.hk



本課程將介紹一些心理學的理論和應用，讓學員對心理學有初步入門認識。內容包括知覺與感知性格發展和評估、情緒、動機、社會性行為、壓力及處理、和異常行為等。
*學員必須先完成〈心理學導論 (一)〉才報讀此課程。兩課程並沒有先後次序之分。

💰 HK\$1,950

D 8 個星期

🇬🇧 粵語

異常心理學導論

課程編號: PSYC9004

S

報名代碼: 2080-1996NW

☎ 2975 5657

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異常心理學乃心理學範疇內眾多分支中重要的一環。隨著科學化的研究及臨床的體驗，我們對異常行為有更深入的瞭解和認識，而「異常」的涵義也隨文明的演進而改變。

💰 HK\$2,050

D 11 個星期

🇬🇧 粵語

組織心理學

課程編號: PSYC9013

S

報名代碼: 2085-1354NW

☎ 2975 5657

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組織心理學是一門強調以人為中心，協調組織/企業中的人際關係，改善組織/企業的環境和條件，從而實現組織/企業的目標，達到個人和組織共同發展的學科。本課程理論與實踐並重，一方面會分享正規心理學的研究成果，另一方面會探討如何將研究成果應用於組織/企業當中。參與者更有機會共同討論和解決自身組織/企業所面對的相關問題。

💰 HK\$1,250

D 6 個星期

🇬🇧 粵語

身心語言程式學 (NLP) 與情緒處理的藝術

課程編號: PSYC9015

報名代碼: 2070-1623NW

☎ 2975 5657

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今日的社會充滿著不同的壓力及轉變，我們生活其中，情緒很容易受到影響，怪不得抑鬱症越來越普遍，甚至會成為第二大殺手。因此，有效處理情緒是十分重要的。身心語言程式學 (Neuro-Linguistic Programming, 簡稱 NLP) 是一門很實用及日漸普及的學問，它融合了腦神經學、心理學及語言學等理論，被公認為一種極之有效而快捷的個人改進技巧。

💰 HK\$1,250

D 6 個星期

🇬🇧 粵語

動機式訪談法：基本訓練工作坊

課程編號: PSYC9012

S

報名代碼: 2080-1770NW

☎ 2975 5657

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動機式訪談法 (MOTIVATIONAL INTERVIEWING; 簡稱 MI) 是目前具實證的輔導方法之一。透過系統性的晤談方法，引導案主解決有關改變的矛盾心態，消除抗拒改變的因素，並促進自我探索及提升內在改變動機，幫助案主做出積極的、正向的改變。

💰 HK\$1,850

D 6 個星期

🇬🇧 粵語

認知行為療法與待己慈悲的藝術

課程編號: COUN9005

S

報名代碼: 2070-1366NW

☎ 2975 5655

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近年香港社會面對很大的改變，再加上疫症的衝擊，使到很多人的身心狀態變得不理想，容易鬱悶、無助和無望。因此，學習待己慈悲其實非常重要，它可以幫助自己面對難受的感覺，學曉與它共處，並且主動體恤自己，接納人生有其不完美之處。本課程同時參考了現時十分普及的認知行為療法 (Cognitive Behavioural Therapy) 概念來學習待己慈悲，好使我們能夠處理好自己的心情，善待自己，更能面對複雜多變的世界。

本課程適合任何有中學畢業或以上程度及有興趣認識及學習待己慈悲的人士。

💰 HK\$1,680

D 6 個星期

🇬🇧 粵語輔以英語

兒童情緒智商教練學

課程編號: PSYC9007

S

報名代碼: 2080-19747NW

☎ 2975 5657

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本課程是特別為兒童教育工作者及家長而設計。學員將學習如何運用教練學去引导孩子認識自己，養成積極主動的學習態度及提升自我情緒的管理能力。課程以互動性的學習模式進行，首先了解情緒對自己個人發展的重要性，並學習運用教練的模式及技巧，啟發兒童情緒智商 (Emotional Intelligence; EQ) 的正確發展。

💰 HK\$1,850

D 6 個星期

🇬🇧 粵語

教育心理學導論

課程編號: PSYC9023

S

報名代碼: 2085-1382NW

☎ 2975 5657

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本課程嘗試運用成長心理學及教育心理學的角度出發，探討教育的目的，過程與作用，並附以最新的研究發展作為參考。

💰 HK\$2,160

D 6 個星期

🇬🇧 廣東話，輔以英文教材

See legend on page 029 圖像說明於第 029 頁

R Minimum Entry Requirements 基本入學要求 (P.015)

S Fee 學費

D Duration 修業期

🇬🇧 Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

正向心理學－啟發潛能及心理素質之道

課程編號：PSYC9005

S

報名代碼：2070-1428NW



2975 5657

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正向心理學近年對於「快樂之道」及「啟發潛能及改善心理素質」作出大量研究。本課程重點講解此方面心理學之理念及研究結果，導師也會分享正向心理在生活和工作上之應用，以助參加者了解及發揮個人正面之心理素質，做個開心快樂人。

HK\$1,280

6 個星期

粵語

正向親職心理學（幼兒篇）

課程編號：PSYC9035

S

報名代碼：2065-2001NW



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此課程會透過心理學引導學員了解管與教，以及如何在日常生活中採用最合適和有效的家長管教方法去配合子女在不同成長階段的需要。適合0-6歲兒童之家長/照顧者及提倡和指導「家長」的教育工作者（如：社工、老師）報讀。

HK\$1,750

6 個星期

粵語

正向親職心理學（學童篇）

課程編號：PSYC9041

S

報名代碼：2080-1773NW



2975 5657

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本課程旨在將正向心理學理論和研究應用在家教、子女培育及親子關係等方面。培養家長正向的管教方法，同時透過靜觀（Mindfulness）練習，舒緩家長管教子女的身心壓力。課程以講課、個案分享和日常生活實例等互動方式進行以加深學員對相關理論及實踐方法的了解。適合7-12歲兒童之家長/照顧者及提倡和指導「家長」的教育工作者（如：社工、老師）報讀。

HK\$1,750

6 個星期

粵語輔以英語

精神健康急救及脫身法課程

課程編號：SOSW9029

報名代碼：2090-1072NW



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這項急救訓練，於2004年透過香港心理衛生會由澳洲引入香港，概念等同危機處理。此外，由實務經驗所見，急救員的安全也是十分重要；因此這課程加入〈應急及脫身法〉的訓練，讓接受此訓練的人士可提升其應急水準外，也能關注自身的安全及介入狀態。當有緊急事故發生，讓曾接受這訓練的人士可在醫生或專業人員到達前，懂得如何處理精神狀態異常的人士，也可保障及關注自身的安全及精神健康。

HK\$2,050

2 個星期

粵語輔以英語

夢境分析入門

課程編號：PSYC9047

S

報名代碼：2085-1384NW



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「日有所思，夜有所夢」是真的嗎？

夢的內容是否能夠預測未來？

夢境是否會成真？

這些問題將會在本課程逐一解答。

夢境分析看似一門深不可測的學問，但其實它並非一種虛無飄渺的占卜工具。本課程會由淺入深，從心理學角度出發，以理論為基礎，輔以個案分享、小組討論、以及遊戲等互動方式，讓學員輕鬆掌握解夢的基本技巧，從而更深入地認識自己及他人的內心世界。

HK\$2,500

6 個星期

粵語輔以英語

成為輔導員

課程編號：PSYC9054

報名代碼：2070-1765NW



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本課程涵蓋心理學及輔導學的入門理論與技巧，旨在加強有志成為輔導員的青年對此行業的認識（如所需學歷及實習等）。內容設計上由淺入深，會以講課、經驗式遊戲、小組討論、影片分析、角色扮演等互動方式，讓學員由自我層面認識心理學及輔導學對其個人發展的重要性，藉此了解成為輔導員的必備條件，並鼓勵學員訂下目標與實踐計劃。

HK\$2,800

3 個星期

未來心理學家

課程編號：PSYC9055

S

報名代碼：2070-1755NW



2975 5657

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有沒有曾經被電視劇或電影所塑造的心理學家角色吸引，激發自己想成為一名心理學家？到底要投身這行業，從現在起就需要作出什麼樣的準備？

HK\$2,520

6 個星期

遊戲治療 - 家長工作坊

課程編號：PSYC9053

S

報名代碼：2070-1551NW



2975 5657

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父母與子女的關係是世上獨有的，甚至是不能被代替的。遊戲治療大師 Garry L. Landreth 說過「遊戲是孩子自然的語言」，如家長願意全心投入和子女遊戲，這份珍貴的陪伴定能建立起彼此信任和親密的親子關係。家長認識「兒童為本遊戲治療」的理念、原則和技巧，能促進親子互動，從中可以建立孩子健康情緒和健全人格。

HK\$2,800

6 個星期

粵語輔以英語

繪畫心理分析工作坊

課程編號：PSYC9057

S

報名代碼：2070-1760NW



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繪畫分析是輔導員常用的技巧。其用途廣泛，如建立關係、了解個案心理狀況、分析性格、表達及處理情緒等。

HK\$2,520

6 個星期