

Advanced Diploma in Applied Social Sciences

Programme Code: CS058A

Application Code: 2350-CS058A



☎ 2975 5865

✉ ymr.chan@hkuspace.hku.hk

This program offers students comprehensive training in social sciences, designed to foster both personal growth and career advancement. It provides a solid foundation in counselling or psychology, preparing students for advanced studies in these fields. The Advanced Diploma in Applied Social Sciences features two specialised tracks: Counselling and Psychology. Upon successful completion of the program, students will be awarded either an Advanced Diploma in Applied Social Sciences (Counselling) or an Advanced Diploma in Applied Social Sciences (Psychology), depending on their chosen track.

- 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; or
 - (d) be aged at least 25 years and with 3 years of work experience.
- Applicant may be invited to attend an interview on a case-by-case basis.
Applicants should have good command of reading and written English and Chinese.

\$ HK\$54,600 (to be paid in 2 installments)
Application Fee: HK\$150

D 2 years

🇬🇧 English

Q Advanced Diploma in Applied Social Sciences (Psychology)
Level 4 (Reg. No.: 23/000707/4) Validity Period: 01 Jul 2023 - on-going
Advanced Diploma in Applied Social Sciences (Counselling)
Level 4 (Reg. No.: 23/000706/4) Validity Period: 01 Jul 2023 - on-going

Advanced Certificate in Counselling

Programme Code: CS029A

Application Code: 2350-CS029A



☎ 2975 5655

✉ jamie.ho@hkuspace.hku.hk

Would you like to use the skills of counselling to advance your career? Would you like to learn more about yourself?

The Advanced Certificate in Counselling provides a comprehensive overview of the theories and techniques in counselling. We have supported many graduates of this course to pursue master's degree in psychology/counselling in Hong Kong and overseas.

Some of the topics that you will learn in this course includes, 1) Introduction to Counselling, 2) Non-verbal and verbal communication skills in Counselling, 3) different approaches to counselling. The modules will provide you with a general understanding of the discipline and better prepare you for advanced studies in counselling and other related disciplines.

- R** Applicants shall hold:
- 1) an Associate Degree or a Higher Diploma or an Advanced Diploma in any discipline awarded by a recognized institution; or
 - 2) an equivalent qualification.
- Applicants with other qualifications will be considered on individual merit.
Applicants should be able to read & write in both English and Chinese.
* All applicants are subject to screening and final approval by the programme team.

\$ HK\$22,800 per programme (to be paid in 1 instalment)
Application Fee: HK\$150

D 1 year to 3 years

🇬🇧 English

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

Advanced Certificate in Psychology

Programme Code: CS004A

Application Code: 2350-CS004A



☎ 2975 5865

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Would you like to be a psychologist? Would you like to learn more about yourself? The Advanced Certificate in Psychology provides a comprehensive overview of the scientific study of thought and behaviours. We have supported many graduates of this course to pursue masters degree in psychology/counselling in Hong Kong and the rest of the world. Some of the topics that you will learn in this course includes, 1) how people from different cultures react differently in negotiation, 2) how typical-developing children and children with learning difficulties learn differently, 3) the nature and definition of psychology. The modules will provide you with a general understanding of the discipline and better prepare you for advanced studies in psychology and other related disciplines.

- R** Applicants shall hold:
- 1) an Associate Degree, Higher Diploma, Advanced Diploma; or
 - 2) an equivalent qualifications.
- Applicants with other qualifications will be considered on individual merit.
Applicants should be able to read & write in both English and Chinese.
* All applicants are subject to screening and final approval by the programme team.

\$ HK\$22,800 (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: 2290-CS032A



☎ 2975 5655

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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 an 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\$22,800
Application Fee: HK\$150

D 7 months

🇬🇧 English

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

Certificate for Module (Mindfulness-based Psychotherapy)

Programme Code: CS053A

Application Code: 2290-CS053A



☎ 2975 5655

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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\$13,800

D 5 months

🇬🇧 English

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

Psychology & Counselling

心理學及輔導

Certificate in Positive Psychology

Programme Code: CS049A

Application Code: 2360-CS049A

2975 5655

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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\$14,300
Application Fee: HK\$150

D 8 months

E English

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

Certificate in Cognitive Psychology

Programme Code: CS048A

Application Code: 2370-CS048A

2975 5655

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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 areas of psychology (general), cognitive science, neuroscience, and cognitive psychology at universities. The programme will introduce the students to the conceptual framework for cognitive psychology and the basis for neuroscience. On completion, students can further their studies in the fields of psychology, cognitive science, biological psychology, quantitative psychology, big data analytics, intelligence, or other related disciplines in bachelor's or postgraduate's programmes. (Note: This is an introductory level programme, so no programming background is required.)

- 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

\$ HK\$10,500
Application Fee: HK\$150

D 7 months

E English, supplemented with Cantonese

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

Executive Certificate in Applied Psychology

Programme Code: EP014A

Application Code: 2355-EP014A

2975 5865

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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\$8,900 per programme

D 6 months

E Cantonese, suppl with English

Introduction to Counselling

Programme Code: COUN9001

Application Code: 2335-1495NW

3762 0868

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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\$3,450

D 10 weeks

E Cantonese

Art of Cognitive behavioral therapy and AQ

課程編號: COUN9007

報名代碼: 2355-1080NW

3762 0868

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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，產生不少困難，並且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，學習怎樣面對逆境變得非常重要。培養良好的逆境智慧，可以幫助我們面對逆境時，仍能保持掌控感、勇氣、盼望及毅力，收窄它對自己的影響。

- R** - 中學畢業或以上程度
- 任何認知行為療法 (CBT) 與逆境智慧 (AQ) 有興趣的人

\$ HK\$2,110

D 6個星期

E 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: 2345-4953NW

3762 0868

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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\$2,110

D 2個星期

E 粵語輔以英語

See legend on page 031 圖像說明於第031頁

- R** Minimum Entry Requirements 基本入學要求 (P.017) **\$** Fee 學費 **D** Duration 修業期
E 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

如何在日常生活中應用輔導技巧?

課程編號: COUN9006

☎ 2975 5657

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溝通是建立良好人際關係的主要方式和橋樑，在複雜的人際關係中，每個人都需要與親友、朋友、同事和上司進行交流。疏遠、隔閡、提防、誤解、衝突和分歧常常是由於我們與他人之間的溝通不流暢所致。溝通能力是成功建立良好人際關係的重要助力。

💰 HK\$3,000

🕒 10小時

🇬🇧 粵語

心理學導論 (一)

課程編號: PSYC9019

報名代碼: 2340-1190NW

☎ 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。

💰 HK\$2,250

🕒 8個星期

🇬🇧 粵語

心理學導論 (二)

課程編號: PSYC9003

報名代碼: 2345-4315NW

☎ 2975 5657

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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。

*學員毋須先完成〈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\$2,250

🕒 8個星期

🇬🇧 粵語

異常心理學導論

課程編號: PSYC9004

報名代碼: 2345-4309NW

☎ 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。此課程旨在讓參予者對異常心理學有初步入門認識，探討各異常情況的成因，了解心理評估及處理方法。內容包括兒童及成人常見之異常行為，如各種發展障礙、自閉、專注力失調及過度活躍、焦慮、壓力、身心連繫症、抑鬱、思覺失調、性格障礙、濫藥、飲食失調、性障礙及異常、和腦退化等。

💰 HK\$2,250

🕒 11個星期

🇬🇧 粵語

正向心理學－啟發潛能及心理素質之道

課程編號: PSYC9005

報名代碼: 2350-1764NW

☎ 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\$1,500

🕒 6個星期

🇬🇧 粵語

Consumer Psychology

Programme Code: PSYC9037

Application Code: 2345-4311NW

☎ 2975 5657

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This course explores how our thoughts, attitudes, emotions and perceptions influence how people make decisions when they buy. It provides an opportunity to gain a better scientific understanding of cognitive, affective and behavioural responses to products and services from a consumer perspective, including the influence of technological, economic, societal and environmental concerns.

💰 HK\$2,700

🕒 6 weeks

🇬🇧 English

Occupational Health Psychology

Programme Code: PSYC9049

Application Code: 2355-1096NW

☎ 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\$3,000

🕒 20 hours

🇬🇧 English

組織心理學

課程編號: PSYC9013

報名代碼: 2345-4215NW

☎ 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\$1,450

🕒 6個星期

🇬🇧 粵語

NCR1

This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。

NCR2

These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。

NCR3

The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Psychology & Counselling

心理學及輔導

Exploring the Applications of Psychology

Programme Code: PSYC9021

S

Application Code: 2345-4313NW



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\$2,800

6 weeks

English

動機式訪談法：基本訓練工作坊

S

課程編號：PSYC9012

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\$2,200

6 個星期

粵語

身心語言程式學 (NLP) 與情緒處理的藝術

S

課程編號：PSYC9015

報名代碼：2355-1077NW

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\$1,550

6 個星期

粵語

夢境分析入門

S

課程編號：PSYC9047

報名代碼：2345-5448NW

2975 5657

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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\$2,800

6 個星期

粵語輔以英語

靜觀入門課程

課程編號：PSYC9063

報名代碼：2335-1522NW

2975 5657

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本課程參考牛津大學靜觀中心的三堂精華課程，讓學員能輕鬆掌握靜觀技巧 和練習，釋放生活上所面對的壓力，舒減焦慮，達致身心更健康。

HK\$1,000

3 個星期

粵語

親子靜觀課程

課程編號：PSYC9064

報名代碼：2335-1504NW

2975 5657

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課程透過輕鬆愉快的靜觀遊戲和練習，引導孩子學習應用靜觀於日常學習和生活中。於過程中，孩子與父母一同練習靜觀呼吸，加強親子關係，同時也讓孩子學習與父母、教師以及同學和諧相處。

*適合5-8歲兒童 (K3 至 P3) 及其家長參加 (必需親子一同上課)

HK\$1,150

4 個星期

粵語

兒童情緒智商教練學

課程編號：PSYC9007

報名代碼：2350-2046NW

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導孩子認識自己，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\$2,250

6 個星期

粵語

正向親職心理學 (幼兒篇)

課程編號：PSYC9035

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為人父母的都希望可以教好自己的孩子，並能夠成為稱職的爸爸媽媽，因此大家都積極尋求各種教子良方。我們可以到學校學管理、法律或學當教師，但卻沒有學校教我們怎麼當父母。其實，在正向心理學和發展心理學領域中，有很多研究結果是可以幫助我們當一個更好的父母和照顧者。

HK\$2,000

6 個星期

粵語

See legend on page 031 圖像說明於第 031 頁

R Minimum Entry Requirements 基本入學要求 (P.017)

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

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正向親職心理學 (學童篇)

課程編號: PSYC9041

S

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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\$2,000

D 6 個星期

🗣️ 粵語輔以英語

人本領導學系列 - 高效溝通工作坊

課程編號: PSYC9059

S

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本課程介紹高效溝通的三個元素：語言結構，聲調運用和身體語言表達。讓學生能夠運用 高效溝通的技巧，理解溝通對象的情緒狀態，促進和諧的人際關係。課程適合有意於職場上提升領導力，以及希望提升溝通技巧及建立正向形象的人士。

💰 HK\$2,500

D 6 個星期

🗣️ 粵語輔以英語

人本領導學系列 - 引導式教練工作坊

課程編號: PSYC9062

S

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本課程有別於傳統教練模式以提問、對話、諮詢讓受導者作出回應。課程為有意於職場上提升領導力，以及希望提升引導技巧的人士介紹引導式教練技巧，運用介入工具，例如圖像、故事、遊戲來促進受導者作出反思及頓悟新思維，讓過程更互動有趣。

💰 HK\$2,500

D 6 個星期

🗣️ 粵語輔以英語

親子傾偈師 - 如何施展語言魔法促進兩代溝通

課程編號: PSYC9073

S

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有時候，家長可能感到困惑，不知道孩子在內心世界中在想些什麼。要如何才能夠與他們建立有效的溝通並走進他們的內心呢？在這個課程中，語言學家「Ben Sir」與兒童心理學博士 Dr Rosa 會與家長分享語言的魔法，幫助你走進孩子的內心世界，同時激發孩子的學習動力！

💰 HK\$3,500

D 2 個星期

🗣️ 粵語

教育心理學導論

課程編號: PSYC9023

S

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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。

教育既包括學校教育，也包括家庭教育和社會教育。然而，人一般都是透過學校獲得知識和學習道德品格。因此，我們常說的「教育心理學」主要是研究學生、教師及教育工作者在學校教育過程中的心理現象。到底心理學與教育怎樣互相影響？

💰 HK\$2,350

D 6 個星期

🗣️ 粵語

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