



香港大學輔導學碩士校友會  
H.K.U. Master of Social Sciences (Counselling) Alumni Association

## Newsletter March 2015

### HKU Master of Social Sciences (Counselling) Alumni Association

Web-site: <http://counselling.sw.hku.hk/alumni.htm>

email: [hkucounsellingalumni@yahoo.com.hk](mailto:hkucounsellingalumni@yahoo.com.hk)

#### **Organization of AA (2014-15)**

##### **Honorary Advisors:**

Dr. Ng Ho Yee  
Angela Wong

##### **Honorary Legal Advisor:**

Stephen Char (2004)

##### **Executive Committee (Ex-Co):**

Chairperson:

Vava Kwok (2006)

Vice-chairperson:

Jennie Leung (2007)

Hon. Secretary:

Bong Leung (2012)

Hon. Treasurer:

Leo Wong (2005)

Immediate Past Chairperson:

Peony Chiang (2006)

Social Services Convenor:

Daniel Wong (2012)

Continuing Education Convenor:

Debby Ma (2012)

Social Activities Convenor:

Stephen Tsang (2006)

Web Administrator:

Tony Lau (2006)

##### **Other Ex-Co Members:**

Rico Liu, Rebecca Ko (2005)

Clara Chan, Antony To (2006)

James Kwan, Christine Tang (2007)

Ted Wong (2011)

##### **Class Representatives:**

2004: Thomas Yeung

2005: Rebecca Ko

2006: Tony Lau

2007: Stella Cheung

2008: Kwan Wing Yee

2009: Maple Lau, Simpson Ng

2010: Ada Yung

2011: Ted Wong

2012: Daniel Wong, Debby Ma

2013: Daphne Leung, Ada Yung

2014: Frankie To

2015: Dunson Chan, Rex Cheung

#### ***Note from the Editor***

*Dear friends,*

*Welcome to the March 2015 Issue of the AA Newsletter!*

*We are honoured to have again received words of wisdom from our Honorary Advisor Dr. Ng Ho Yee. In her article "What is Counselling?", Dr. Ng presents interesting and inspiring arguments about whether counselling is a professional activity or a lifestyle, apart from the other familiar issue of whether counselling is a science or an art. With the unfailing support of our Honorary Advisors, Dr. Ng and Ms. Angela Wong, and the strong participation of our members, AA has over the past ten years reached new grounds in various aspects. Our Chairperson, Ms. Vava Kwok, has highlighted some of AA's recent developments in her report. More details can be found under 'Our Achievements' and 'Past Events and Activities'. And, don't miss the news on upcoming events!*

*We are excited to have received updates from some of our members, with valuable sharing, reflections and self-disclosures, which may draw some echoes within ourselves. Please also share the joy of those members who have soared higher in their career path.*

*The publication of this Newsletter would not have been possible without the contributions from members, the advice from Dr. Ng and Angela, and the support from all of you. A big THANK-YOU to you, you and you!*

*Happy reading!*

*From the Editorial Board:*

*Christine Tang (2007, Editor-in-Chief),*

*Clara Chan (2006),*

*Peony Chiang (2006)*

## *From Honorary Advisor – Dr. Ng Ho Yee*

*Dr. Ng Ho Yee is the Founding Programme Director of the Master of Social Sciences (Counselling) Programme, and served as Programme Director from 2002 until her retirement in 2008. She is now Honorary Associate Professor at the Department of Social Work & Social Administration, HKU, and Honorary Advisor of our Association.*

### **What is counselling?**

For those who have the ‘fortune’ or ‘misfortune’ to have been my students, I hope they might still remember my pet hobbyhorse is to debate the issue of counselling being a science or an art. The reason for this obsession of mine is a response to the students’ obsession with the learning of counselling ‘techniques’, as if the ‘claim’ that since these techniques have been ‘scientifically’ derived (e.g. manualized procedures, randomized controlled trials outcome research), these will be sufficient to make practitioners effective in what they do.



While it is not possible to elaborate on my arguments here, my conclusion to the debate is clear: counsellors use their skills sensibly, creatively, intuitively, backed by a set of professional knowledge, whether this be scientifically derived or otherwise. Note that Kekula discovered the benzene ring while he sat at the fire place watching the fire gripping its own tail one afternoon in 1865, and Archimedes discovered the property of the displacement of mass while in a bath. Perhaps some day, one of you readers may well make discovery while whistling in the shower!

Another issue which I am less obsessed with and have occasionally raised with students is that of counselling being a professional activity or a lifestyle. If one looks at Carl Rogers’ counsellor core dimensions, the world will indeed be a better place to live in if people all behave towards each other with genuineness and positive regard. Yet, as Scott Peck says, “Life is difficult”. It will be too much to ask of counsellors to behave as if they live in utopia. While the process of counselling is by definition time limited, how counsellors behave as individuals can indeed go beyond the counselling room. Take ‘motivational interviewing’, the conversational skills involved could well solve parent-adolescent or marital conflicts, if used appropriately outside the

counselling room. In other words, counselling skills can be people skills in themselves. There are graduates who complain to me that they are unable to find a counsellor post after training. My answer, as is most often the case, a question in response to a question: *“Why do you think you need to be in a properly designated ‘counsellor post’ to act as a counsellor?”* When the sage points to the moon, all that the idiot sees is the finger. A change in perspective is all that is needed at times. Taking counselling as a lifestyle may perhaps be an unrealistic expectation in this day and age, but the art of counselling can certainly be appreciated beyond the confines of a counselling room. To quote the American Counselling Association: *“... Members are dedicated to the enhancement of human development throughout the life span”* (2005 Website). Enhancement of other people’s lives certainly does not have to be done inside a designated space, because it is in the meaning making that the art of counselling lies. Counsellors help clients to make sense of life difficulties, so can teachers, doctors, or managers with counsellor training help their students, patients or colleagues.

Samuel Butler, a nineteenth Century English novelist remarked that *“Life is the art of drawing sufficient conclusions from insufficient premises... Life is not an exact science, it is an art”*. Einstein says, *“True art is characterized by an irresistible urge in the creative artist”*. If counsellors see themselves to be dealing with people, not machines, they must necessarily learn to use their professional skills with imagination and creativity, for the human spirit ranges far and free.

HY NG  
March 2015



## ***From Chairperson – Vava Kwok (2006)***

Established in 2005, the HKU Master of Social Sciences (Counselling) Alumni Association (AA) is celebrating its 10th anniversary this year! I am thrilled to witness the growth in AA, with almost 350 graduate members and 120 student members by now! Heartfelt gratitude to our Honorary Advisors, Dr. Ng Ho Yee and Ms. Angela Wong, who are dedicated to contributing to and guiding AA towards our objectives. The development and success of AA relies also on a group of graduates who served as Executive Committee members. One may not realize how much effort they spend on each and every event AA held. They are the unsung heroes.

I joined AA in 2006 shortly after graduation. It was a fruitful journey participating in, or organizing various events, including Continuing Education such as Case Sharing Sessions led by Dr. Ng, Annual Retreat Camps led by Angela, a Counselling Conference jointly organized with the Department of Social Work and Social Administration of our University, Social Services such as the Sichuan Care Project after the 512 earthquake in 2008, KeyChen Up Mentorship Project and Youth Jump.com project, both for supporting non-engaged youths, Social Activities such as Cheung Chau visits and hiking. It is a bonus for me to have known many graduates from different years who have now become friends. Working as a Counsellor, I could not have become more professional if not for AA.

As the Chairperson for the year of 2014-15, I wish to continue to provide more opportunities to bring members together, so that everyone may share my fruitful and valuable experience by participating in AA activities. I look forward to seeing you all in our upcoming events! Stay tuned!

Vava  
Chairperson 2014-15

### **Our Objectives:**



## *Our Achievements*

Biennially, the Social Capital Builder Award (SCB) is presented by the Labour & Welfare Bureau HKSAR to honour individuals, enterprises and CIIF-funded projects that have contributed to good social and capital building. Our Association received recognition in both 2012 and 2014.

Since 2011, AA has participated in community service projects organized by Aberdeen Kai-Fong Welfare Association Social Service Jockey Club Integrated Service Centre (AKA, 香港仔坊會社會服務賽馬會綜合服務處). From October 2011 to February 2013, we joined the KeyChen Up Mentorship Project (躍動工房計劃) and acted as one of the key partners to help young mentees without a job or schooling to find their life goals. The project was granted the “Social Capital Builders (SCB) Award 2012 - All-round Network Award (社會資本動力計劃特別大獎 - 全方位網絡獎)” in recognition of the sustainable cross-sectional support of involved organizations in enhancing social capacity. Clara Chan (2006) was invited to share her mentoring experience in the Graduation Ceremony for mentees on 29 June, 2012.



*Vava Kwok (2006) received, on behalf of the AA, SCB Award 2014 – the Social Capital Builder Logo.*

For the past two years (March 2013 to February 2015), we have been involved in another project called the Youth Jump.Com Project (織動.在社區). In addition to mentoring, we have also provided services for parents of the mentees and paid visits to the elderly in Shek Pei Wan. Nominated by AKA, AA received the “SCB Award 2014 - Social Capital Builder Logo (社會資本動力獎 - 標誌獎)” in recognition of our contribution to building social capital, and our achievements in four out of six core social capital outcomes – social networks, trust and solidarity, social participation, as well as mutual help and reciprocity.

Special thanks to AA members involving in these two projects for their contributions and unfailing support to the young people and families.

### **KeyChen Up Mentorship Project**



*Dr. Ng Ho Yee  
Leo Wong, Rebecca Ko (2005),  
Clara Chan, Peony Chiang,  
Antony To, Mabel Chu (2006),  
Kwan Wing Yee, Aster Lau (2008),  
Trista Lam, Mary Au, Barbara Bar,  
Rebecca Chan (2009),  
Ted Wong (2011),  
Ada Yung, Daphne Leung,  
Katy Mok (2013)*



*Seven activities were held for mentors and mentees during October 2011 to December 2012.*



*Clara Chan (2006) shared her mentoring experience on 29 June, 2012.*



*Ted Wong (2011) did Rap-Talk with mentees at the Prize-Giving Ceremony on 23 November, 2012*

**Youth Jump.Com Project**

<b>Event/Activity</b>	<b>Date</b>	<b>Participants</b>
Talk on Medical Care for a parent group	10 May, 2013	Dr. Rico Liu (2005)
Talk on Chinese Medical Care for a parent group	November 2013 (Three sessions)	Dr. Ava Tang (2012)
Mentors and mentees organized ball games (閃避球) for kids	July & November 2013	Leo Wong (2005) and his twin daughters Clara Chan (2006) and children Peony Chiang (2006)
Christmas Party for the disadvantaged families	25 December, 2013	Leo Wong and his family (2005) Rebecca Ko (2005), Peony Chiang (2006) Clara Chan (2006) and her family Ted Wong (2011) and his wife
Visit to the Elderly in Shek Pei Wan Estate in Dragon Boat Festival	8 June, 2013	Rebecca Ko (2005) Clara Chan and Peony Chiang (2006) Mary Au and Avis Ngan (2009) Ava Tang (2012), Daphne Leung (2013)
Visit to the Elderly in Shek Pei Wan Estate in Mid-Autumn Festival	September 2013	Leo Wong and Rebecca Ko (2005) Peony Chiang (2006) Vava Kwok (2006) and her husband Christine Tang (2007)
Visit to the Elderly in Shek Pei Wan Estate	9 August, 2014	Rebecca Ko (2005) Clara Chan (2006) and her son Joyce Leung (Yr.2, 2014-15)



*Dr. Rico Liu (2005) gave a talk on Medical Care in May 2013.*



*Dr. Ava Tang (2012) gave three sessions of training on Chinese Medicine in November 2013.*



*Mentors and mentees' visit to the Elderly in Shek Pei Wan Estate in 2013 and 2014.*



*Leo Wong (2005) and family and Peony Chiang (2006) prepared dessert for disadvantaged families in a Christmas party in 2013.*



*Mentors and mentees organized ball games for kids in July 2013.*



*Opening ceremony (Left) and closing ceremony (Right) of the mentorship project.*



## *Updates of AA Members ...*

### *Tiny stars in the sky ...*

**Chiu Wing Man (2005)**

I graduated from the Master of Social Sciences (Counselling) programme in 2005. During these ten years, I have become a mother of two kids. Upon completion of this course, I entered the field of offender rehabilitation at the Society of Rehabilitation and Crime Prevention. Now I am working as a clinical supervisor, doing frontline work, rendering regular supervision and case conference to agency staff for continuing professional development. Recently, I am very interested in Narrative Therapy and have applied it in my work. Narrative Practice is collaboration with people by stepping away from problems in order to discover the “untold” stories, which include the preferred account of people’s lives. A book titled “星光大道” has been published on clients’ stories in my project. The star is a metaphor for an offender. It seems that the stars are too tiny to be obvious in the sky, but it is indeed bright and sharp when we look closely at it. Hence, this work is really a rewarding and good experience to me.



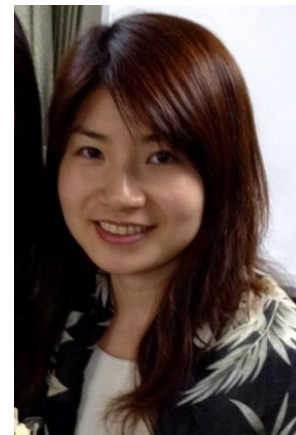
*Award of “卓越服務獎” at the 57<sup>th</sup> Annual General Meeting, Society of Rehabilitation and Crime Prevention.*

## 改變人生的課程

Teresa Wong (2005)

畢業十年，正好回顧這些年來自己的經歷和變化。

還記得就讀這個課程時的我是一位中學教師，當時前線的教學工作極之繁重。工作之餘，還要上課、讀文獻、寫論文、實習… 這些經驗實在令人疲累不堪，然而，精神和心靈上卻感到前所未有的豐足。課程中學到的輔導知識和技巧，不但深化了我在學校的訓育及輔導工作，更重要的，是加深了我對自己的認識，讓我經歷到很大的成長。畢業後第二年，我決定再進修教育心理學的課程，並在 2008 年轉職成為教育心理學家，在不同的崗位服務學生。今天的我回顧這些經歷，仍然覺得在課程中學到對人性的理解、接納和與人溝通的技巧，十分受用。



另一方面，因當時同行的還有許多用心教學的好老師，和充滿熱誠的好同學，大家都很受學習的過程，以致上課超時幾小時都毫無怨言，有一次更自發上課至凌晨一時才願意回家。這些共同的經歷，都是快樂而珍貴的回憶。我和當中的一些老師和同學更成為了交心的摯友，十年來仍繼續一起尋求個人成長和輔導的修煉，分享生命的種種，乃課程以外莫大的得著。總的來說，課程讓我對自己、他人、工作以至人生作出了深刻的反思，從而改變了生命的軌跡。回想這十年，實在感恩自己當年入讀了這個改變人生的課程。

~~~~~

## *My new 'jobs'*

May Chung (2005)

The year of 2014/15 is full of blessings but also challenges to me. First, I left my full-time job as a clinical psychologist at the psychiatric field of hospital, where I had worked since 2008. Saying goodbye to it was not easy for me as I had been enjoying working with the colleagues and clients there in the past six years. However, I am grateful to have the opportunity to make this move to get more time with my family, and especially my 2-year-old son. Now, I am working as a part-time clinical psychologist in a child residential setting. Second, I am expecting another boy in the coming July. The whole family is excited and looks forward to it.



## ***Explore life – it can be beautiful!***

**Christine Tang (2007)**

When AA is approaching its 10<sup>th</sup> anniversary, I will have known my classmates in the 2005-07 class for ten years! Most of my classmates were single while on the course, and were too occupied to go dating. By now, many have got married, even with children! Congratulations, pals!

For myself, much has happened after graduation. I have gone through sufferings from the loss of a very close relative and the serious illnesses of my very dear family members. The consolation was that I was able to apply what I learned from the counselling training to make those days easier for my family members and for myself too. I fully share what Dr. Ng advocates in her article in this Newsletter, that counselling is not necessarily done in a designated job or place. The counselling skills I acquired from the course have proved to be equally powerful in my daily life for those around me as in the counselling room for my clients. On a more relaxed note, I have undertaken journeys to beautiful places at different corners on earth, including the far south Antarctica to visit the penguins and the far north Alaska to watch the aurora! I am hopeful that counsellors, with courage and with care, can help clients ride over their sufferings and explore the brighter side of their life. I truly believe that life can be beautiful only if you know how to explore and appreciate it!



*Families of 2007 graduates:*



*Winnie Mak and family*



*Queenie Ng and family*



*Adeline Man and family*



*Bill Chan and family*



*Carman Chan and family*



*Suki Wong and family*

## *My new journey*

Avis Ngan (2009)

In the five to six years since graduating, I have worked in ISS Wofoo Family Institute, HAAC (a team-building company), and St. John's Counselling Centre. I am currently working for an Employee Assistance Program (EAP) provider called Human Dynamic. There I'm able to practise counselling, training and sometimes even team-building. I've also recently joined City University's SCOPE to receive further training in Clinical Psychology.

Looking back, the M.Soc.Sc. (Counselling) programme changed my life and career. This programme gave me the ability to look at myself and understand what it is to be human. Like a fish realizing what water is, the course's subject matter and teaching illuminated the previously invisible. I learned about the process of internal growth, the meaning of normality, the importance of objectivity, and the humanity of unconditional positive regard. Although my journey is nowhere near complete, I couldn't have made any progress without this course and its teachers. I found it so helpful and fulfilling that I tried to change my career to counselling. Luckily, I was given the opportunity to join this industry, and luckier still, I've had the opportunity to start others on their journey too.



## 感恩分享

Elaine Tang 鄧意妮 (2011)

記得 2009 年剛開始入讀 HKU Counselling Programme，我還是個中學教師，當時只是抱著學一門興趣的心態，從沒想過轉行。兩年少林寺式的讀書生涯，讓我重新認識自己，並開始用一個更廣闊的角度看身邊的人和事。我於自己任教的中學實習，期間需要輔導不同有特殊學習需要的孩子。與他們一起同行的過程，我感受到他們純真的心，並看到他們的天分。但願他們能更愉快成長，並找到自己的生存意義與價值。

修畢 Counselling 後，我決定離開教師行列，於教育學院特殊教育與輔導學系從事教師及家長教育工作，讓他們更明白及接納有行為情緒困難孩子的需要，並從學校及家庭層面幫助孩子成長。與此同時，我繼續進修心理學課程，以增進這方面的知識。我於去年開始在 HKU 全職修讀 Educational Psychology，希望能運用心理學科學實證的方法與輔導層面的知識，幫助這些孩子與家庭。

對於作為正在接受訓練成教育心理學家的我，Counselling 課程所帶給我的，是對自己的一份內省與覺察，並用欣賞的角度去看自己所接觸的孩子、家長與教師。

有幸於 Counselling 這大家庭遇上不同的啟蒙良師，並在這旅途中與各位有心人一起同行與扶持，實在感恩！



---

## *My updates*

Sam Liu (2013)



After graduating from the Counselling programme, I have been pursuing another master degree course in "Master of Science in Educational Speech-Language Pathology and Learning Disability". It is a full-time course at HKIED. That means I am now a full-time student. I had been fortunate enough to be prompted by my work place "Benji's Centre" to study speech therapy. The good news is that they are willing to provide me a scholarship to the programme and offer me a job as a speech therapist upon my completion of the course. So this is where I am now.

As for my family, my daughter is now ten months old. She has begun to stand and walk while holding to things, and she is able to make "babababa" sound. I believe she will say '爸爸' very soon.

## ***My new teacher, Fung-fung***

**Ada Yung (2013)**

My baby, Ng Yu Fung (meaning riding on the wind) was born on 25 August, 2014. It is a challenge and ongoing exam on how much I can apply my counselling learning to my life. I am grateful that he seems to be cheerful and outgoing (so far). While I am not sure about my parenting skills, I am sure mindfulness gets me through the hectic six months! Fung-fung has shown me how happy it can be after "emptying" ourselves.



Fung-fung wishes you all a flourishing and fulfilling 2015!

~~~~~

## ***Beyond counselling***

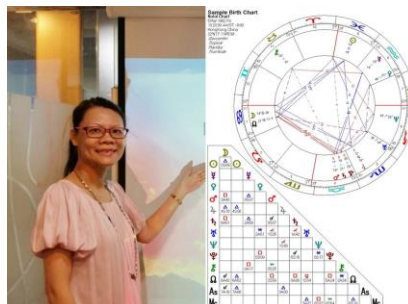
**Belinda Lai (2013)**

It has been more than a year-and-a-half since I finished my Counselling programme at HKU, but I still remember how my supervisor, Dr. Kelvin Tang, has often spoken of hypnotherapy as a set of “communication skills”, and the counselling process as a “communication process”. I suppose the same can be said of any other counselling approach too. In individual counselling, it is two people, the therapist and the client, who meet up and interact so that a dialogue on issues important to the client is possible. In group therapy, it is a bunch of people who interact with each other, helped along by the therapist – also to achieve a dialogue on issues important to the participants. The counselling process is very much about dialogue and making connections.

However, many people may think of counselling or counselling techniques as something separate from daily life situations, and that these are only relevant to psychotherapists. I think this is a rather narrow vision of the possibilities and benefits of counselling. I took the Master programme in Counselling because I wanted to apply counselling skills to my work as a Western astrologer. Rather than directly advising clients what to do when they face a life decision, I find it far more effective and fruitful when I conduct a dialogue with clients, to connect with them on the level of their internal world, and more importantly, to facilitate them to get in touch with their own internal world which they may have ignored for far too long. I also have friends who took up counselling studies because they wanted to apply the knowledge and skills in their own settings, which may range from legal, religious, educational, to commercial settings.

So in big or small ways, in or out of the counselling room, each of us can help to make the world a better place. The more chaotic, unfair and violent things are in our world, it is all the more important that we renew the commitment to peace and constructive dialogue – and we have to start with ourselves. Here I am reminded of a hymn that I used to sing at school:

*“Let peace begin with me  
Let this be the moment now.  
With every step I take  
Let this be my solemn vow.  
To take each moment  
And live each moment  
With peace eternally.  
Let there be peace on earth,  
And let it begin with me.”*



***Time to celebrate***  
**Kathy Chung (2014)**

It is now time for celebration, and we are all grateful for having reached a milestone in our life. After the hard work of the past two years, we are proud and thankful to be one of the 50 graduates from the Master of Social Sciences (Counselling) programme in 2014.

Though we are at the end of all the required classes, it marks a good start of our long-standing friendship. A big graduation dinner was held on 5 December, 2014 to thank our professors, tutors, and supervisors for their efforts in providing knowledge, guidance and bringing the best part out of us. It is also their care and thoughtfulness which inspire us and help make a difference in our life. Let's continue our classroom in our community....





## ***Self-Awareness does matter***

**Lyre Ip (Yr. 2, 2014-15)**

Human beings are complex and diverse in both behaviour and thinking. In this fast-paced society together with our busy schedules, we barely find time to think about who we are, our strengths and weaknesses, our drives and personalities, our habits and values. Many of us just aren't inclined to spend much time on self-reflection. This article is a self-reflection journal which reveals my personal growth and professional issues in relation to self-awareness and skills training.

I really enjoyed most courses of the Master of Social Sciences in Counselling program. I have learnt “temperature reading” through the courses, that each of us tends to have different thought processes, reactions and feelings towards life events.



Whether or not we are directly impacted by these events, and it is normal to feel anxious, scared, or difficult to express our feeling and emotion to others, these unsettling thoughts and feelings accumulate in our subconscious mind, but may fade as if we have released them through self-reflection, or consult someone we trust for our unsettling thoughts and feelings. Thus, self-awareness is an essential first step which can improve my judgment and help me identify opportunities for personal growth and professional development.

While taking this programme, I have literally developed an understanding of myself in the areas of personality traits, emotions, personal strengths and weaknesses. For example, I had the desire to attend to others. Yet I was poor at listening, I felt that most people I was attending to were not sure of what they really wanted, and I knew better than they did of what they were in need of. I assumed that I was obliged to talk and do little listening. Hence, I had trouble being patient enough to listen, and barely could provide sufficient solutions to the problems that were relayed to me. Having self-awareness helped me understand the difference between attending and listening to a person: attending means to consciously pay attention to what the person is actually saying and trying to communicate; listening requires not only to note what the other person is saying, but also the many other aspects of communication. After I have made enough efforts to improve my listening skills, I am now able to build rapport with my clients at placement, and with family members, friends, fellow colleagues, and my boss as well.

The next thing I have found is the different influences on the perception of things around me, and all perceptions are partial and subjective. I have come to recognize that I have self-serving motives in that I perceive things the way I want to see them. In this programme, I learned to see things from a broader perspective. Hence, I have worked on this area and have improved steadily.

Last but not the least, it was my intuitive and compassionate characteristics that led me to the programme; I am so grateful that I have gained a deeper understanding of myself through self-awareness training. Whether for personal or professional growth, in the long run, I shall make the best of my strengths and reduce my weaknesses, so that I can be of help to people around me, and also to be successful in the career of Counselling.

## ***Congratulations to Dr. Rico Liu and Ms. Flora Lo***

Dr. Rico Liu (2005), AA's Founding Chairperson and current Executive Committee Member, has been appointed as Associate Director, Comprehensive Oncology Centre at the Hong Kong Sanatorium & Hospital (HKSH). The Inauguration Ceremony of his new appointment was held on 18 January, 2014 at HKSH.



*Executive Committee attended the ceremony to share Rico's joy upon his new appointment.*



Flora Lo (2012) started her private counselling practice at the "PRESENCE" in October 2014! The Centre is located in Central and its counsellors are all Christian lawyers with a passion to serve others through counselling and family mediation. The photo was taken at the opening ceremony of the Centre.



## *Past Events and Activities*

### **Annual General Meeting on 8 March, 2014**



*Rebecca Ko (2005) as  
Master of Ceremonies*



*Peony Chiang (Chairperson of 2013-14) presented a souvenir to  
Dr. Rico Liu who gave a talk on 'Use of Counselling in the  
Management of Cancer Patients' before the AGM*



*Dinner after AGM*

**HKU Counselling Conference ‘Youth Counselling: Dialogue, Practice and Passion’ Cum Celebration of 10<sup>th</sup> Anniversary of Our Programme on 7 December, 2012**



*Executive Committee with Guest Speaker Professor Mark Bray*



*A concurrent session conducted by AA: ‘Use of Self and Self Transformation’*



*Ted Wong (2011) and Vava Kwok (2006) as MC in the Celebration Dinner*



*Dr. Ng Ho Yee gave a talk before the Celebration Dinner*



*A game of ‘Is love an art or science?’*



*Teachers of Our Programme at the Celebration Dinner*



*Class of 2004*



*Class of 2005*



*Class of 2006*



*Class of 2007*



*Class of 2008 and 2009*



*Class of 2010*



*Class of 2011*



*Class of 2012*

## Executive Committee Meetings



*Dinner at Tsim Sha Tsui on 10 June, 2014*



*Executive Committee Meeting and Dinner on  
16 October, 2014*



*Executive Committee Meeting and Dinner on  
6 January, 2015*

*Executive Committee  
Meeting and Dinner  
on 7 February, 2015*





**Social Activity:**

*A trip to Sai Kung coordinated by Stephen Tsang (2006) and led by Leo Wong (2005) on 7 February, 2015.*



**Membership Drive:**



*Recruiting members in Graduation Dinner of Class 2014 on 5 December, 2014 and at the University on 13 January, 2015.  
(Vava Kwok, Dr. Samson Tse, Jennie Leung, Ted Wong and Rebecca Ko)*

**Continuing Education:**



*Case Consultation (2013) and training on Motivational Interviewing (2014) led by Honorary Advisor Dr. Ng Ho Yee*



*Annual Retreat Camps led by Honorary Advisor Angela and supported by Trista Lam (2009), Vava Kwok (2006), Jennie Leung (2007) and Debby Ma (2012)*



*'Family Reconstruction' at the University (29 June - 1 July, 2013)  
'Intimacy' at Jao Tsung-I Heritage Lodge (31 May - 2 June, 2014)*

## Upcoming Events

### Social Services:

#### 「結伴成長計劃」



「結伴成長計劃」由香港大學八十年代畢業生策劃，並由香港小童群益會負責執行。目的是以師徒制的形式，建立畢業生〈藍朋〉和青少年〈青友〉的伙伴關係，以生命影響生命，幫助面對家庭經濟挑戰的學生。希望藉著〈藍朋〉與〈青友〉在生活中的交流，提高他們對社區的認識，學習積極規劃未來及提升其自信心；同時也透過此計劃，讓畢業生提供服務給社會上有需要的人士，回饋社會。

參加此計劃的〈青友〉多為觀塘區的中一學生，計劃服務為每年的7月至翌年的8月，為期為一年。香港小童群益會在計劃期間將舉辦約十次全日的工作坊及活動，例如話劇訓練及演出、探訪長者義工活動、聖誕派對及宿營等。〈藍朋〉也可以在額外時間聯絡相關的〈青友〉，約每個月見面一次，以建立更緊密的伙伴關係。有興趣參加的校友，可瀏覽是項計劃的網頁，並可聯絡校友會。

「結伴成長計劃」網頁: <http://gp.bgca.org.hk/hku/>  
校友會電郵: [hkucounsellingalumni@yahoo.com.hk](mailto:hkucounsellingalumni@yahoo.com.hk)

### Social Activity:

Date: 29 November, 2015 (Sunday)

Where: High Island Reservoir East Dam  
(萬宜水庫，六角柱石)

At the East Dam, you'll be able to see hexagonal rock columns resembling a 'petrified waterfall'. These are hundreds of millions of years old and were formed by the cooling and contracting mixture of lava, rock debris and volcanic ash. Subsequent consistent violent crustal movements created the twists and folds which you can now see.

Guide: Dr. Rico Liu (2004)

Fee: Free



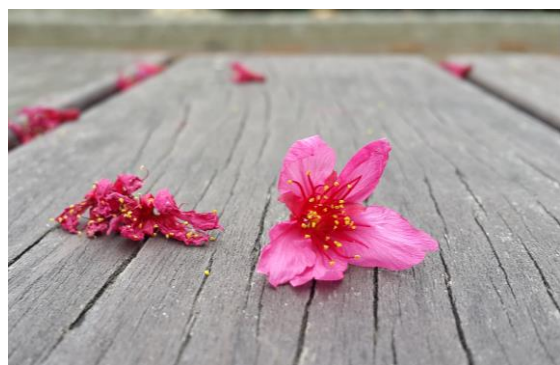
## Continuing Education:

### **Case Consultation - Share and Learn**

Objectives:	To enhance diagnostic skills, to have personal reflection on your counselling approach, and to have peer learning.
Instructor:	Dr. Ng Ho Yee <i>Hon. Associate Professor, Department of Social Work &amp; Social Administration, HKU;</i> <i>Hon. Advisor, HKU Master of Social Sciences (Counselling) Alumni Association</i>
Medium of Instruction:	Cantonese
Dates / Time / Venue:	Session One: 28 March, 2015 (Saturday), 10:00 am - 1:00 pm Venue: CJT – 533, 5/F, Jockey Club Tower, HKU Centennial Campus
(Two sessions)	Session Two: 25 April, 2015 (Saturday), 3:00 pm - 6:00 pm Venue: CPD – 3.16, 3/F, Central Podium Levels, HKU Centennial Campus Early bird closes: 10 April, 2015

### **「回家」一個為期兩天的退修營** ***A Two-day Retreat Camp on Experiential Psychotherapy***

幫助別人亂中尋序、自己卻惘然若失的那人 … 是你嗎？  
輔導過程中，有一種感覺，不知道是別人的哀傷，還是自己往日熟識的傷痕？  
「雲無心而出岫，鳥倦飛而知還。」你想重返內心的花園，與不同層次的自己對話嗎？  
在這退修營，我們將與久違了的自己相遇、接觸、舞動、對話。



日期:	2015 年 7 月 18 - 19 日
時間:	第一天上午 10:00 至 第二天下午 6:00
地點:	香港大學嘉道理研究所石崗中心
對象:	有興趣認識個人成長及家庭治療的校友會會員及其親友

內容: 退修營由校友會顧問 Angela 帶領，以體驗及互動的形式(Experiential approach)，揉合了沙維雅家庭治療模式(Satir Family Therapy) 及完形治療法 (Gestalt Therapy)，讓參加者在彼此尊重及信任的過程中，對自己作為治療者有更深的覺察和了解 (Use of Self)，提昇專業成長。