

主辦機構 Organized by:



亞洲家庭治療學院
Asian Academy of Family Therapy

捐助機構 Funded by:



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賽馬會家庭治療計劃
Jockey Club Family Therapy Programme

家庭治療中心
Family Therapy Center

NEWSLETTER
NOV 2023 - JAN 2024

大家好！很高興再次與您見面！更令人興奮的是：香港賽馬會慈善信託基金慷慨地繼續支持了賽馬會家庭治療計劃，讓這個項目能夠延續三年！這是我們第二個三年計劃的第一季期刊，讓我跟大家介紹一下我們的最新動向和即將舉辦的培訓項目。

培訓項目：

「離婚家庭孩子」是我們其中一個重點培訓及服務項目。在去年11月至今年1月期間，有24位專業人士參加了我們的進階培訓課程。這些學員中，有2人參加了中級培訓，其他22人參加了我們的導師培訓課程。他們在我們的指導下，成功舉辦了一個互動工作坊和兩個專題研討小組。這些培訓課程不僅讓學員學以致用，亦將和諧家庭關係與精神健康的重要性在社區推廣，達到雪球效應。

我們根據過去三年對離婚家庭孩子的理解和積累的臨床經驗實踐，全面更新了我們開發的基礎至高級的培訓課程內容。今年2月至3月初，我們已經完成了第一個新的「離婚家庭孩子」基礎培訓課程，而第二期將於5月3日和17日舉行。這個培訓課程旨在招募各種不同專業背景的助人工作者，並在他們完成中級和高級培訓後，成為AAFT認證的離婚輔導員。基礎培訓課程將為期兩天，包括四個3小時的課程，涵蓋以下主題：1)離婚家庭孩子的心聲，2)處理爭取撫養權的離婚家庭，3)處理離婚孩子個案的事前臨床工作準備，4)一個離婚家庭的故事：評估、治療與修復。

已完成「離婚家庭孩子」基礎培訓的學員可以繼續參加中級培訓課程。中級課程的

目標是培訓一批「大使」，他們將繼續接受訓練和指導，有效地利用 AAFT 提供的培訓材料，分享孩子如何受父母間衝突的影響，改善家庭關係以促進孩子的精神健康。第一期中級培訓班將於 3 月 20 日舉行。如果您對以上課程感興趣，請密切關注我們的最新宣傳，或者追蹤我們的 Facebook 專頁，您將定期獲得我們的最新資訊。

<https://www.facebook.com/AsianAcademyofFamilyTherapy>



我們去年出版了關於離婚家庭的小冊子〈聆聽孩子的心聲〉，引發了廣泛的關注，在本地和國際均受到讀者及從業員的歡迎和讚賞；一些國家如日本、馬來西亞及土耳其更提出能否授權他們製作翻譯成當地語言的版本。這本小冊子亦引起了香港法律專業人士的關注和興趣，而我們的「離婚家庭孩子」基礎培訓課程亦得到了香港律師會的認可，被列為其中一個專業進修課程。

如果您也想免費獲得這本小冊子，了解孩子在面對父母之間的矛盾或甚至離婚的心聲，便立即點擊以下連結，填寫資料索取中文版或英文版一本。我們的職員將盡快安排您到我們的家庭治療中心領取！

<https://bit.ly/43uE2dG>

「從家庭關係處理精神健康問題」是我們另一個重點的培訓及服務項目。去年底，我們的高級培訓計劃吸引了 15 位滿腔熱忱的學員加入我們的行列。這些學員協助我們舉辦了多個培訓項目，還積極參與改進我們的基礎課程，並將會協助我們推行下一季度的其他培訓課程。

為了擴大我們項目的影響力，我們與香港家庭醫學學院、港澳信義會中小學等組織建立了緊密的合作夥伴關係。這些夥伴們會與我們攜手合作，共同推廣我們的項目，將我們的培訓和服務延伸到更廣泛的受眾群體中。我們深信透過這些合作夥伴關係，我們能更好地服務社區，提供更多關於治療家庭關係的支持和寶貴資源。

如果您對我們的培訓項目和合作夥伴關係有興趣，請聯絡我們以獲取更多詳細資訊。我們會樂意回答您的問題！

個案服務：

在這個季度，我們舉辦了五次「解困診所」（Stuck Clinic），為業界提供個案諮詢服務。這些個案包括由香港家庭福利會親籽蒼轉介的家庭以及兩間中小學學校社工和教職員轉介的家庭，合共有 132 名專業人士參與其中。這些家庭都面臨著孩子行為或情緒問題的共同困擾。經過評估，發現這些孩子的問題乃與父母之間的嚴重衝突和不安的家庭氛圍密切相關。

我們的「家庭生理反饋評估」（Family Biofeedback Assessment[©]）是一個原創的評估工具，已獲得國際認可，成為我們的主要培訓和服務項目之一。它通過測量孩子在父母互動時的生理反應，如心率、汗腺分泌和皮下溫度，深入了解家庭互動對孩子的影響，並找到更有效的治療方向。本季舉辦了 30 個臨床個案示範，向 1,333 名專業人士展示了如何應用這評估工具。

國際會議專題演講、互動工作坊和講座：

我們的臨床總監譚煥芝醫生在 2023 年 12 月 17 日的香港婚姻和家庭治療協會年度會議上發表了題為「重返原生家庭的離婚父母與孩子」的主題演講。



此外，我們在這段期間也舉辦了 1 個專題演講及 1 個互動工作坊：

互動工作坊：「法律認可同性關係嗎？」

講者：陳禮熙先生（執業大律師、亞洲家庭治療學院導師培訓計劃學員）

專題演講：「從家庭關係探討孩子的精神及行為問題」

講者：高威頓先生（賽馬會家庭治療計劃項目總監）

YouTube 頻道：

我們的聯席臨床總監吳敏倫教授通過 YouTube 頻道提供免費的愛情教育講座（<https://bit.ly/3NRAc7a>）。本季共上載了 13 個講座（第 110 至 122 講），每次觀看人數介於 146 至 213 之間。

在本期季刊結束之前，我想向大家介紹一些即將舉行的講座和工作坊。讓我們一起期待下一期的季刊，感謝您的支持，我們期待再次與您見面！

賽馬會家庭治療計劃項目總監
高威頓 先生

Organised by:



Funded by:



The Hong Kong Jockey Club Charities Trust

Jockey Club Family Therapy Programme

Basic Course on Children in Divorce Families

Dates: May 3rd and May 17th, 2024

Time: 10am – 5pm

Venue: Asian Academy of Family Therapy, No. 4 Pottinger Street, Central

Fee: Free-of-charge

The purpose of the course is to recruit professionals from multi-disciplinary backgrounds who are interested in becoming AAFT accredited divorce counselors after completing further training.

This course is offered four times a year, each consisting of two one-day workshops. The following areas will be covered:

May 3rd: - Children's voices in divorce families

- How to work with families in custodial battles

May 17th: - Clinical logistics in dealing with divorce cases

- Treatment process in working with children in divorce families

Participants will be asked to attend both days to complete the basic training. They will then be considered for further intermediate and advanced training scheduled at a later time.

To register, please visit: <https://forms.gle/7YffRbVUmAAQgk9h6>



Seats are limited! Successful applicants will be notified in writing within two weeks from when the application was received. If you do not hear from us by then, please consider your application unsuccessful.

AAFT reserves the right to make final decisions on all program-related matters.

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Jockey Club Family Therapy Programme

Interactive Workshop

High Conflict Tendency and Impact on Family Matters and Marriage Failure

高衝突傾向與家庭及婚姻事務

Date: May 22, 2024 (Wednesday)
Time: 7:00pm – 9:00pm
Venue: Asian Academy of Family Therapy (AAFT) - No. 4 Pottinger Street, Central
Fee: Free-of-charge
Presenters: Mr. Ip Ho Kin & Ms. Leung Nga Wing Cecilia
Language: Cantonese (supplemented with English)

About the Workshop

People with high conflict tendency is a concept coined by Bill Eddy who is a psychotherapist, a family mediator, and a lawyer practicing in the USA. Ever since his first book "It's all your fault", Mr Eddy has continued to share his insights on the phenomenon with several additional publications, the latest one being "Calming upset people with EAR" published in 2021.

This workshop aims at introducing this concept of high conflict tendency to human services professionals so that they may be alerted of its presence in their course of work. It will provide an overview of the characteristics of high conflict tendency and its impact on family relationships. Through exchanges with the participants, the workshop also aims at sharing insights and hands-on skills with participants in working with people with high conflict tendency in divorce proceedings.

About the Speakers

Mr Ip is a practicing barrister, family mediator and parenting co-ordinator. His legal practice includes family matters. In addition to his legal qualifications, he also has a Bachelor degree in Psychology and a Master degree in Behavioral Health. Mr Ip has been receiving training in family therapy at the AAFT since 2016. He has also received CBT training at the HKICT.

Ms Leung is the Programme Director of the Education Project of Asian Academy of Family Therapy (AAFT). She was a clinical psychologist specialized in working with adolescents with mental health problems and special education needs.

To register, please visit: <https://forms.gle/N83fY8KLx4CzwVj7>



Successful applicants will be notified in writing within two weeks from when the application was received. Kindly note that your registration is not complete until you have confirmed receipt of our attendance confirmation email.

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Jockey Club Family Therapy Programme

Interactive Workshop

Introduction to Mindfulness and Mindful Parenting

靜觀與靜觀教養

Date: June 7, 2024 (Friday)
Time: 10:00am – 12:00pm
Venue: Asian Academy of Family Therapy (AAFT) - No. 4 Pottinger Street, Central
Fee: Free-of-charge
Presenter: Prof. Shui-fong Lam 林瑞芳教授
Language: Cantonese

About the Workshop

In recent years, scientific research has indicated that mindfulness can promote mental health. In this two-hour workshop, Prof. Lam will use an experiential and interactive approach to introduce mindfulness to parents. Participants will have a taste of mindfulness practice and a basic understanding about the effectiveness of mindfulness and its underlying mechanisms. They will also have a chance to explore mindful parenting and how mindfulness can help parents and their children.

近年來，科學研究顯示靜觀能有效提升身心健康。在這兩小時的工作坊中，林教授將運用互動的體驗方法向家長介紹靜觀。參加者可以參與靜觀練習，並對靜觀的有效性及其基本原理有基本的了解。他們還將有機會探討靜觀教養以及靜觀如何幫助家長和子女。

About the Speaker

Prof. Lam is the Director of the Jockey Club "Peace and Awareness" Mindfulness in School Culture Initiative at The University of Hong Kong. The mission of this initiative to promote the mental health of students, teachers, and parents in Hong Kong through the training and research in mindfulness.

林教授為香港大學賽馬會「樂天心澄」靜觀校園文化行動的總監。此行動的願景是致力推動靜觀的教育和研究，以提升香港學生、教師和家長的身心健康。

To register, please visit: <https://forms.gle/zE2q4rvXtXhunxHM7>



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Jockey Club Family Therapy Programme

Public Talk

Supporting Couples in Stressful Relationships

支援壓力下的夫婦關係

Date: April 17, 2024 (Wednesday)
Time: 7:00pm – 9:00pm
Venue: Asian Academy of Family Therapy (AAFT) - No. 4 Pottinger Street, Central
Fee: Free-of-charge
Presenter: Ms. Lucy Shuk-ha Lee
Language: Cantonese (supplemented with English)

About the Workshop

This workshop is designed for professionals who work with couples and seek to enhance their knowledge and skills in supporting couples in stressful relationships. Through case studies, you will engage in interactive discussions to explore some key concepts such as:

- Attachment theory, which will provide a foundation for understanding how attachment patterns in early life can affect relationships.
- The vulnerability cycle, which will offer insights into negative patterns that hinder intimacy and connection.
- Through worker's self-reflexivity, professionals will explore their own biases and assumptions, enabling them to approach relationships with empathy and effectiveness.

About the Speaker

Ms Lucy Shuk-ha Lee is a UK-registered Family Psychotherapist and a registered social worker in Hong Kong. She attained her Master's degree in Family Counseling and Family Education from The Chinese University of Hong Kong. Later, she moved to the UK and completed her Postgraduate Certificate in Child Focused Systemic Practice at the Institution of Family Therapy (UK) and a Master's degree in Family Therapy from King's College London.

Ms Lee has been working with couples and families for more than 18 years. She is now a half-time Lecturer at the University of Hong Kong providing professional training to social and health care professionals. Meanwhile, she is working half-time as a private Family Therapist, offering family therapy sessions to individuals, couples, and families who are struggling with relationship issues and early childhood trauma.

To register, please visit: <https://forms.gle/18rJ7m2cJxaXAN4b7>



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