



臨床心理服務

Clinical Psychological Service



服務方向

本會臨床心理服務部，為有需要之個別人士及家庭提供心理評估及治療，亦為社工們提供諮詢服務。並藉由公眾教育及內部員工的訓練來推廣心理意識及健康。

Service Orientation

The Agency's Clinical Psychological Service provides psychological assessments and treatments to individuals and their families, and consultation services for social workers. The Unit also aims to promote psychological awareness and health through public education and staff development for Agency's staff.

臨床心理服務

CLINICAL PSYCHOLOGICAL SERVICE

CFSC



本年度，臨床心理服務部一共處理 45 宗新個案和 1 宗重開個案。在這 46 宗個案中，59% 的服務使用者為男性，41% 為女性。從年齡而言，使用比例最高者為 10 至 19 歲 (39%)，其次為 40 至 49 歲 (15%) 與 50 至 59 歲 (15%)。整體服務使用者的年齡是從 7 歲至 81 歲。

就服務使用者的職業而言，學生佔 46%，在職人士佔 22%，失業者佔 24%，家庭主婦佔 7%。就服務使用者的教育程度而言，27 位 (59%) 具有中一至中五的教育水平，3 位 (7%) 擁有中六至中七水平或持有文憑，9 位 (19%) 只接受過小學教育，4 位 (9%) 沒有受過教育，3 位 (7%) 具有大學學位。

臨床心理學家繼續為社工提供每週一次的諮詢服務。這些社工來自本會的綜合家庭服務中心 (活力家庭坊) 和學校社會工作部，以及其他非政府機構。此外，本部接到 100 位社區人士對於臨床心理服務的查詢。

服務使用者的平均等候時間 (從接到書面轉介到第一次約見) 為 7.09 曆天，所謂「曆天」包括星期六、星期日和公眾假日。98% 的服務使用者在 3 星期內獲得第一次約見，78% 在 2 星期內，20% 在 2 至 3 星期內。

我們在 2013 年 1 至 3 月做了一次服務使用者的滿意度調查。96% 的服務使用者表示他們的情況有所「改善」(包括 12% 表示「少部分改善」，56% 「大部分改善」，28% 「完全改善」)。100% 的服務使用者對我們的服務表示「滿意」(包括 50% 表示「大部分滿意」，42% 表示「完全滿意」)。

為了繼續對服務使用者提供及時和有效的治療方法，本會的臨床心理學家定期參加講習班和研討會。今年，臨床心理學家出席了 6 次分別有關「建立抗逆力」、「社交焦慮症」、「對幻覺的科學瞭解」、「對濫用毒品的認知治療法」、「職場暴力」和「促進婚姻的親密感」的研討會。

During the year, the Clinical Psychological Service served 45 new cases and 1 re-opened case. Of the 46 cases, 59% were male and 41% were female service users. In terms of age, the highest number of service users was 10 to 19 years old (39%). The next two age ranges were aged 40-49 (15%), and aged 50-59 (15%). The ages of service users ranged from 7 to 81 years old.

In terms of occupation, 46% were students, 22% were employed, 24% were unemployed, and 7% were housewives. In terms of educational achievements, 27 (59%) service users had Form 1 to Form 5 educational level, 3 persons (7%) had Form 6 to Form 7 or diploma, 9 persons (19%) only had a primary school education, 4 persons (9%) had no education, 3 persons (7%) had a university degree.

The Clinical Psychologist continued to provide regular weekly consultation service to social workers. These social workers included those from our Integrated Family Service Centre (Family Energizer) and School Social Work Unit, and also from other NGOs. Furthermore, the Unit received 100 inquiries from people in the community asking for information about the Clinical Psychological Service.

Service users' average waiting time (from receiving of written referrals to the first appointment) was 7.09 calendar days. Calendar days included Saturdays, Sundays and Public Holidays. 98% of service users received their first appointment within 3 weeks, 78% under 2 weeks, 20% between 2-3 weeks.

Service users' satisfaction survey was conducted from January to March 2013. 96% of users indicated that their problems have 'improved' (including 12% who indicated 'partially', 56% 'mostly' and 28% 'totally' improved). 100% of users indicated that they were 'satisfied' with the service (including 50% who indicated 'mostly', and 42% 'totally' satisfied).

In order to continue to provide up to date and effective treatment to service users, our Clinical Psychologist (CP) attended workshops and seminars on a regular basis. This year, our CP attended 6 workshops on 'Building Resilience', 'Social Anxiety', 'The Scientific Understanding of Hallucination', 'Cognitive Behavior Therapy for Addiction', 'Workplace Violence' and 'Fostering Intimacy in Marriage'.

2012 年 9 月 6 日，本會臨床心理學家邀請 6 位來自社會福利署和 10 位分別來自 6 間非政府組織的臨床心理學家參加一個討論專業問題的論壇，討論議題包括新香港韋氏成人智力量表的標準化、兩個新增的綜合家庭服務中心和他們的界限。此外，本會臨床心理學家亦介紹了本會的臨床心理服務，並帶一眾出席嘉賓參觀本會服務大樓。



Our CP invited 6 Clinical Psychologists (CPs) from the Social Welfare Department and 10 CPs from 6 other NGOs for a forum, which was held at our Agency on 6th September, 2012, to discuss professional issues. Some items discussed included the new Hong Kong standardisation of the Wechsler Adult Intelligence Scale, 2 additional Integrated Family Service Centres and their boundaries. Our CP also introduced the Clinical Psychological Service at our Agency, and gave our guests a tour of our centre.

本會臨床心理學家與來自社會福利署及其他非政府組織的同業討論有關臨床心理學議題。
Professional Forum for Clinical Psychologists from Social Welfare Department and 6 other NGOs held at our Agency on 6th September, 2012.

2012-2013 服務統計 (截至 2013 年 3 月 31 日) Service Statistics (as at 31st March, 2013)

問題性質 Nature of Problems	個案數目 No. of Cases	百分比 Percentage
適應失調 Adjustment Disorders	10	21.8
情緒失調 Mood Disorders	8	17.4
兒童或青少年期之失調 Disorders of Childhood and Adolescence	6	13.1
親子關係問題 Parent-child Relational Problem	5	10.9
智能問題 Intellectual Problem	4	8.7
焦慮失調 Anxiety Disorders	3	6.5
性和性別認同失調 Sexual and Gender Identity Disorders	3	6.5
虐待成人或疏忽兒童 Abuse of Adult or Neglect of Child	2	4.3
其他人際關係問題 Other Relational Problem	2	4.3
其他問題 Other Problems	2	4.3
精神分裂和妄想症 Schizophrenia and Delusional Disorders	1	2.2

個案總數 Total No. of cases: 46
諮詢服務次數 Total No. of consultations: 62