



臨床心理服務
Clinical Psychological Service



服務綜述 Service Overview

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

本年度，臨床心理服務部一共處理四十五宗新個案及一宗重開個案。在這四十六宗個案中，百分之四十八的服務使用者為男性，百分之五十二為女性。從年齡而言，四十至四十九歲的人數的比例最高(百分之二十六)，其次的兩個年齡組別分佈是，十至十九歲(百分之二十二)，和三十至三十九歲(百分之十八)。整體服務使用者的年齡是由七歲至五十六歲。

就服務使用者的職業而言，學生佔百分之三十，在職人士佔百分之三十三，失業者佔百分之十三，家庭主婦則佔百分之二十二。個案中，有三個家庭(百分之七)領取綜合援助或傷殘津貼。

就教育程度而言，百分之九的服務使用者完成大學或以上的教育，百分之五十五具有中一至中七的教育水平，而百分之三十則只有小學程度或未曾接受個教育。

臨床心理學家每週繼續為社工提供諮詢服務。他們大都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，也有部份來自其他非政府機構。去年，一共討論了五十八宗新個案，其中有四十五宗隨後被轉介至本部接受臨床心理服務。同時，本部收到一百零六位社區人士對於臨床心理服務的查詢。他們大部份是鄰近政府醫院長時間等候排期的病人。

The Agency's Clinical Psychological Service provides psychological assessments and treatment for individuals and their families. Consultation is also provided for social workers. Additionally, the unit organizes educational programmes for internal staff and as well as the general public, to cater for concerns about psychological health.

During the year, the Clinical Psychological Service served 46 cases, including one re-opened case. Of these cases, 48% were male and 52% female. In terms of age, 26% of the service users were aged from 40 to 49, 22% were aged from 10 to 19, and 18% aged from 30 to 39. The age range was from 7 to 56.

In terms of occupation, 30% were students, 33% were employed, 13% were unemployed, and 22% were housewives. The families of three cases (7%) were known to receive Comprehensive Social Security Assistance (CSSA) or Disability Allowance (DA).

In terms of educational achievements, 9% of the service users had a university degree or above, 55% had completed only Form 1 to Form 7, and 30% had completed only primary education, or were illiterate.

The Clinical Psychologist continued to provide weekly consultation service to social workers including those from our Agency's Integrated Family Service Centre (Family Energizer) and School Social Work Unit, as well as those from other NGOs. Last year, 58 new cases were opened. Among these, 45 were subsequently referred for Clinical Psychological Service. The Unit received 106 inquiries, mainly by people queuing for neighborhood public hospital services. In general, they requested detailed information about our service.



本部特為活力家庭坊（“綜合家庭服務”）舉行了“專注力不足及過度活躍症”的員工訓練。同時，亦在臨床心理學家專業論壇中提報發表了本會對青年人抑鬱症的研究成果。此會議是由社會福利署和非政府機構的臨床心理學家所組成。

偶然社區有一些不良商人，使用不可靠的工具，對學前兒童和小學生們提供大眾化的智能評估。這些人自稱讀過心理學，或者是海外某些專業協會的會員。他們在著名的報刊上刊登廣告來吸引憂慮和無知的父母們以獲取大量金錢。他們這種行為也損害正規心理學家們的信譽。本會臨床心理學家曾向香港心理學會反映這個種問題。結果，一家著名周刊揭發了這樣的一個騙子。

在過去的兩年中，本會的臨床心理家組織並爭取其他心理學家向立法會的委員們發出聯名信、申訴某些周刊週刊刊登的淫褻及不雅封面照片。有二十位心理學家參與加首次聯名信，三十七位參加第二次聯名信(2007年1月15日發出)。我們的聯名信終於在2008年1月14日被立法會的資訊科技及廣播事務委員會會議列入議程。我們為此感到欣慰

A training programme was conducted for our Integrated Family Service (Family Energizer) on the topic of 'Attention Deficit Hyperactivity Disorder.' We presented our Agency's research findings on youth depression at the Clinical Psychologists' Forum co-organized by clinical psychologists of both the Social Welfare Department and non-governmental organizations.

Occasionally, there were business people providing unethical mass intellectual assessments using unreliable instruments for pre-school and primary school children in the community. These unscrupulous business people claimed to have studied psychology, or identified themselves as members of professional associations overseas. They advertised in popular newspapers, and earned large sums of money preying upon anxious and naive parents. Also, such behavior has harmed the reputation of local psychologists. The Hong Kong Psychological Society was alerted to such problems in the community, and subsequently a popular weekly magazine exposed a con man posing as a legitimate practitioner.

Over the past two years, we have sought to enlist the support of our fellow psychologists in writing a joint letter to LegCo members complaining of indecent covers on weekly magazines. Twenty clinical psychologists signed the first letter, and 37 signed the second letter (mailed on 15 January 2007). On 14 January 2008, this letter was tabled at a LegCo panel meeting on Information Technology and Broadcasting. We are pleased that our views were heard and considered at the LegCo meeting.





問題性質 NATURE OF PROBLEMS	個案數目 No. of Cases	百分比 Percentage
情緒失調 Mood Disorders	11	23.9
虐待或疏忽兒童 Abuse or Neglect of Child	5	10.9
兒童或青少年期之失調 Disorders of Childhood and Adolescence	5	10.9
智能問題 Intellectual Problem	5	10.9
適應失調 Adjustment Disorders	3	6.5
焦慮失調 Anxiety Disorders	3	6.5
其他人際關係問題 Other Relational Problem	3	6.5
親子關係問題 Parent-child Relational Problem	2	6.5
精神分裂和妄想症 Schizophrenia and Delusional Disorders	2	4.3
學業問題 Academic Problem	1	4.3
夫婦關係問題 Partner Relational Problem	1	2.2
性格失調 Personality Disorders	1	2.2
性和性別認同失調 Sexual and Gender Identity Disorders	1	2.2
睡眠失調 Sleep Disorders	1	2.2
疑病症 Hypochondriasis	1	2.2
酗酒 Alcohol Abuse	1	2.2

Total number of cases as at March 31, 2008
個案總數 (截至二零零八年三月三十一日): 46

Total number of consultations as at March 31, 2008
諮詢服務次數: (截至二零零八年三月三十一日): 58