

輔導服務經常處理的問題 SCOPE OF COUNSELLING SERVICE

- 情緒低落或不安
- 壓力、緊張、焦慮
- 生活轉變的困難
- 分離、喪失及哀傷
- 人際關係困難
- 戀愛與婚姻問題
- 性別角色困擾
- 家人相處及關係困難
- 兒童及青少年行為情緒問題
- 子女管教困難
- 親子關係問題
- Emotional sadness & disturbance
- Stress and anxiety
- Life change adjustment difficulties
- Losses and grief
- Relationship difficulties
- Dating and marriage problems
- Sex role difficulties
- Family relationship difficulties
- Emotional and behavioral difficulties of children and adolescents
- Parenting difficulties
- Parent-child relationship difficulties

輔導服務的目的 COUNSELING GOALS

輔導服務幫助當事人

- 從不同的角度了解困難
- 接觸自己和及身邊人的內心世界
- 尋找新的方向和可能性
- 嘗試新的行為及與人相處方式

We aim to help clients

- Understand their difficulties from different angles
- Get in touch with their own inner worlds and those of their loved ones
- Explore new directions and possibilities
- Experiment new ways of behaving, living their lives and relating with other people

服務時間 **Service Hours:** 預約 By appointment only

資料保密 **Confidentiality Guaranteed**



文盧麗萍
Laurene Man

資深心理輔導員及家庭治療師
個人、婚姻及家庭心理輔導服務

Experienced Psychological Counselor & Family Therapist
Counseling service for Individuals, Couples and Families

- 學歷：**
- 香港大學社會工作碩士
 - 加拿大家庭治療專科文憑
 - 心理輔導、簡短治療及故事治療訓練

- 經驗：**
- 28年香港及加拿大心理輔導及家庭治療經驗
處理 兒童行為情緒困擾及管教困難
成人情緒及心理困擾
婚姻、家庭及人際相處問題
 - 超過20年專業輔導員培訓及臨床督導經驗

- 曾任職：**
- 香港基督教服務處
- 輔導服務主任
- 天倫綜合家庭服務中心主任
 - 加拿大 大溫哥華家庭服務會
- 家庭治療部 家庭治療師
 - 楊震社會服務中心
- 輔導服務主任
 - 基督教家庭服務中心
- 家庭服務部 主任
 - 香港大學社會工作系 碩士課程 榮譽助理教授

- 其他經驗：**
- 香港家庭治療協會創會會員及歷屆主席 1994-97
 - 輔導服務機構諮詢委員及專業顧問
 - 香港電台電視節目「愛子方程式」多次嘉賓主持
 - 明報週刊「親子蜜語」專欄作家
 - 明報「家事信箱」主筆

Training:

- M. Soc. Sc (Social Work), HKU
- Cert. Family Therapy, Pacific Coast Family Therapy Training Association, Vancouver, Canada
- Training in Family Systems Theory, Structural Family Therapy, Solution-focused Brief Therapy and Narrative Therapy

Experience:

- 28 years of counseling practice in Canada and Hong Kong
Handling Child and adolescent emotional & behavior problems
Adult emotional and psychological difficulties
Marriage, family and interpersonal problems
- Over 20 years of experience as professional trainer and clinical supervisor in counseling

Positions taken:

- Hong Kong Christian Service
- Counseling Service Supervisor
- Family Networks Intergrated Family Service Centre Supervisor
- Family Services of Greater Vancouver
- Family Therapy Department Family Therapist
- Yang Memorial Social Service Centre
- Counseling Service Supervisor
- Christian Family Service Centre
- Family Service Supervisor
- Honorary Assistant Professor, M. Soc. Sc. Course,
Department of Social Work, HKU

Other experience:

- Founding member and past Chairman 1994-97
Hong Kong Family Therapy Association
- Board member, advisory committee member, and clinical consultant of counseling service units in different organisations
- Guest Program Host for several programs in TV Series "Parenting" by Radio Hong Kong
- Journal columnist for Ming Pao Weekly columns titled "Parent-Child Talk".
- Host writer for newspaper column "Family Letter Box" by Ming Pao Daily



人生不如意事十常八九，
生活起跌實屬平常，
我們在人生旅途中，難免會遇到困難、經歷挫敗，
如果你希望改變現狀、改善生活與關係，
歡迎你考慮輔導服務，尋找方向與出路，
迎向更積極的未來。



Anxious and depressed?
Struggling and alone?
Helpless and confused?

You wish that things could be different?
You want to live a more fulfilled life?
You long to develop more satisfying relationships?

Counseling will help you
discover new resource and strength,
find new directions and possibilities,
and new hope towards a more positive future.

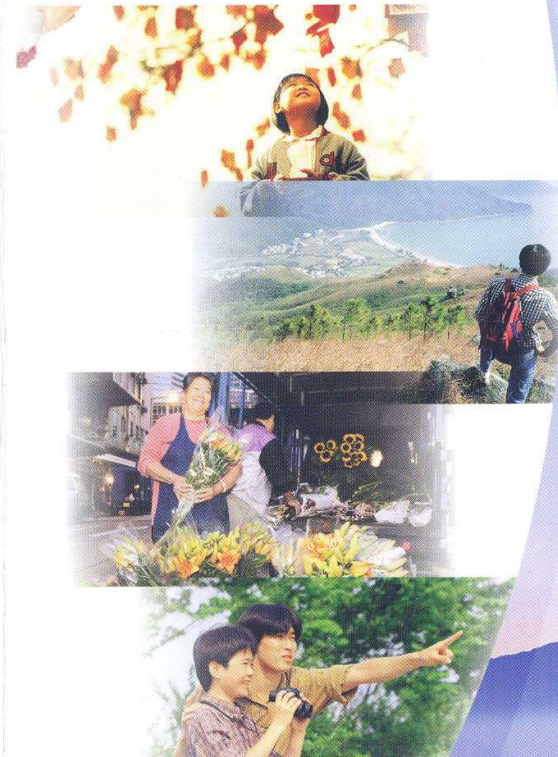


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Psychological Counseling:
personal, marriage, parenting, family
Counseling Training & Supervision
心理輔導:
個人心理、子女培育、婚姻、家庭
輔導培訓及督導

Laurene Man
COUNSELING SERVICE
文盧麗萍輔導服務



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