

Psychology & Counselling

心理學及輔導

Advanced Diploma in Applied Social Sciences

Programme Code: CS058A

Application Code: 2380-CS058A

📞 2975 5865

✉️ miley.yiu@hkuspace.hku.hk



This program offers students comprehensive training in social sciences, designed to foster both personal growth and career advancement. It provides a solid foundation in counselling or psychology, preparing students for advanced studies in these fields. The Advanced Diploma in Applied Social Sciences features two specialised tracks: Counselling and Psychology. Upon successful completion of the program, students will be awarded either an Advanced Diploma in Applied Social Sciences (Counselling) or an Advanced Diploma in Applied Social Sciences (Psychology), depending on their chosen track.

R Applicants shall:

- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of work experience; or
- (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language; and have 3 years of work experience; or
- (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects; or
- (d) be aged at least 25 years and with 3 years of work experience.

Applicant may be invited to attend an interview on a case-by-case basis.

Applicants should have good command of reading and written English and Chinese.

\$ HK\$4,600 (to be paid in 2 installments)

Application Fee: HK\$150

D 2 years

🌐 English

Q Advanced Diploma in Applied Social Sciences (Psychology)
Level 4 (Reg. No.: 23/000707/4) Validity Period: 01 Jul 2023 - on-going
Advanced Diploma in Applied Social Sciences (Counselling)
Level 4 (Reg. No.: 23/000706/4) Validity Period: 01 Jul 2023 - on-going

Advanced Certificate in Counselling

Programme Code: CS029A

Application Code: 2380-CS029A

📞 2975 5655

✉️ jamie.ho@hkuspace.hku.hk



Would you like to use the skills of counselling to advance your career? Would you like to learn more about yourself?

The Advanced Certificate in Counselling provides a comprehensive overview of the theories and techniques in counselling. We have supported many graduates of this course to pursue master's degree in psychology/counselling in Hong Kong and overseas.

Some of the topics that you will learn in this course includes, 1) Introduction to Counselling, 2) Non-verbal and verbal communication skills in Counselling, 3) different approaches to counselling. The modules will provide you with a general understanding of the discipline and better prepare you for advanced studies in counselling and other related disciplines.

R Applicants shall hold:

- 1) an Associate Degree or a Higher Diploma or an Advanced Diploma in any discipline awarded by a recognized institution; or
- 2) an equivalent qualification.

Applicants with other qualifications will be considered on individual merit.

Applicants should be able to read & write in both English and Chinese.

* All applicants are subject to screening and final approval by the programme team.

\$ HK\$22,800 per programme (to be paid in 1 instalment)

Application Fee: HK\$150

D 1 year to 3 years

🌐 English

Q Level 4 (Reg. No.: 10/000874/4) Validity Period: 12 Oct 2010 - on-going

Advanced Certificate in Psychology

Programme Code: CS004A

Application Code: 2380-CS004A

📞 2975 5865

✉️ miley.yiu@hkuspace.hku.hk



Would you like to be a psychologist? Would you like to learn more about yourself? The Advanced Certificate in Psychology provides a comprehensive overview of the scientific study of thought and behaviours. We have supported many graduates of this course to pursue masters degree in psychology/counselling in Hong Kong and the rest of the world. Some of the topics that you will learn in this course includes, 1) how people from different cultures react differently in negotiation, 2) how typical-developing children and children with learning difficulties learn differently, 3) the nature and definition of psychology. The modules will provide you with a general understanding of the discipline and better prepare you for advanced studies in psychology and other related disciplines.

R Applicants shall hold:

- 1) an Associate Degree, Higher Diploma, Advanced Diploma ; or
- 2) an equivalent qualifications.

Applicants with other qualifications will be considered on individual merit.

Applicants should be able to read & write in both English and Chinese.

* All applicants are subject to screening and final approval by the programme team.

\$ HK\$22,800 (to be paid in 1 instalment)

Application Fee: HK\$150

D 1 year to 3 years

🌐 English

Q Level 4 (Reg. No.: 12/000143/4) Validity Period: 01 Feb 2012 - on-going

Advanced Certificate in Life Coaching

Programme Code: CS032A

Application Code: 2390-CS032A

📞 2975 5655

✉️ jamie.ho@hkuspace.hku.hk



This programme is designed for those who wish to apply life coaching skills in a variety of roles so that they can support the people they work with to achieve their life goals or for self-development. It is intended as a introductory as well as intermediate course for students to pursue continued development in area of life coaching.

R Applicants shall hold:

- a. An associate degree, high diploma or advanced diploma, or equivalent; AND
- b. be aged 21 or above with at least two years experience in a supervisory role.

Applicants with other qualifications will be considered on individual merit.

\$ HK\$22,800

Application Fee: HK\$150

D 7 months

🌐 English

Q Level 4 (Reg. No.: 15/000098/L4) Validity Period: 26 Jan 2015 - on-going

Certificate for Module (Applied Behaviour Analysis Technician (ABAT) Examination Preparatory Programme)

Programme Code: CS059A

Application Code: 2370-CS059A



2975 5865

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The programme aims to introduce students to the professional terms and concepts consistent with the research literature in the science of Applied Behaviour Analysis (ABA). It will also explore how to apply the fundamental core knowledge of autism, principles of ABA, commonly used intervention strategies, and ethics to support the learning of individuals with autism spectrum disorders and related disabilities. Upon completion of the programme, students may become qualified ABAT if they fulfil the requirements set by the Qualified Applied Behaviour Analysis Credentialing Board (QABA).

On completion of the programme, students should be able to

- explore the concept of autism spectrum disorder and apply principles of effective work with individuals with autism spectrum disorder;
- outline continuous data collection techniques such as frequency recording, episodic severity, and duration recording;
- explain discontinuous data collection techniques, such as momentary time sampling and partial interval recording;
- summarise how graphs are used in behavioural support;
- demonstrate implementation of behaviour support, stimuli control, and skill acquisition plans; and
- demonstrate effective and ethical treatment of individuals with challenging behaviours.

R - Applicants should hold a Higher Diploma or an Associate Degree awarded by a recognised institution.
- Applicants with other qualifications will be considered on individual merit.

\$ HK\$15,000 per programme
Application Fee: HK\$150

D 41 hours

English

Q Level 5 (Reg. No.: 25/000900/L5) Validity Period: 01 Nov 2025 - on-going

Certificate for Module (Applied Positive Psychology: Cultivating a Fulfilling Life)

Programme Code: CS060A

2975 5655



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The programme aims to introduce students to the professional terms and concepts consistent with the research literature in Applied Positive Psychology. It will also explore and encourage students to experiment on how to apply the fundamental core knowledge of character strengths, emotional intelligence, and growth mindset to unleash their potentials for personal growth and to facilitate positive relationships with others. Graduates who meet the criteria set by the International Positive Psychology Association (IPPA) may be eligible for professional membership in the association (<https://ippanetwork.org/membership-overview>).

On completion of the programme, students should be able to

- critically analyse the theories and historical underpinnings of applied positive psychology;
- describe the aims and scope of applied positive psychology;
- evaluate the concept of character strengths and identify their own character strength; and
- apply the principles, strategies and skills of applied positive psychology to enhance their mental health well-being.

\$ HK\$10,500
Application Fee: HK\$150

D 30 hours

English

Q Level 5 (Reg. No.: 25/000409/L5) Validity Period: 01 Apr 2025 - on-going

Certificate for Module (Expressive Psychotherapy)

Programme Code: CS061A

2975 5655

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The programme aims to introduce students to the theoretical and therapeutic foundation of various forms of expressive psychotherapy. It helps students to understand the professional ethics and complex dynamics in practising expressive psychotherapy which focuses on the resolution of psychological and/ or emotional conflicts. Through a combination of experiential learning, case studies, and skill labs, students will learn to work effectively with diverse populations at individual, group, and community levels.

R Applicants should have:
1) a bachelor's degree awarded by a recognised university; OR
2) equivalent qualification.
If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency, such as:
i. an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS; or
ii. a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
iii. HKALE Use of English at Grade E or above; or
iv. HKDSE Examination English Language at Level 3 or above; or
v. equivalent qualifications.
Applicants with other qualifications will be considered on individual merit.

\$ HK\$11,000
Application Fee: HK\$150

D 39 hours

English

Certificate for Module (Family Therapy and Systemic Practice)

Programme Code: CS062A

2975 5655

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This programme provides an overview of family therapy, tracing its theoretical development from modernism and post-modernism to the evidence-based era, with an emphasis on practical applications. Students will develop conceptual, perceptual, and executive skills relevant to their chosen specialities. Besides, the techniques from various models applicable to marriage and family therapy will be demonstrated in the programme.

R Applicants should have:
1) a bachelor's degree awarded by a recognised university; OR
2) equivalent qualification.
If the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English, applicants shall provide evidence of English proficiency, such as:
i. an overall band of 6.0 or above with no subtests lower than 5.5 in the IELTS; or
ii. a score of 550 or above in the paper-based TOEFL, or a score of 213 or above in the computer-based TOEFL, or a score of 80 or above in the internet-based TOEFL; or
iii. HKALE Use of English at Grade E or above; or
iv. HKDSE Examination English Language at Level 3 or above; or
v. equivalent qualifications.
Applicants with other qualifications will be considered on individual merit.

\$ HK\$16,900
Application Fee: HK\$150

D 40 hours

English

NCR1

This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。 It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR2

These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。 It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

NCR3

The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。 It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Psychology & Counselling

心理學及輔導

Certificate for Module (Jungian Sandplay Therapy: A Non-verbal Expressive Modality of Therapy)

Programme Code: CS063A

Application Code: 2365-CS063A



2975 5657

leanne.wong@hkuspace.hku.hk

The programme aims to introduce students to Jungian Sandplay Therapy, encompassing its foundational philosophies and theories using/ applying various approaches. Through a combination of experiential learning activities and case studies, students will gain practical skills in facilitating, observing and interpreting the symbolic language of Sandplay. Ethical considerations will also be emphasised. Upon completion of the programme, students should be able to

- Identify the foundational philosophies and evolution of Sandplay Therapy and the associated approaches in the field;
- Assess how Sandplay Therapy can effectively address the needs of different populations;
- conduct basic case conceptualisation in one-on-one role play setting;
- apply practical skills to facilitate a Sandplay Therapy session; and
- integrate ethical considerations of Sandplay Therapy into practice.

R Applicants should hold a Higher Diploma or an Associate Degree awarded by a recognised institution.
Applicants with other acceptable qualifications will be considered on individual merit.

S HK\$10,800
Application Fee: HK\$150

D 30 hours

English

Certificate for Module (Mindfulness-based Psychotherapy)

Programme Code: CS053A

Application Code: 2365-CS053A



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This programme enables mental health practitioners to gain practical knowledge about the foundations, the basic philosophies, history of development and research evidence of Mindfulness-based Psychotherapy and its effectiveness. It integrates the mindfulness paradigm into mental health and explores ways to incorporate mindfulness into therapeutic work for clients with mental health concerns. By learning specific skills in Mindfulness-based Cognitive Therapy and Mindfulness-based Psychotherapy, it promotes continuous professional development of students to apply this evidence-based intervention appropriately for helping people with different mental health issues. Finally, it allows reflective practice on the benefits and limitations of this approach and ethical concerns and risk management in its application.

R Applicants shall:

- Hold a professional qualification in mental or physical healthcare; or
- Have a bachelor's degree or above in relevant disciplines of education, psychology, social work or counselling.

Applicants with other acceptable qualifications will be considered on a case-by-case basis.

S HK\$13,800

D 5 months

English

Q Level 6 (Reg. No.: 21/001408/L6) Validity Period: 13 Dec 2021 - on-going

Certificate in Positive Psychology

Programme Code: CS049A

Application Code: 2380-CS049A



2975 5655

jamie.ho@hkuspace.hku.hk

The Certificate in Positive Psychology programme provides an introduction to the core concepts and fundamental principles of positive psychology, including its philosophical approach and its practical applications. Throughout the programme, students explore the research and practice that make up the foundation of positive psychology. The implementation of positive psychology based exercises may contribute to positive mental wellness, increasing psychological assets and resourcefulness.

R Applicants shall:

- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of work experience;
- or
- (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language*; and have 3 years of work experience;
- or
- (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects;

* Applicants with other qualifications will be considered on individual merit.

S HK\$14,300
Application Fee: HK\$150

D 8 months

English

Q Level 3 (Reg. No.: 18/000759/L3) Validity Period: 01 Oct 2018 - on-going

Certificate in Cognitive Psychology

Programme Code: CS048A

Application Code: 2370-CS048A



2975 5655

jamie.ho@hkuspace.hku.hk

This programme provides the basic knowledge of cognitive psychology, cognitive science and machine learning to individuals who want to pursue their further studies in the areas of psychology (general), cognitive science, neuroscience, and cognitive psychology at universities. The programme will introduce the students to the conceptual framework for cognitive psychology and the basis for neuroscience. On completion, students can further their studies in the fields of psychology, cognitive science, biological psychology, quantitative psychology, big data analytics, intelligence, or other related disciplines in bachelor's or postgraduate's programmes. (Note: This is an introductory level programme, so no programming background is required.)

R Applicants shall:

- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of work experience;
- (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language; and have 3 years of work experience;
- (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects

S HK\$10,500
Application Fee: HK\$150

D 7 months

English, supplemented with Cantonese

Q Level 3 (Reg. No.: 18/000255/L3) Validity Period: 01 May 2018 - on-going

Executive Certificate in Applied Psychology

Programme Code: EP014A

Application Code: 2455-EP014A

📞 2975 5865

✉️ miley.yiu@hkuspace.hku.hk

Applied psychology is the use of theory and findings in psychology to solve practical problems in important areas of the human environment, including education, health, the workplace, and so on. This programme is designed to help participants apply cutting-edge theory to real-world situations. It is made up of different registered psychologists and other related specialists to deliver a powerful curriculum that explores a range of human behaviors, including how to motivate individuals and organizations, how to assess and improve performance and how to pursue healthy lives.

R Applicants should

- (a) hold a bachelors degree awarded by a recognized university or equivalent; or
- (b) hold an associate degree / a higher diploma or equivalent, and have at least 2 years of work experience relating to staff supervision.

Applicants with other qualifications and substantial senior-level work experience will be considered on an individual basis.

HK\$8,900 per programme

6 months

Cantonese, suppl with English

成為輔導員

課程編號：PSYC9036



📞 3416 6413

✉️ summerschool@hkuspace.hku.hk

本課程涵蓋心理學及輔導學的入門理論與技巧，旨在加強有志成為輔導員的青年對此行業的認識(如所須學歷及實習等)。內容設計上由淺入深，會以講課、經驗式遊戲、小組討論、影片分析、角色扮演等互動方式，讓學員由自我層面認識心理學及輔導學對其個人發展的重要性，藉此了解成為輔導員的必備條件，並鼓勵學員訂下目標與實踐計劃。

HK\$3,000

5個星期

未來心理學家

課程編號：PSYC9031



📞 3416 6413

✉️ summerschool@hkuspace.hku.hk

有沒有曾經被電視劇或電影所塑造的心理學家角色吸引，激發自己想成為一名心理學家？

到底要投身這行業，從現在起就需要作出什麼樣的準備？

HK\$2,850

2個星期

如何成為國際認證行為分析師？

課程編號：PSYC9080



📞 3416 6413

✉️ summerschool@hkuspace.hku.hk

你是否對人類行為充滿好奇，希望透過科學化的方法來改善他人的生活？

HK\$2,600

12小時

如何成為一位心理學家或輔導員？ 心理學/輔導學碩士課程申請全方位攻略



課程編號：PSYC9079

報名代碼：2380-1126 NW



📞 2975 5657

✉️ leanne.wong@hkuspace.hku.hk

心理學家及輔導員的專業地位頗為吸引，令不少人希望投身這個行業。然而，對於非心理學本科畢業生而言，如何入行成為一個關鍵問題。

R 先到先得。

報名人士需要有一個學士學位，或者快將完成學位

HK\$3,800

5個星期

Cantonese, suppl with English

學生靜觀課程

課程編號：PSYC9067



📞 3416 6413

✉️ summerschool@hkuspace.hku.hk

在這個課程中，我們將深入探索靜觀(Mindfulness)的世界，探討其效應、基本機制和實際應用。過去二十年間，靜觀領域的研究大幅增加，讓我們知道更多有關於練習靜觀的好處。研究指出，靜觀對健康和幸福感產生正面影響。靜觀(Mindfulness)已被證明可以減少焦慮和憂鬱。還有證據顯示，靜觀可以降低血壓並改善睡眠。

R 先到先得。

報名人士需要有一個學士學位，或者快將完成學位

HK\$2,700

預早報名優惠：HK\$2,430

5個星期

高齡照顧及善終/紓緩服務課程



課程編號：PSYC9081



📞 2975 5657

✉️ leanne.wong@hkuspace.hku.hk

課程旨在滿足香港社會對於高齡照顧和善終/紓緩服務的迫切需求。透過深入探討晚年照顧、身後事規劃、長者法律、終末關懷、心理社會支援以及專業倫理等主題，本課程致力於培養學生對於高齡照護及終末服務的專業知識和技能。學生將學會應對香港日益增長的高齡人口所帶來的挑戰，並為未來的專業生涯做好準備。

HK\$2,800

6個星期

尋找生活中的目標和意義： 如何找到你的人生目標

課程編號：PSYC9068



📞 3416 6413

✉️ summerschool@hkuspace.hku.hk

本課程為參與者提供了一個實用且具洞察力的框架，以探索他們內心最深層的渴望和價值觀。通過一系列練習、討論和實踐，參與者將對自己獨特的優勢和潛力有著深刻的理解。

HK\$3,250

預早報名優惠：HK\$2,590

6個星期

NCR1

This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR2

These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。

It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

NCR3

The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 計程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Psychology & Counselling

心理學及輔導

教師靜觀課程

課程編號：PSYC9066

3416 6413

summerschool@hkuspace.hku.hk

《教師靜觀課程》旨在幫助教師掌握將靜觀融入課堂的知識和技能。課程會介紹有關靜觀的一些基本概念及背景，包括靜觀的起源、背景、定義，及簡介一些腦神經科學的研究，以了解練習靜觀如何有助調節情緒、促進精神健康、改善睡眠質素，以至增強認知與思維彈性。

HK\$2,700

預早報名優惠：HK\$2,430

4個星期



Postgraduate Diploma in Professional Practice of Buddhist Counselling

Programme Code: HS186A

Application Code: 2265-HS186A



3762 0868

media_comm@hkuspace.hku.hk

The 18-month programme is designed as a professional training of counsellors who specialize in Buddhist Counselling. It is a pioneering programme with vision and practicality that signifies the birth of a recognized profession of Buddhist Counsellors who have reached professional competence in the provision of individual and group counselling services, counselling visits, Buddhist homiletics, and meditation guidance in hospitals, homes for the aged, and other community settings.

18 months

Level 6 (Reg. No.: 22/000100/L6) Validity Period: 01 Feb 2022 - on-going

繪畫心理分析工作坊



課程編號：PSYC9079

3416 6413

summerschool@hkuspace.hku.hk

繪畫分析是輔導員常用的技巧。其用途廣泛，如建立關係、了解個案心理狀況、分析性格、表達及處理情緒等。

HK\$2,800

6個星期

Introduction to Counselling



Programme Code: COUN9001

Application Code: 2375-1920NW



2975 5610

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This course provides basic theories and practice in counselling. Students will learn communication and interpersonal skills, ethical issues in counselling, developmental issues, basic counselling micro-skills, assessment and therapeutic approaches in counselling.

HK\$3,880

10 weeks

Cantonese

See legend on page 033 圖像說明於第033頁

R Minimum Entry Requirements 基本入學要求(P.017)

\$ Fee 學費

D Duration 修業期

E Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免

S Short Course 短期課程

Art of Cognitive behavioral therapy and AQ



課程編號：COUN9007

報名代碼：2380-1782NW



2975 5610

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近年香港社會面對很大的改變，再加上疫症的衝擊，產生不少困難，並且使到很多人的身心狀態變得不理想，容易鬱悶、無助和無望。因此，學習怎樣面對逆境變得非常重要。培養良好的逆境智慧，可以幫助我們面對逆境時，仍能保持掌控感、勇氣、盼望及毅力，收窄它對自己的影響。

R - 中學畢業或以上程度

- 任何認知行為療法 (CBT) 與逆境智慧 (AQ) 有興趣的人

\$ HK\$2,110

D 6個星期

粵語輔以英語

精神健康急救及脫身法課程

課程編號：SOSW9029

報名代碼：2375-1913NW



2975 5610

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這項急救訓練，於2004年透過香港心理衛生會由澳洲引入香港，概念等同危機處理。此外，由實務經驗所見，急救員的安全也是十分重要；因此這課程加入〈應急及脫身法〉的訓練，讓接受此訓練的人士可提升其應急水準外，也能關注自身的安全及介入狀態。當有緊急事故發生，讓曾接受這訓練的人士可在醫生或專業人員到前，懂得如何處理精神狀態異常的人士，也可保障及關注自身的安全及精神健康。

\$ HK\$2,380

D 2個星期

粵語輔以英語

證書（單元：精神健康推廣導論）

課程編號：MC043A

報名代碼：2365-MC043A



2508 8867

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本課程專為精神健康人士的照顧者、及任何關心精神健康的人士而設，旨在推廣和提升學員對精神健康的基本認識，讓他們了解不同年齡階段可能出現的精神健康問題及需要，並學習如何識別和支援有精神健康需要的人士。在完成本課程後，學員不僅將對精神健康問題有基本的理解，而且還能在各自的崗位上推廣精神健康的重要性。

R 申請人必須：

- 於香港中學文憑考試獲五科第2級或以上的成績（包括中國語文科及英國語文科）；或
- 於香港中學會考獲3科E級，中國語文科和英國語文科獲第2級或以上的成績；或
- 完成毅進文憑課程。

申請人若年滿21歲，在工作或在家庭中需要照顧或支援有精神健康需要的人士，學院將按個別情況考慮。

\$ HK\$7,800

D 30小時

粵語輔以英語

Q 資歷架構級別：3 資歷名冊登記號碼：25/000004/L3
資歷名冊登記有效期：2025年1月1日 - 持續有效

新入職教師專業發展課程



課程編號：ADUL9003

2975 5610

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本課程旨在幫助新入職教師迅速掌握學校工作技巧，深入理解香港最新教育政策、學校文化、行政架構、團隊協作、課程發展、教學實踐及學生培育等方面，以提高個人和團隊的工作效率、快速適應教育崗位，並在專業發展中脫穎而出。

R 主要對象為在香港入職二年或以下的新任半日制／全日制小學的小學教師

\$ HK\$2,160

D 4個星期

粵語

談判技巧原理與實習

課程編號：SOSW9001

報名代碼：2380-2031NW

2975 5610

media_comm@hkuspace.hku.hk

— 談判成為拯救生命的力量 —

在面對突發危機 - 自殺傾向、情緒崩潰、威脅或自殘，您是否具備足夠的應對能力？
本課程專為前線人員設計，透過系統化的談判策略與實戰技巧，協助您在關鍵時刻作出正確判斷，挽救生命、化解衝突。

HK\$2,380

6個星期

粵語



優勢演說

課程編號：SOSW9002

報名代碼：2375-1686NW

2975 5610

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演說不盡是「表演」加上「說話」，更重要是要「演活應說的話」，以打動你的聽眾。

HK\$1,300

4個星期

粵語



如何在日常生活中應用輔導技巧？

課程編號：COUN9006

2975 5657

leanne.wong@hkuspace.hku.hk

溝通是建立良好人際關係的主要方式和橋樑，在複雜的人際關係中，每個人都需要與親友、朋友、同事和上司進行交流。疏遠、隔閡、提防、誤解、衝突和分歧常常是由於我們與他人之間的溝通不流暢所致。溝通能力是成功建立良好人際關係的重要助力。

HK\$3,000

預早報名優惠：HK\$2,700

10小時

粵語



心理學導論（一）

課程編號：PSYC9019

報名代碼：2375-1437NW

2975 5657

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心理學是一門研究人類思想與行為的社會科學，研究範圍廣大，分支繁多，既是一門理論學科，也是一門應用學科。本課程旨在介紹心理學各範疇的理論，讓學員對心理學有初步入門認識。內容包括基本心理學概念、各重要門派理論、研究方法、認知發展、學習論、記憶與遺忘、生理與心理的關係、思想與語言發展等。

HK\$2,250

8個星期

粵語



心理學導論（二）

課程編號：PSYC9003



報名代碼：2365-1604NW

2385-1220NW



2975 5657

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本課程將介紹一些心理學的理論和應用，讓學員對心理學有初步入門認識。內容包括知覺與感知性格發展和評估、情緒、動機、社會性行為、壓力及處理、和異常行為等。

* 學員毋須先完成〈心理學導論（一）〉才報讀此課程。兩課程並沒有先後次序之分。

HK\$2,250

8個星期

粵語



異常心理學導論

課程編號：PSYC9004

報名代碼：2375-1895NW



2975 5657

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異常心理學乃心理學範疇內眾多分支中重要的一環。隨着科學化的研究及臨床的體驗，我們對異常行為有更深入的瞭解和認識，而『異常』的涵義也隨文明的演進而改變。此課程旨在讓參予者對異常心理學有初步入門認識，探討各異常情況的成因，了解心理評估及處理方法。內容包括兒童及成人常見之異常行為，如各種發展障礙，自閉、專注力失調及過度活躍、焦慮、壓力、身心連結症、抑鬱、思覺失調、性格障礙、濫藥、飲食失調、性障礙及異常，和腦退化等。

HK\$2,250

11個星期

粵語



教育心理學導論

課程編號：PSYC9023

報名代碼：2355-1473NW



2975 5657

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本課程嘗試運用成長心理學及教育心理學的角度出發，探討教育的目的，過程與作用，並附以最新的研究發展作為參考。
教育既包括學校教育，也包括家庭教育和社會教育。然而，人一般都是透過學校獲得知識和學習道德品格。因此，我們常說的「教育心理學」主要是研究學生、教師及教育工作者在學校教育過程中的心理現象。到底心理學與教育怎樣互相影響？

HK\$2,350

6個星期

粵語



正向心理學－啟發潛能及心理素質之道

課程編號：PSYC9005

報名代碼：2380-1123NW



2975 5657

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正向心理學近年對於「快樂之道」及「啟發潛能及改善心理素質」作出大量研究。
本課程重點講解此方面心理學之理念及研究結果，導師也會分享正向心理在生活和工作上之應用，以助參加者了解及發揮個人正面之心理素質，做個開心快樂人。

HK\$1,500

6個星期

粵語

NCR1

This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育（規管）條例》，本課程屬獲豁免課程。
It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR2

These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育（規管）條例》，這些課程屬獲豁免課程。

NCR3

It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 計程主辦人正根據《非本地高等及專業教育（規管）條例》辦理豁免註冊手續。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

Psychology & Counselling

心理學及輔導

Consumer Psychology

Programme Code: PSYC9037



Application Code: 2385-1378NW

2975 5657

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This course explores how our thoughts, attitudes, emotions and perceptions influence how people make decisions when they buy. It provides an opportunity to gain a better scientific understanding of cognitive, affective and behavioural responses to products and services from a consumer perspective, including the influence of technological, economic, societal and environmental concerns.

HK\$2,700

6 weeks

English

Occupational Health Psychology

Programme Code: PSYC9049



Application Code: 2380-2047NW

2975 5657

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Occupational Health Psychology, also known as OHP, is an interdisciplinary study in the field of psychology where much of the emphasis is placed on improving the safety and well-being of employees in the workplace through application of psychotherapeutic principles and behavioral change. OHP can help the employee address specific emotional or work-related wellness issues. The purpose of this short course is to provide participants with opportunities to become more aware of and to understand the concepts of occupational health psychology in the Hong Kong contexts.

HK\$3,000

20 hours

English

組織心理學

Programme Code: PSYC9013



報名代碼: 2380-2049NW

2975 5657

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組織心理學是一門強調以人為中心，協調組織/企業中的人際關係，改善組織/企業的環境和條件，從而實現組織/企業的目標，達到個人和組織共同發展的學科。本課程理論與實踐並重，一方面會分享正規心理學的研究成果，另一方面會探討如何將研究成果應用於組織/企業當中。參與者更有機會共同討論和解決自身組織/企業所面對的相關問題。

HK\$1,450

6 個星期

粵語

Exploring the Applications of Psychology

Programme Code: PSYC9021



2975 5657

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Psychology is the study of human's behaviour, performance, and mental operations. It also refers to the application of the knowledge, which can be used to understand social phenomenon, treat mental health problems, and improve education, employment, and relationships, etc. The subject lies at the intersection of applied, educational, and theoretical science.

The objectives of this short course are (1) to introduce participants to the field of psychology; (2) to describe how various psychological approaches contribute to our understanding of everyday life settings; and (3) to apply the knowledge from these studies to our own personal and professional lives.

HK\$2,800

6 weeks

English

See legend on page 033 圖像說明於第033頁

R Minimum Entry Requirements 基本入學要求(P.017)

\$ Fee 學費

D Duration 修業期

E Medium of Instruction 教學語言

Q Qualifications Framework 資歷架構

E Exemption 豁免



動機式訪談法：基本訓練工作坊

課程編號: PSYC9012



2975 5655

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動機式訪談法 (MOTIVATIONAL INTERVIEWING；簡稱 MI) 是目前具實證的輔導方法之一。透過系統性的晤談方法，引導案主解決有關改變的矛盾心態，消除抗拒改變的因素，並促進自我探索及提升內在改變動機，幫助案主做出積極的、正面的改變。

HK\$2,200

6 個星期

粵語



身心語言程式學 (NLP) 與情緒處理的藝術

課程編號: PSYC9015

報名代碼: 2365-1974NW



2975 5657

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今日的社會充滿著不同的壓力及轉變，我們生活其中，情緒很容易受到影響，怪不得抑鬱症越來越普遍，甚至會成為第二大殺手。因此，有效處理情緒是十分重要的。身心語言程式學 (Neuro-Linguistic Programming，簡稱 NLP) 是一門很實用及日漸普及的學問，它融合了腦神經學，心理學及語言學等理論，被公認為一種極之有效而快捷的個人改進技巧。

HK\$1,550

6 個星期

粵語



夢境分析入門

課程編號: PSYC9047

報名代碼: 2380-2052NW



2975 5657

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「日有所思，夜有所夢」是真的嗎？

夢的內容是否能夠預測未來？

夢境是否會成真？

這些問題將會在本課程逐一解答。

夢境分析看似一門深不可測的學問，但其實它並非一種虛無飄渺的占卜工具。本課程會由淺入深，從心理學角度出發，以理論為基礎，輔以個案分享、小組討論、以及遊戲等互動方式，讓學員輕鬆掌握解夢的基本技巧，從而更深入地認識自己及他人的内心世界。

HK\$2,800

6 個星期

粵語輔以英語



靜觀入門課程

課程編號: PSYC9063

報名代碼: 2365-1883NW

2380-2037NW



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本課程參考牛津大學靜觀中心的三堂精華課程，讓學員能輕鬆掌握靜觀技巧和練習，釋放生活上所面對的壓力，舒減焦慮，達致身心更健康。

HK\$1,000

3 個星期

粵語

親子靜觀課程

課程編號：PSYC9064

2975 5657

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課程透過輕鬆愉快的靜觀遊戲和練習，引導孩子學習應用靜觀於日常學習和生活中。於過程中，孩子與父母一同練習靜觀呼吸，加強親子關係，同時也讓孩子學習與父母、教師以及同學和諧相處。

*適合5-8歲兒童 (K3至P3) 及其家長參加 (必需親子一同上課)

HK\$1,150

6個星期

粵語



S

兒童情緒智商教練學

課程編號：PSYC9007

報名代碼：2370-1550NW
2385-1394NW



S

2975 5657

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本課程是特別為兒童教育工作者及家長而設計。學員將學習如何運用教練學去引導孩子認識自己，養成積極主動的學習態度及提升自我情緒的管理能力。課程以互動性的學習模式進行，首先了解情緒對自己個人發展的重要性，並學習運用教練的模式及技巧，啟發兒童情緒智商 (Emotional Intelligence; EQ) 的正確發展。

HK\$2,250

6個星期

粵語

正向親職心理學 (幼兒篇)



S

課程編號：PSYC9035

2975 5657

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為人父母的都希望可以教好自己的孩子，並能夠成為稱職的爸爸媽媽，因此大家都積極尋求各種教子良方。我們可以到學校學管理、法律或學當教師，但卻沒有學校教我們怎麼當父母。其實，在正向心理學和發展心理學領域中，有很多研究結果是可以幫助我們當一個更好的父母和照顧者。

HK\$2,000

6個星期

粵語

正向親職心理學 (學童篇)



S

課程編號：PSYC9041

2975 5657

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本課程旨在將正向心理學理論和研究應用在家教、子女培育及親子關係等方面。培養家長正向的管教方法，同時透過靜觀 (Mindfulness) 練習，紓緩家長管教子女的身心壓力。課程以講課、個案分享和日常生活實例等互動方式進行以加深學員對相關理論及實踐方法的了解。適合7 - 12歲兒童之家長/照顧者及提倡和指導「家長」的教育工作者 (如：社工、老師) 報讀。

HK\$2,000

6個星期

粵語輔以英語



S

遊戲治療 - 教師工作坊

S

課程編號：PSYC9072

報名代碼：2375-1440NW

2975 5657

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這個課程旨在讓教育及幼兒工作者學習運用遊戲治療作為輔導方法，幫助孩童表達内心感受，並提升他們的自信。透過課程及小組討論，學員可以學習遊戲治療的知識，讓孩童在面對不同壓力時，透過不同技巧令孩童能夠表達自己。

HK\$2,800

15小時

粵語輔以英語



S

人本領導學系列 - 高效溝通工作坊

S

課程編號：PSYC9059

2975 5657

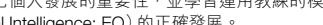
leanne.wong@hkuspace.hku.hk

本課程介紹高效溝通的三個元素：語言結構，聲調運用和身體語言表達。讓學生能夠運用高效溝通的技巧，理解溝通對象的情緒狀態，促進和諧的人際關係。課程適合有意於職場上提升領導力，以及希望提升溝通技巧及建立正向形象的人士。

HK\$2,500

6個星期

粵語輔以英語



S

沙遊心理治療：療癒內在世界【初階課程】

S

課程編號：PSYC9078

2975 5657

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沙遊心理治療 (Sandplay Therapy) 是由瑞士榮格學派心理學家朵拉·卡爾夫 (Dora M. Kalff, 1909-1990) 所創立的心理治療方法。這種療法以卡爾·榮格 (C.G. Jung) 的理論為基礎，是一種非語言的深度治療法。

在治療過程中，個案常常難以用言語表達內在創傷。沙遊心理治療則通過沙、物件和沙盤作為媒介，為個案提供一個安全、受保護的空間。在這裡，個案可以選用不同意義的小物件進行創作，通過沙遊歷程的非語言及語言流動，促進治療師對個案的深度同理與同在，協助個案走向療癒之路。

本課程由專業講師帶領 (其中一位導師為註冊臨床心理學家)，通過課堂實務演練，幫助學員深入體會和探討沙遊治療的理論架構。學員將學習治療過程的回應技巧與記錄方法，並從不同角度探討實際應用中可能遇到的問題及其解決方案。這將有助於學員在進行沙遊心理治療時更貼近個案的心靈，提供更有效的心理陪伴。

HK\$3,500

6個星期



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課程編號：PSYC9014

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本課程旨在將正向心理學理論和研究應用在家教、子女培育及親子關係等方面。培養家長正向的管教方法，同時透過靜觀 (Mindfulness) 練習，紓緩家長管教子女的身心壓力。課程以講課、個案分享和日常生活實例等互動方式進行以加深學員對相關理論及實踐方法的了解。適合7 - 12歲兒童之家長/照顧者及提倡和指導「家長」的教育工作者 (如：社工、老師) 報讀。

HK\$2,000

6個星期

粵語輔以英語

NCR1

This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，本課程屬獲豁免課程。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。

NCR2

These are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. 根據《非本地高等及專業教育(規管)條例》，這些課程屬獲豁免課程。

It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead. 個別僱主可酌情決定是否承認這些課程可令學員獲取的任何資格。

NCR3

The course operator is applying for exemption under the Non-local Higher and Professional Education (Regulation) Ordinance. 課程主辦人正根據《非本地高等及專業教育(規管)條例》辦理豁免註冊手續。

It is a matter of discretion for individual employers to recognize any qualification to which this course may lead. 個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格。