

Advanced Certificate in Psychology

Programme Code: CS004A

Application Code: 2445-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\$23,900 (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 Counselling

Programme Code: CS029A

Application Code: 2445-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\$23,900 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 Diploma in Applied Social Sciences

Programme Code: CS058A

Application Code: 2445-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\$54,600 (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 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 an 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

Psychology & Counselling

心理學及輔導

Certificate in Positive Psychology

Programme Code: CS049A

Application Code: 2460-CS049A

2975 5655

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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.

\$ 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: 2470-CS048A

2975 5655

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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; 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

\$ 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

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

Programme Code: CS059A

Application Code: 2390-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

Application Code: 2390-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

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

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Certificate for Module (Mindfulness-based Psychotherapy) Programme Code: CS053A

Application Code: 2465-CS053A

☎ 2975 5655

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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.

\$ HK\$13,800

D 5 months

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

Executive Certificate in Applied Psychology Programme Code: EP014A

Application Code: 2455-EP014A

☎ 2975 5865

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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

D 6 months Cantonese, suppl with English

幼兒記憶力及專注力訓練 (適合家長及3至4歲幼兒一同參與)

課程編號: PSYC9071

☎ 2975 5657

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讓家長了解自己孩子的學習模式偏好，欣賞孩子的學習能力優勢，如何透過肢體活動自行訓練，在日常生活中加強刺激孩子大腦發展，提升學習知識需要的能力。

\$ HK\$2,500

D 5個星期

AI 創業 (副業 / 一人創業) 速成班， 輕鬆實現財務自由！

課程編號: PSYC9077

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



這個課程專為希望以零成本一人創業或開拓副業的人設計。我們將全面深入地探討AI創業的方方面面，為您打造一條通往財務自由的捷徑。

\$ HK\$500

D 3小時

面試成功心理學

課程編號: PSYC9082

☎ 2975 5657

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《面試成功心理學》是一門專為求職者量身打造的精品課程，結合心理學理論與職場實務經驗。課程透過互動式教學，深入剖析「非語言訊號」及「潛意識溝通」對面試結果的關鍵影響。我們融合最新科學研究成果與實戰案例，指導學員從個人形象管理到臨場應對技巧，協助建立令人印象深刻的專業形象。

\$ HK\$498

D 3小時

以珠心算讓孩子及學生思維變得更敏捷 (家長及教師班)

課程編號: PSYC9069

☎ 2975 5657

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使父母和教育工作者了解當孩子在思考時遇到困難、害怕數學時，如何激發孩子的數學思考、拓展數感及延長思考耐力。學習如何在教學過程中評估學生的感官反應，了解學生的能力，並進行進度調整。學習如何使用算盤進行加減乘除運算。

\$ HK\$2,400

D 6個星期

《選對小學，助孩子踏上成功之路！》 升小學全方位規劃講座

課程編號: PSYC9075

☎ 2975 5657

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升小學是孩子人生重要的一個里程碑，家長如何選擇合適的小學對孩子的未來發展有著決定性的影響。本課程將全面解析選擇小學的各項關鍵因素，並提供詳細的升學規劃指導，幫助家長為孩子選擇最佳起點，踏上成功之路。

D 3小時

Psychology & Counselling

心理學及輔導

Certificate for Module (Expressive Psychotherapy)

Programme Code: CS061A

☎ 2975 5655

✉ jamie.ho@hkuspace.hku.hk



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

E 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

E English

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

Programme Code: CS063A

☎ 2975 5657

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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.

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

D 30 hours

E English

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

☎ 2975 5657

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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

D 5個星期

E 粵語

高齡照顧及善終 / 紓緩服務課程

課程編號 : PSYC9081

☎ 2975 5657

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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顧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

D 6個星期

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

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Postgraduate Diploma in Professional Practice of Buddhist Counselling

Programme Code: HS186A

Application Code: 2265-HS186A

3762 0081

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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

Introduction to Counselling

Programme Code: COUN9001

Application Code: 2435-1496NW

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

認知行為療法 (CBT) 與 逆境智慧 (AQ) 的藝術

課程編號: COUN9007

報名代碼: 2390-1630NW

3762 0868

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你有沒有試過……「點搞呀?」、「慘啦!」、「點算好?」……

現代人生活緊張、步伐急速、競爭激烈……造成種種情緒困擾，可能持續數月、數年或一生之久。若沒有適當治療，對事主的思想、感覺、身體及行為會造成很大的傷害；再者，作為事主身邊的親朋也因此擔憂其處境而造成惡性循環的互動影響，令雙方都持續出現負面情緒，例如：恐懼、沮喪、憂慮及負面思想，可能造成種種的危機。

本課程透過介紹「認知行為療法 (C.B.T.)」的重點及介入方法，讓學員循序漸進地處理個人固有的規條及思想陷阱，並以實際的想法和行動來平衡情緒，以免困擾情況惡化而更加影響生活。再者，課堂也加上點滴「正向心理學」及「澄心靜觀」來讓學員掌握有關學理及技巧來掌控情緒，從而找尋可行而奏效的方法來建立一個寬達的人生。

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

12 小時

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: 2390-1260NW

2975 5610

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提升應對危機的能力，守護他人與自身的精神健康。

本課程於2004年由香港心理衛生會引入，源自澳洲，旨在培訓學員在面對精神健康危機時，能夠作出適當介入及支援，直至專業人員/醫護/紀律部隊到場。課程內容融合理論與實務經驗，特別加入「應急及脫身法」訓練，提升並強化學員在處理突發事件時的自我保護能力。

HK\$2,380

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: 2390-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。

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

30 小時

粵語輔以英語

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

media_comm@hkuspace.hku.hk

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。

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

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

——讓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

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。

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

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

優勢演說

課程編號：SOSW9002

報名代碼：2385-1260NW

☎ 2975 5610

✉ media_comm@hkuspace.hku.hk

演說不盡是「表演」加上「說話」，更重要的是要「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：2440-1329NW
2450-2070NW

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk

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：2450-2065NW

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk

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

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk

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、身心連繫症、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

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk

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，也包括家庭教育及社會教育。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

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk

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

Consumer Psychology

Programme Code: PSYC9037

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk

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

See legend on page 033 圖像說明於第 033 頁

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

💰 Fee 學費

📅 Duration 修業期

🇪🇨 Medium of Instruction 教學語言

🇪🇨 Qualifications Framework 資歷架構

🇪🇨 Exemption 豁免

🇪🇨 Short Course 短期課程

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk

Occupational Health Psychology

Programme Code: PSYC9049

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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

D 20 hours

🇪🇬 English

組織心理學

課程編號：PSYC9013

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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

D 6 個星期

🇪🇬 粵語

Exploring the Applications of Psychology

Programme Code: PSYC9021

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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

D 6 weeks

🇪🇬 English

身心語言程式學 (NLP) 與情緒處理的藝術

課程編號：PSYC9015

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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

D 6 個星期

🇪🇬 粵語

夢境分析入門

課程編號：PSYC9047

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



「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內心世界。

💰 HK\$2,800

D 6 個星期

🇪🇬 粵語輔以英語

靜觀入門課程

課程編號：PSYC9063

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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，舒緩焦慮，達致身心更健康。

💰 HK\$1,000

D 3 個星期

🇪🇬 粵語

親子靜觀課程

課程編號：PSYC9064

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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。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

D 4 個星期

🇪🇬 粵語

兒童情緒智商教練學

課程編號：PSYC9007

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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导孩子認識自己，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

D 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。

NCR2

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。

NCR3

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。

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

正向親職心理學 (學童篇)

課程編號：PSYC9041

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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，舒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

D 6 個星期

🇪🇵 粵語輔以英語

正向親職心理學 (幼兒篇)

課程編號：PSYC9035

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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

D 6 個星期

🇪🇵 粵語

遊戲治療 - 教師工作坊

課程編號：PSYC9072

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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，幫助孩童表達內心感受，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

D 15 小時

🇪🇵 粵語輔以英語

人本領導學系列 - 高效溝通工作坊

課程編號：PSYC9059

S

☎ 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

D 6 個星期

🇪🇵 粵語輔以英語

人本領導學系列 - 引導式教練工作坊

課程編號：PSYC9062

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



本課程有別於傳統教練模式以提問、對話、諮詢讓受導者作出回應。課程為有意於職場上提升領導力，以及希望提升引導技巧的人士介紹引導式教練技巧，運用介入工具，例如圖像、故事、遊戲來促進受導者作出反思及頓悟新思維，讓過程更互動有趣。

💰 HK\$2,500

D 6 個星期

🇪🇵 粵語輔以英語

沙遊心理治療：療愈內在世界【初階課程】

課程編號：PSYC9078

S

☎ 2975 5657

✉ leanne.wong@hkuspace.hku.hk



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. Kalf, 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，協助個案走向療愈之路。

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，提供更有有效的心理陪伴。

💰 HK\$3,500

D 6 個星期

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

🇪🇵 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

For more and latest programme information, please visit our website
有關最新課程資訊及詳情，請瀏覽學院網站 hkuspace.hku.hk