



香港中文大學專業進修學院

School of Continuing and Professional Studies  
The Chinese University of Hong Kong

## Professional Diploma in General Counselling

### 輔導專業文憑



資歷架構  
Qualifications  
Framework



資歷級別 QF Level: 4

登記號碼 QR Registration No.: 15/003033/L4

登記有效期 Registration Validity Period: 01/09/2015 - 登記持續有效

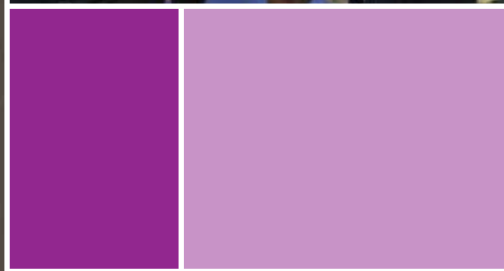
本課程已加入持續進修基金可獲發還款項課程名單內。  
本課程在資歷架構下獲得認可（資歷架構第4級）。

This course has been included in the list of reimbursable courses under the Continuing Education Fund.  
This course is recognised under the Qualifications Framework (QF Level 4).

CEF課程編號 CEF course code: 44F121358

輔導專業文憑

Professional Diploma in General Counselling



### Objectives

In an urbanized society, people are facing rapid changes and the pressures arising from family, work and society. People are confronted with problems of traumatic life events and different mental health issues. Counselling is a great way to work through these problems.

This Professional Diploma Programme is specially designed for social workers, nurses, church leaders, teachers, policemen, managers, trainers in business and industry, community and youth workers, and other personnel working in a helping or caring profession who may not have prior professional training in counselling.

### 目標

我們身處的現代社會正經歷著急劇的變化，您我往往要面對來自家庭、工作及社會方面的壓力。我們在生活中總會經歷一些意外事件的創傷及各種影響心理健康的問題，而輔導是舒緩這些問題的一個好方法。

本文憑課程專為社工、護理人員、教會領袖、教師、警務人員、管理人員、工商界培訓人員、社區及青年工作者、從事援助或關懷專業人員而設。

### Programme Duration and Structure 修讀期限及課程結構

Participants can complete the Programme within one and a half year from the date of registration at CUSCS. There are 6 modules in the Programme.

學員可於註冊入學後一年半內完成本課程。課程包括下列六個單元：

Module 單元	Title 名稱	Contact hours 學時
1	Introduction to Psychology 基礎心理學	29
2	Human Growth and Personality Development 人類成長與性格發展	21
3	Understanding Abnormality 認識異常狀態	21
4	Counselling Theories and Approaches 輔導理論及取向	29
5	Counselling Skills in Practice and Ethical Issues 輔導技巧與專業操守	51
6	Practicum Supervision 實習督導	51
Total 共計：		202

### Programme Content 課程內容

#### Module 1: Introduction to Psychology 單元一：基礎心理學

Present a comprehensive introduction to general and experimental psychology to participants:	為學員提供全面的基礎及實驗心理學簡介：
1. History and nature of psychology	1. 心理學的歷史及本質
2. Neurobiological basis of psychology	2. 心理學的神經生物學基礎
3. Psychological development	3. 心理發展
4. Sensation and perception	4. 知覺與感知
5. Motivation and emotion	5. 動機與情感
6. Learning and memory	6. 學習與記憶
7. Language and thought	7. 語言及思想
8. Conflict and stress	8. 衝突和壓力
9. Social behavior	9. 社會行為

**Module 2: Human Growth and Personality Development 單元二：人類成長與性格發展**

Explore major theories of human growth and development in the realm of psychology:

1. Overview of lifespan developmental psychology
2. Freud's theory of personality development
3. Erikson's approach to personality development
4. Development of perception, language and morality
5. Cognitive and behavioral perspectives
6. Humanistic approaches

介紹心理學領域中主要的人類成長及性格發展理論：

1. 生命發展心理學的概述
2. 弗洛伊德的人格發展論
3. 埃里克森的人格發展論
4. 知覺、語言及道德的發展
5. 認知及行為學派
6. 人本心理取向

**Module 3: Understanding Abnormality 單元三：認識異常狀態**

Explore and examine major patterns of abnormal behaviors and psychological disorders:

1. Definitions and patterns of abnormal behaviors and psychological disorders
2. Emotional and behavioral disorders
3. Psychotic and cognitive disorders
4. Mental Retardation and Autism

探索和研究主要的異常行為和心理障礙的模式：

1. 異常行為和心理障礙的定義及模式
2. 情緒及行為障礙
3. 精神及認知障礙
4. 智力障礙和自閉症

**Module 4: Counselling Theories and Approaches 單元四：輔導理論及取向**

Examine and critically explore major theories of counseling:

1. Contemporary practice of Psychodynamic theories
2. Experiential approaches
3. Cognitive-behavior approaches
4. Constructivist approaches

研究和審視主要輔導理論：

1. 當代運用的心理動力理論
2. 體驗取向
3. 認知行為取向
4. 建構主義取向

**Module 5: Counselling Skills Practice and Ethical Issues 單元五：輔導技巧與專業操守**

Explore and acquire fundamental skills in counselling and understand important ethical issues in the profession:

1. Essentials of a counselling relationship
2. Micro skills in counselling
3. Important values and professional ethics in counselling

探索和掌握輔導的基本技能及專業道德：

1. 輔導關係
2. 輔導的技巧
3. 重要的輔導價值觀及專業道德

**Module 6: Practicum Supervision 單元六：實習督導**

Explore and practice basic skills of counselling:

1. Workshops
  - Depression
  - Personality difficulties
  - Marital conflicts
  - Parenting skills
  - Adjustment in old age
  - Social skills training
2. Counselling practice experiences
3. Self-understanding workshops

以工作坊形式探索及實踐基本的輔導技巧：

1. 工作坊
  - 抑鬱
  - 性格障礙
  - 婚姻衝突
  - 親子技巧
  - 老年適應
  - 社交技巧訓練
2. 輔導實踐的經驗
3. 自我認識工作坊

## Mode of Delivery

The Programme will be delivered by a 3-hour face-to-face lecture once / twice a week.

## Medium of Instruction

Cantonese will be used for instruction, supplemented by English.

## Admission Requirements

Applicants should have:

- Satisfactory completion of an Associate Degree / Higher Diploma / Professional Diploma (Level 4) programme; or
- Bachelor degree holders or equivalent.

## Award of Certificate

Participants will be awarded the “Professional Diploma in General Counselling” upon fulfilling the following requirements:

1. A minimum of 70% attendance in each module, including practicum, is required; and
2. Assessment: Participants must pass the assessment of each module.

## Fees

Please refer to our website for detail.

## Professional Affiliation Prospect

Graduates who are bachelor degree holders may apply for associate members of the Hong Kong Professional Counselling Association.

## 授課模式

本課程以面授模式上課，每星期上課一至兩次，每次三小時。

## 教授語言

教學語言以粵語為主，英文為輔。

## 入學資格

申請人需有：

- 完成副學士/高級文憑/專業文憑(4級)的課程；或
- 學士學位持有者；或同等學歷

## 證書頒授

學員符合以下規定，將可獲發「輔導專業文憑」。

1. 學員需在每單元（包括實習課）內上課次數不少於每單元課程百分之七十；及
2. 學員須於每單元考核合格。

## 費用

詳情請瀏覽本院網頁。

## 專業聯繫方向

已持有學士學位的畢業生可申請成為香港專業輔導協會的副會員。



### 教學中心

中環夏慤道12號美國銀行中心1樓A  
尖沙咀加連威老道98號東海商業中心地庫1樓01室  
尖沙咀漆咸道南67號安年大廈13樓  
將軍澳翠林邨（欣林樓對面）

### 總辦事處

尖沙咀漆咸道南39號鐵路大廈6樓

### Learning Centres

Unit A, 1/F, Bank of America Tower, 12 Harcourt Road, Central  
Unit 01, Basement 1, East Ocean Centre, 98 Granville Road, Tsim Sha Tsui  
13/F, Oriental Centre, 67 Chatham Road South, Tsim Sha Tsui  
Tsui Lam Estate, Tseung Kwan O (opposite Yan Lam House)

### Head Office

6/F, Railway Plaza, 39 Chatham Road South, Tsim Sha Tsui

☎ 3111 7278 / 3111 7230

☎ 3110 0611

✉ scs-ssc@cuhk.edu.hk

🌐 www.cuscs.hk

📘 cuscs

📷 cuscs\_cuhk