

臨床心理服務



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現代人工作、家庭及生活壓力太大，將情緒一直積壓，日積月累下失去平衡，導致心理及情緒出現問題，例如抑鬱、焦慮、創傷、性格問題及精神問題等。常言道「心病還需心藥醫」，所以本部特設臨床心理服務，以協助有需要的人士。

臨床心理服務是由專業的臨床心理學家透過面談、觀察和測驗器材，根據科學研究理論來了解受助者的心理狀況，預防及減輕心理或情緒引致的失調和困擾，協助受助者明白問題所在，改善不良的思想、情緒及行為習慣，增強適應能力及發展潛能，從而促進身心健康，達至擁有一健康快樂的美好人生。



服務對象包括在情緒、精神、學習及行為方面受困擾之兒童、青少年、成年人及長者。

服務包括：

心理評估

- ☞ 智力評估
- ☞ 記憶力評估
- ☞ 腦功能評估
- ☞ 讀寫障礙評估
- ☞ 過度活躍/專注力評估
- ☞ 自閉症評估
- ☞ 性格評估
- ☞ 情緒行為評估
- ☞ 精神狀況評估

心理輔導/治療

- ☞ 個人輔導
- ☞ 婚姻輔導
- ☞ 家庭輔導
- ☞ 遊戲治療



需要時可作合適的轉介例如：精神科醫生

如有查詢或預約，歡迎聯絡我們：

地址：李樹培院一樓

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養和醫院
Hong Kong Sanatorium & Hospital

Clinical Psychology Service



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Living in the modern era with various sorts of stress from work and family, people's pent-up emotion tends to be on the verge of breakdown as time progresses. Eventually this may lead to psychological and emotional disturbances, such as depression, anxiety, post-traumatic disturbances, personality problems and other psychiatric disorders. Understanding the importance of mental health, the Private Patient Clinic offers clinical psychology service for clients in need.

As a profession, the clinical psychologist attempts to understand individual client's mental state through clinical interview, observation and psychometric assessment tools. On the basis of theories derived from scientific studies, the assessment findings can be used to help prevent and alleviate clients' psychological and emotional disturbances, identify problems, rectify negative cognitions, feelings and behaviours, enhance adaptability and develop potentials that, in turn, facilitate physical and mental well-being and ultimately gear towards a healthy and joyful life.



Clients in need of clinical psychology service include children, adolescents, adults and elderly who have emotional, mental, learning and behavioural problems.

Services include: Psychological Assessment

- ☞ Intellectual assessment
- ☞ Memory assessment
- ☞ Assessment of neuropsychological functions
- ☞ Assessment for dyslexia
- ☞ Assessment for attention deficit/ hyperactivity disorder
- ☞ Assessment for autistic spectrum disorder
- ☞ Personality assessment
- ☞ Emotion and behaviour assessment
- ☞ Mental state assessment

Psychological counseling/ therapy

- ☞ Individual counseling
- ☞ Marital counseling
- ☞ Family counseling/ therapy
- ☞ Play therapy



Patients may be referred to appropriate services, such as psychiatrists, whenever necessary.

For enquiries and appointment, please contact us at:

Address: 1/F, Li Shu Pui Block

Tel: 2835 8607

Fax: 2892 7507

Email: ppc@hksh.com



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