

## Professional Training for Emotional Counselling

Regular professional training seminars are held, and overseas experts are invited to impart psychological and emotional counselling knowledge to facilitate the exchange of professional expertise.



◀ Dr. Germer, the founder of Mindful Self-Compassion (MSC), shared the knowledge of MSC in person in Hong Kong.



▲ Prof. Hayes, the founder of Acceptance and Commitment Therapy (ACT), came to Hong Kong to share ACT treatment techniques. Dr. Wasler, a disciple of Prof. Hayes, also came to Hong Kong afterwards to share how to apply ACT to psychotherapy and how it can help people who have suffered from trauma.

## Service Network

### Emotional Health & Counselling Centre .....

5/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon

Transportation Kwun Tong MTR Station Exit A1 ⇌ Green Minibus Route 50 ⇌ United Christian Hospital

### Jordan Health Centre .....

13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon

Transportation Jordan MTR Station Exit A

### Jockey Club Tin Shui Wai Community Health Centre

Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, New Territories

Transportation Tin Shui Wai MTR Light Rail Stop ⇌ Tin Yuet/Tin Sau Stop (Route 705, 706)

### Holistic Wellness Hub .....

Unit 2301C, 23/F, Crocodile Center, 79 Hoi Yuen Road, Kwun Tong, Kowloon

Transportation Kwun Tong MTR Station Exit A2

## Service Booking & Enquiry

☎ 2349 3212

☎ 9260 4132

✉ info.ehcs@ucn.org.hk

Learn more



## Headquarters

📍 L1, KEC Administrative Building, No. 2 Po Ning Lane, Hang Hau, Tseung Kwan O

☎ 2717 1989

✉ info@ucn.org.hk

🌐 [www.ucn.org.hk](http://www.ucn.org.hk)

f [facebook.com/ucnchs](https://facebook.com/ucnchs)

📷 [instagram.com/ucn\\_healthcare](https://instagram.com/ucn_healthcare)

## Emotional Health and Counselling Service



Leading  
a Healthy Life

## Emotional Health and Counselling Service

Located in Block J, United Christian Hospital, the Emotional Health & Counselling Centre is committed to promoting emotional health and positive living with the service concept of "positive psychology", allowing the public to learn positive thinking, cultivate positive emotion and behaviours, and face life with an optimistic attitude, so as to improve the ability of individuals to deal with stress and adversity, and enhance the overall psychological quality of the community.

The centre has various counselling rooms, activity rooms and children's game therapy rooms, allowing psychological counsellors and psychologists to provide appropriate and professional counselling service for individuals, couples, children and families with special learning needs in a relaxing and comfortable environment.

## Individual Emotional Support and Family Counselling Service

Personality Analysis  
Personal Growth  
Pre-marital Counselling

Marital Counselling  
Family Counselling

Grief Therapy  
Trauma Therapy

Play Therapy

Individual Psychological Counselling,  
Relationship Counselling and Emotional Support

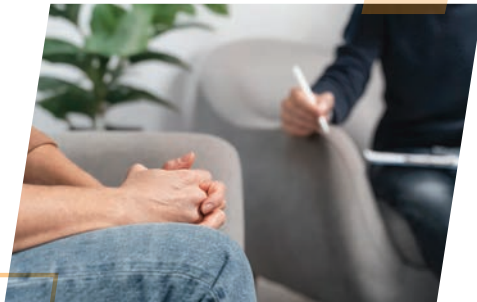


### Service Team

The counselling team includes counselling psychologist, psychological counsellor, clinical psychologist and expressive arts therapist. Members are equipped with professional qualifications and have obtained trainings and practical experience.

### Scope of Services

Individual/family counselling service, emotional therapy and health education group can be provided based on various age groups and needs.



## Emotional Therapy and Health Education Group

- Students with Special Education Needs (SEN)
- Parental and Stress Reduction
- Relationship and Marriage
- Emotional and Stress Management for working people
- Individual Emotional Therapy (E.g. Stress Management, Anxiety and Depression etc.)

## Outreach Emotional Health Education Service

Cooperated with public and private organisations, secondary and primary schools, kindergartens and tertiary institutions, the centre promotes positive psychology by providing outreach services, such as health talks, workshops and education groups, to promote emotional health among the general public.



### Services to School

- Parenting Series
- Positive Emotions Talk Series
- Relaxation Workshops
- Students' educational groups related to emotions
- Training groups for SEN students

### Other Outreach Services

- Stress Management
- Mindfulness Series
- Conflict Management
- Personality Analysis
- Workplace Interpersonal Relationship

