

Christine Ng

Counselling Psychologist



Qualifications

- Master of Social Sciences in Counselling Psychology with Distinction (HK)
- Master of Philosophy in Psychology (HK)
- Registered Counselling Psychologist, The Hong Kong Psychological Society
- Certificate in Basic Training in Child-Centered Play Therapy (CCPT) and supervised CCPT experience (HK)
- Certificate in Mental Health First Aid (HK)
- Bachelor of Social Science with Honours in Psychology, First Class Honours (HK)

About Christine

Christine Ng is a Counseling Psychologist with the Emotional Health and Counselling Service at the United Christian Nethersole Community Health Service. She is dedicated to supporting individuals and families through compassionate psychological care. Christine works with clients across the lifespan, offering a thoughtful and collaborative space where people can better understand their emotions, strengthen coping skills, and move toward meaningful change.

Christine provides individual counselling for adolescents, young adults, and adults. Her work integrates approaches from person-centred therapy and psychodynamic therapy, supports clients in exploring deeper emotional patterns, relationship dynamics, and past experiences that may be influencing present-day struggles. In addition, Christine provides child-centred play therapy that helps children express feelings and experiences in a safe and accepting environment.

In addition to individual work, Christine is experienced in facilitating a range of group-based services, including processing groups and psychoeducation groups across different age groups. She has also delivered parent talks and school talks, supporting

caregivers and students with practical strategies and psychological understanding. Her group and talk topics often emphasize emotional wellbeing, communication, and strengthening self-compassion among individuals.

Languages

Cantonese · English · Mandarin