

Annabelle Wong

Counselling Psychologist



Qualifications

- Master of Social Sciences
in Counselling Psychology (HK)
- Bachelor of Social Science
with Honours in Psychology (HK)
- Diploma in Counselling for Special Education (HK)
- Registered Counselling Psychologist, The Hong Kong Psychological Society
- Certified Prepare/Enrich Facilitator
- Certified LEGO®-Based Therapy Facilitator
- Six Bricks Level 1 & 2 Educator
- Mindfulness Based Social Emotional Learning Trainer
- Mindful Self-Compassion Program Certificate
- Mental Health First Aid Standard Certificate
- Certified Felix & Rena Art Fluid Art Teacher
- Training in Play Therapy, Sandtray Practices, and House-Tree-Person Drawing Analysis

About Annabelle

Annabelle Wong is a counselling psychologist with extensive experience supporting children, adolescents, and families in school-based and community settings. Holding a Master of Social Sciences in Counselling Psychology from Hong Kong Shue Yan University, she combines clinical expertise with a strong commitment to serving individuals with special educational needs and mental health challenges.

In her role as Counselling Psychologist and SEN Service Manager at a secondary school, Annabelle coordinated multidisciplinary casework services using a three-tier intervention model. She administered psychological assessments, implemented emergency interventions, and provided individual psychotherapy, group counselling, and developmental programmes for students with SEN and mental health concerns. She also delivered

psychoeducation, training, and crisis management support to caregivers and school staff, while supervising counsellors to ensure service quality.

Annabelle's clinical training spans diverse settings including primary schools, NGOs serving low-income communities, and university counselling centres. She has provided psychological assessments, play therapy, family therapy, and crisis support, including COVID-19 counselling hotline services offering immediate psychological support and community resource information.

Her therapeutic approach integrates Acceptance and Commitment Therapy, Emotionally Focused Therapy, Dialectical Behaviour Therapy, Schema Therapy, and mindfulness-based interventions. Annabelle is also trained in expressive arts, play therapy, and LEGO®-based therapy, enabling her to engage clients through creative and developmentally appropriate modalities.

Beyond clinical work, Annabelle serves on the Service Development Committee of Ecare Charitable Foundation and has contributed to community service through the Hong Kong Red Cross.

Languages

Cantonese · English · Mandarin