



人生不如意事十常八九，
生活起跌實屬平常，
我們在人生旅途中，難免會遇到困難、經歷挫敗，
如果你希望改變現狀、改善生活與關係，
歡迎你考慮輔導服務，尋找方向與出路，
迎向更積極的未來。



Anxious and depressed?
Struggling and alone?
Helpless and confused?

You wish that things could be different?
You want to live a more fulfilled life?
You long to develop more satisfying relationships?

Counseling will help you
discover new resource and strength,
find new directions and possibilities,
and new hope towards a more positive future.

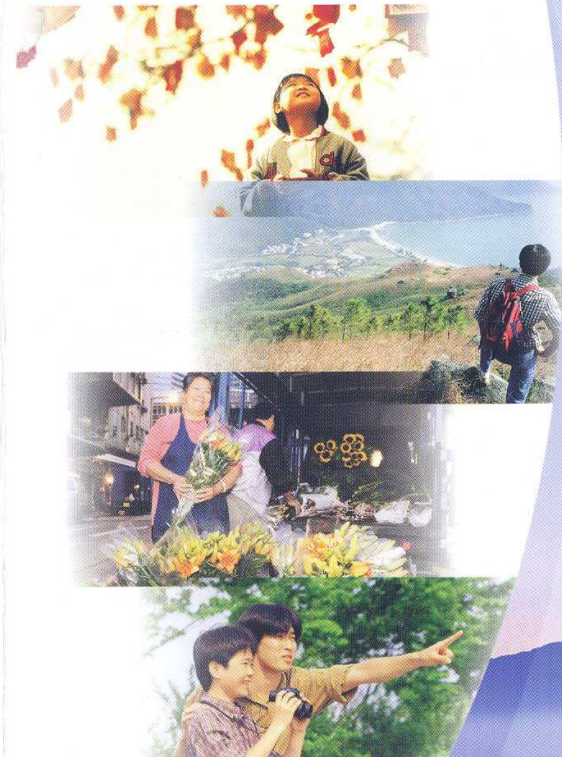


香港中環都爹利街六號印刷行九〇四室
Room 904, Printing House, 6 Duddell Street,
Central, Hong Kong
傳真 Fax : 2868 3116
網址 Website : www.LMcounseling.com.hk

電話 Tel : 2868 3066

Psychological Counseling:
personal, marriage, parenting, family
Counseling Training & Supervision
心理輔導:
個人心理、子女培育、婚姻、家庭
輔導培訓及督導

Laurene Man
COUNSELING SERVICE
文盧麗萍輔導服務



Enquiries & Appointments 查詢及預約:

2868 3066

輔導服務經常處理的問題 SCOPE OF COUNSELLING SERVICE

- 情緒低落或不安
- 壓力、緊張、焦慮
- 生活轉變的困難
- 分離、喪失及哀傷
- 人際關係困難
- 戀愛與婚姻問題
- 性別角色困擾
- 家人相處及關係困難
- 兒童及青少年行為情緒問題
- 子女管教困難
- 親子關係問題
- Emotional sadness & disturbance
- Stress and anxiety
- Life change adjustment difficulties
- Losses and grief
- Relationship difficulties
- Dating and marriage problems
- Sex role difficulties
- Family relationship difficulties
- Emotional and behavioral difficulties of children and adolescents
- Parenting difficulties
- Parent-child relationship difficulties

輔導服務的目的 COUNSELING GOALS

輔導服務幫助當事人

- 從不同的角度了解困難
- 接觸自己和及身邊人的內心世界
- 尋找新的方向和可能性
- 嘗試新的行為及與人相處方式

We aim to help clients

- Understand their difficulties from different angles
- Get in touch with their own inner worlds and those of their loved ones
- Explore new directions and possibilities
- Experiment new ways of behaving, living their lives and relating with other people

服務時間 **Service Hours:** 預約 By appointment only

資料保密 **Confidentiality Guaranteed**



文盧麗萍
Laurene Man

資深心理輔導員及家庭治療師
個人、婚姻及家庭心理輔導服務

Experienced Psychological Counselor & Family Therapist
Counseling service for Individuals, Couples and Families

- 學歷：**
- 香港大學社會工作碩士
 - 加拿大家庭治療專科文憑
 - 心理輔導、簡短治療及故事治療訓練

- 經驗：**
- 28年香港及加拿大心理輔導及家庭治療經驗
 - 處理 兒童行為情緒困擾及管教困難
成人情緒及心理困擾
婚姻、家庭及人際相處問題
 - 超過20年專業輔導員培訓及臨床督導經驗

- 曾任職：**
- 香港基督教服務處
 - 輔導服務主任
 - 天倫綜合家庭服務中心主任
 - 加拿大 大溫哥華家庭服務會
 - 家庭治療部 家庭治療師
 - 楊震社會服務中心
 - 輔導服務主任
 - 基督教家庭服務中心
 - 家庭服務部 主任
 - 香港大學社會工作系 碩士課程 榮譽助理教授

- 其他經驗：**
- 香港家庭治療協會創會會員及歷屆主席 1994-97
 - 輔導服務機構諮詢委員及專業顧問
 - 香港電台電視節目「愛子方程式」多次嘉賓主持
 - 明報週刊「親子蜜語」專欄作家
 - 明報「家事信箱」主筆

Training:

- M. Soc. Sc (Social Work), HKU
- Cert. Family Therapy, Pacific Coast Family Therapy Training Association, Vancouver, Canada
- Training in Family Systems Theory, Structural Family Therapy, Solution-focused Brief Therapy and Narrative Therapy

Experience:

- 28 years of counseling practice in Canada and Hong Kong
- Handling Child and adolescent emotional & behavior problems
- Adult emotional and psychological difficulties
- Marriage, family and interpersonal problems
- Over 20 years of experience as professional trainer and clinical supervisor in counseling

Positions taken:

- Hong Kong Christian Service
 - Counseling Service Supervisor
 - Family Networks Intergrated Family Service Centre Supervisor
- Family Services of Greater Vancouver
 - Family Therapy Department Family Therapist
- Yang Memorial Social Service Centre
 - Counseling Service Supervisor
- Christian Family Service Centre
 - Family Service Supervisor
- Honorary Assistant Professor, M. Soc. Sc. Course, Department of Social Work, HKU

Other experience:

- Founding member and past Chairman 1994-97 Hong Kong Family Therapy Association
- Board member, advisory committee member, and clinical consultant of counseling service units in different organisations
- Guest Program Host for several programs in TV Series "Parenting" by Radio Hong Kong
- Journal columnist for Ming Pao Weekly columns titled "Parent-Child Talk".
- Host writer for newspaper column "Family Letter Box" by Ming Pao Daily