



Introduction:

**HKSJU Counselling and Research Centre:
School-based Counselling Services (2024 - 2025)**

Hong Kong Shue Yan University – Counselling and Research Centre

Led by a team of professors and psychologists from the Department of Counselling and Psychology, the Centre promotes the concept of mind-body harmony through the provision of a wide range of professional counselling and training services, including psychological counselling, school counselling, family counselling, career and career counselling, psychological assessment, various trainings, seminars, courses and clinical supervision services. The Centre also has many years of experience in working closely with local school organisations to provide various school-based counselling services to local primary and secondary schools, such as parent discipline talks, student career development groups, teacher professional counselling training, etc.

Our frontline staff found that the school-based counselling services implemented in a single mode often failed to cope with the overall development of students and schools, thus affecting the effectiveness of counselling services. The Centre hereby implements **the Counselling Psychologist Resident Service**, whereby **a dedicated counselling psychologist** is appointed to work with parents and teachers on a regular basis to implement various **school-based counselling services** to facilitate students' emotional, behavioural and learning aspects surface development.

Target Audience:

Local primary and secondary schools (schools are required to arrange a teacher as the liaison person for the project to discuss and arrange the work schedule with the dedicated counselling psychologist; the recommended contact person should be the School Guidance Officer, Student Support Co-ordinator or Senior School Counsellor)

Quota:

30 Schools

Aim:

Designed and implemented by our team of psychologists, the Counselling Psychologist Service provides individual and group professional counselling, counselling and professional training services to students, parents and teachers. As a result, schools are able to understand the different needs of students from various aspects and provide more appropriate support to students with different learning needs, so as to promote students' whole-person development and enhance the effectiveness of integrated education.

Introduction of service:

The Pilot Programme, Counselling Psychologist in Residence, includes **developmental, preventive and curative work** to support the all-round development of schools, teachers, parents and students. Through regular residencies, counselling psychologists **design and provide**, according to the needs of schools:

1. Individual counselling services

To provide counselling or counselling services to students with learning, behavioural, social or emotional difficulties according to their developmental needs and strengths, so as to support and improve students' developmental difficulties and promote their whole-person development. Services include:

- a) Individualised training for students with special educational needs (e.g. autism, attention deficit hyperactivity disorder, etc.)
- b) Emotional distress counseling

Mental health-related counselling

- c) Deviant behavior modification
- d) Career development and planning
- e) Other individualised counselling services

2. Group tutoring services

Counselling psychologists provide targeted group counselling services to support the developmental needs of different students. Services include:

1. Growth & Development Group
(Life Planning & Career Counseling, Social-Emotional Education & Management, Leadership Training, Resilience Enhancement Training, etc.)
 - a) Special Educational Needs Group
(Attention Enhancement, Social Skills Training, Attention Deficit/Hyperactivity Disorder (ADHD) Training, Autism Training, Reading and Writing Training, etc.)

3. Parent Services

The Pilot Counselling Psychological Services Project is not only school- and student-oriented, but also caters for the needs of parents. Counselling psychologists regularly provide **parent groups, workshops, or parent seminars** to enable parents to gradually master effective strategies for parenting and parent-child relationship development.

Here are some suggested topics for parent services:

- a) Child Discipline Strategies
- b) Enhance parent-child bonding
- c) Nurture your child's emotional well-being
- d) Improve your child's ability to concentrate
- e) Supporting parents of students with special educational needs
- f) Enhance your child's motivation to learn
- g) Electronics & Network Management

4. Professional consulting and training services

Remedial psychologists provide professional consultation or training services according to the needs of teachers to help them deal with different learning or growth challenges of students more effectively, as follows:

- a) School Counsellors/Social Workers/Counselling Team Teachers provide professional individual or group supervision services
- b) Teacher training seminars or workshops

5. Other services

(Some of the topics include: Improving Staff Mental Health, Staff Stress Management, Enhancing Teacher-Student Relationship, Strategies for Catering for Students with Different Learning Differences, Enhancing Students' Learning Motivation, Effective Classroom Management, etc.)

In addition, counselling psychologists can provide other related services according to the needs of the school, such as:

- a) Individual case conferences
- b) School Development Consulting
- c) Other related services

Service Plans and Fees

The Pilot Counselling Psychologist-in-Residence Service Programme is based on the number of days in residence each academic year, and each counselling psychologist will work 8 hours per day (including 1 hour of lunch). (time), half day is 3.5 hours (excluding lunch time).

Plan I)

Number of days in school year: 20 days (**maximum of 12 days for half day, 6**

full days planned) Daily rate: \$3,600

Charge for the entire program: 20 X

\$3,600 = \$72,000 Off-program

counseling psychologist daily salary:

\$4,000

Plan II)

Number of half-year residencies: 12 days (up to a maximum of 8 half-day residencies, accounting for 4 full days planned) Service period: September to

January or February to July

Daily wage: \$3,600

Charge for the entire program: 12 X

\$3,600 = \$43,200 Off-program

counseling psychologist daily salary:

\$4,000

A follow-up model of individual counselling services is recommended:

Counselling psychologists develop counselling for students who are experiencing learning, behavioural, social or emotional difficulties to assess their developmental needs and strengths and weaknesses

Directions and strategies to provide to the student's parents, teachers and counsellors

Parents interview to understand Student difficulties

Meet student assessment
Individual needs

Provide guidance direction|
And strategy and individual
Parents of students,
Teachers and counselors

Follow up or transfer regularly
Introduce other services

How to Participate:

Fill in the registration form and send it to us by fax or email.

Deadline to Participate in Service (**2024-2025 School Year**):

July 22, 2024

Features of the Pilot Programme:

- ✓ The programme is designed by a team of professional psychologists of the Centre, and each school's school-based counselling psychological services are led by a counselling psychologist to enhance the connection and continuity between different services, and to strengthen the communication and cooperation between psychologists and schools.
- ✓ The counselling psychologist will provide a basic written report for each case and group for the school's reference and filing.
- ✓ Guidance psychologists design service assignments according to the individual circumstances of schools to better meet the needs of schools.
- ✓ Our counselling psychologists receive regular professional clinical supervision during the service period to ensure the quality of their services.
- ✓ The professional counselling services in the School-based Counselling Psychological Service can help enhance the existing counselling services in schools and benefit more teachers, students and parents.

Inquire:

If you have any questions, please feel free to contact our staff by phone or email. Thank you!

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