



**臨床心理服務**  
**Clinical Psychological Service**

**CFSC**



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## Clinical Psychological Service

### 服務綜述



本會臨床心理服務部，為有需要之個別人士及家庭提供心理評估及治療，亦為社工提供諮詢服務；並藉着公眾教育及內部員工的訓練來推廣心理意識及健康。

本年度，臨床心理服務部一共處理四十五宗新個案。在這四十五宗新個案中，百分之六十二的服務使用者為男性，百分之三十八為女性。從年齡而言，使用比例最高者為十至十九歲（百分之三十六），其次為二十至二十九歲（百分之二十二），及九歲以下（百分之十八）。整體服務使用者的年齡是由五歲至八十歲。

就服務使用者的職業而言，學生佔百分之五十六，在職人士佔百分之十三，失業者佔百分之二十五，家庭主婦佔百分之四。就服務使用者的教育程度而言，百分之四十九具有中一至中五的教育水平。七位（百分之十六）擁有中六至中七水平或持有文憑。十二位（百分之二十七）只接受過小學或幼稚園教育。四位（百分之九）接受完大學教育。

### Service Overview



The Agency's Clinical Psychological Service provides psychological assessments and treatments to individuals and their families, and consultation services for social workers. The Unit also aims to promote psychological awareness and health through public education and staff development for Agency staff.

During the year, the Clinical Psychological Service served 45 new cases of which 62% were male and 38% were female service users. In terms of age, the highest number of service users was 10 to 19 years old (36%). The next two age ranges were aged 20 – 29 (22%), and 9 or below (18%). The ages of service users ranged from 5 to 80 years old.

In terms of occupation, 56% were students, 13% were employed, 25% were unemployed, and 4% were housewives. In terms of educational achievements, 49% of service users had Form 1 – Form 5 educational level. Seven persons (16%) had F.6, F.7, or diploma. Twelve (27%) had primary school or kindergarten education. Four (9%) had a university degree.

臨床心理學家每週繼續為社工提供諮詢服務。這些社工來自本會的綜合家庭服務中心(活力家庭坊)和學校社會工作部，以及其他非政府機構。本年度一共討論了五十四宗新個案，其中有四十五宗乃被轉介來接受臨床心理服務者。本部接到八十四位社區人士對於臨床心理服務的查詢。這些查詢，大部份來自鄰近政府醫院長時間等候排期的病人。

服務使用者的平均等候時間(從接到書面轉介到第一次約見)為9.5曆天(去年是6.2曆天)。百分之九十三的服務使用者在三星期內得到第一次約見(百分之八十九在兩星期內，百分之四在兩至三星期內)。與其他需要漫長等候排期的公共臨床心理服務相比，本部較短的等候時間，能為服務使用者提供及時和迅速的服務。

我們在2010年1到3月做了一次服務使用者的滿意調查。百分之八十七的服務使用者表示他們的情況有所「改善」(包括百分之十七表示「少部份改善」，百分之三十三「大部份改善」，百分之三十七「完全改善」)。百分之九十七的服務使用者對我們的服務表示「滿意」(包括百分之四十三表示「大致滿意」，百分之四十七「完全滿意」)。

我們的臨床心理學家進行了一次有50位男仕參加、有關「抑鬱症」的專題工作坊。此外，還針對關心子女們過量沉迷於電腦和網絡遊戲的父母們舉行了一次公眾教育研討會，題目為「同時可做多種事情的謬誤」。本會七個單位的員工參加了「了解智商測驗」的專業進修訓練。我們的臨床心理學家繼續支援本會的「僱員服務計劃」，為他們合約的顧客提供服務。這些顧客包括公務員和大學教授。

The Clinical Psychologist continued to provide regular weekly consultation service to social workers. These social workers included those from our Agency's Integrated Family Service Centre (Family Energizer) and School Social Work Unit, and also from other NGOs. Fifty - four new cases were discussed in last year. Of these 54 new cases, 45 were referred for clinical psychological service. The Unit received 84 inquiries from people in the community asking for information about the Clinical Psychological Service. Most of these inquiries were patients from neighborhood public hospitals with long waiting list.

Service users' average waiting time (from receiving of written referrals to the first appointment) was 9.5 calendar days. Ninety - three percent of service users received their first appointment within 3 weeks (89% under 2 weeks, 4% between 2 - 3 weeks). Compared to other Clinical Psychological Services in the public sectors with long waiting time, our short waiting time could provide timely and prompt services to service users.

Service users' satisfaction survey was conducted from January to March 2010. Eighty - seven percent of users indicated that their problems have "improved" (including 17% who indicated "partially," 33% "mostly" and 37% "totally" improved). Ninety-seven percent of users indicated that they were "satisfied" with the service (including 7% indicating "partially," 43% "mostly," and 47% "totally" satisfied).

The CP conducted a workshop to 50 men on the topic of "Depression". In addition, a public education seminar on "The Myth of Multitasking" was given to parents who were concerned with their adolescent children overly engrossed in computer & internet games. A staff development workshop "Understanding IQ Test" was attended by staff of seven units of the Agency. The CP continued to support the Agency's Employee Service Program by treating their contracted clients, some of whom were civil servants and university professor.

## 2009-2010服務統計（截至2010年3月31日）

### Service Statistics ( as at March 31, 2010 )



問題性質 Nature of Problems	個案數目 No. of Cases	百分比 Percentage
兒童或青少年期之失調 Disorders of Childhood and Adolescence	9	20%
智能問題 Intellectual Problem	7	15.5%
情緒失調 Mood Disorders	5	11.1%
性和性別認同失調 Sexual and Gender Identity Disorders	4	8.9%
適應失調 Adjustment Disorders	3	6.7%
焦慮失調 Anxiety Disorders	3	6.7%
衝動控制失調 Impulse Control Disorders	3	6.7%
親子關係問題 Parent-child Relational Problem	3	6.7%
其他人際關係問題 Other Relational Problem	3	6.7%
精神分裂和妄想症 Schizophrenia and Delusional Disorders	1	2.2%
疼痛失調 Pain Disorder	1	2.2%
職業問題 Occupational Problem	1	2.2%
學業問題 Academic Problem	1	2.2%
沒有病症 No Diagnosis	1	2.2%

### Total number of cases ( as at March 31, 2010 )

個案總數 (截至2010年3月31日) : 45

### Total number of consultations ( as at March 31, 2010 )

諮詢服務次數 (截至2010年3月31日) : 54