

# 她的世界，妳懂嗎？

## 解讀青春期女兒內心世界與壓力

感覺經常被處於青春期的女兒拒於門外？

這次講座可助你獲取破解之匙。我們將透過了解她們行為背後的科學來破解她情緒轉變、社交媒體和學業壓力的密碼。探索如何化解衝突，建立聯繫，以引導及支援她的需要。

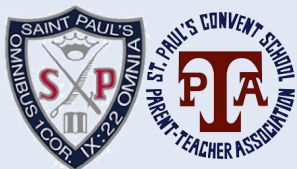


**Ms. Choy Susanna**

*Clinical Psychologist  
Mindfulness Teacher*

### **What's she really thinking? Cracking the Code of your teen girl**

Feeling locked out of your teen daughter's world? This talk is your key. We crack the code on her emotional shifts, social media stress, and school pressures by understanding the science behind her behavior. Discover how to move from conflict to connection and become the supportive guide she needs.





## ST PAUL'S CONVENT SCHOOL PARENT-TEACHER ASSOCIATION

臨床心理學家: 蔡珊珊女士 Ms. CHOY Shan Shan, Susanna



(語言: 廣東話、普通話、英語)

### 專業學歷:

- 香港大學 臨床心理學碩士
- 香港心理學會 副院士
- 香港心理學會 臨床心理學組 註冊臨床心理學家
- 國際輔導員及治療師協會 認證催眠治療師

### 靜觀訓練:

- 英國牛津中心及香港靜觀中心合辦的一年制靜觀認知治療導師基礎課程: 合資格導師
- 荷蘭 Academy for Mindful Teaching 兒童靜觀課程 Mindfulness Matters 基本導師培訓
- 荷蘭阿姆斯特丹大學靜觀子女教養課程 Mindful Parenting 進階導師培訓
- 荷蘭阿姆斯特丹大學 MyMind 靜觀課程 進階導師培訓 (針對 ADHD 及 ASD 兒童及青少年和家長)

### 現職:

- 香港大學及香港中文大學 榮譽講師 (臨床實習安排導師) 臨床心理學碩士課程
- 新生精神康復會 自閉症服務顧問 (教育局 AIM 支援自閉症學生服務及 iSPA 自閉症服務)
- 私人執業

蔡女士是資深臨床心理學家，亦是靜觀 (mindfulness) 導師，自 2017 年起私人執業。蔡女士為香港中文大學的客席講師。她亦為社會福利署提供培訓給社工認識精神健康課題。她曾於新生精神康復會、醫院管理局總部及瑪嘉烈醫院任職臨床心理學家達九年。

對於評估及治療各種兒童、青少年和成人問題有豐富的臨床經驗。尤其善於處理兒童學習障礙、自閉症、專注力不足過度活躍症；青少年情緒、網上成人癮問題；抑鬱症、不同種類焦慮症(驚恐症、強逼症等)、躁狂抑鬱症、精神分裂症；產前產後情緒問題、癌症、長期痛症、腦退化症及各類病患引致的適應問題；亦具豐富經驗處理失眠問題、哀傷、家庭、學習、感情、工作、自我形象、個人成長與發展的問題及危機處理。



## ST PAUL'S CONVENT SCHOOL PARENT-TEACHER ASSOCIATION

Clinical Psychologist: Ms. CHOY Shan Shan, Susanna



(Language: Cantonese, Mandarin, English)

### Professional qualifications:

- The University of Hong Kong, Master of Social Sciences (Clinical Psychology)
- The Hong Kong Psychological Society (HKPS): Associate Fellow
- The HKPS Division of Clinical Psychology: Registered Clinical Psychologist
- Hong Kong Clinical Psychologist Association: Member
- International Association of Counselors and Therapists: Certified Hypnotherapist

### Mindfulness trainings:

- The Oxford Mindfulness Centre and the Hong Kong Center for Mindfulness co-organized one-year Foundational Training Course in teaching MBCT: Certified trainer
- Academy for Mindful Teaching - Mindfulness Matters Teacher Training
- University of Amsterdam the Mindful Parenting: Advanced teacher training
- University of Amsterdam the MyMind: Advanced teacher training (for ADHD and ASD children and parents)

### Current posts:

- Honorary Lecturer (Clinical Placement Coordinator) of HKU and CUHK, Master of Social Science (Clinical Psychology)
- Consultant of the Autism Services of the New Life Psychiatric Rehabilitation Association (EDB AIM Project & iSPA service)
- Private practice

Ms. Choy is an experienced clinical psychologist and mindfulness teacher; she starts private practice since 2017. She is also part-time tutor for the Chinese University of Hong Kong. In addition, she is also trainer for Social Welfare Department for their social workers in mental health topics. She has worked as a clinical psychologist in New Life Psychiatric Rehabilitation Association, Hospital Authority Head Quarter (Oasis) and Princess Margaret Hospital for 9 years.

She has rich experiences in providing psychotherapy to children, adolescents and adults. She is experienced in providing diagnostic assessment and psychological treatments to clients who have special education needs (SEN), Autism Spectrum Disorder (ASD), Attention Deficit and Hyperactive Disorder (ADHD); adolescents mental health, Internet Addiction problem; mood disorders such as Depression, Anxiety Disorders, Post-Traumatic Stress Disorder, Bipolar Disorder, Schizophrenia, perinatal mood problems and Adjustment difficulties to serious illnesses (such as cancer, chronic pain, and dementia). She is also experienced to help clients deal with various life stressors, such as insomnia, bereavement and problems with family, study, relationships, work, self-image, and personal growth and developments.