

Psychotherapy Services

心理治疗



Department of
Psychological Medicine
心理医疗部门

What is the difference between a Psychiatrist and Psychologist?

Both psychiatrists and psychologists are mental health professionals who are trained in assessing and treating psychological disorders.

More specifically, a psychiatrist has a basic medical degree and further specialist training in psychiatry. Psychiatrists typically treat patients by prescribing medication.

A psychologist has a master or doctoral-level degree in psychology. Psychologists are trained in providing psychological (non-drug) assessment and treatment to reduce distress and to promote the psychological well-being of patients. These include the administration of psychological tests, the provision of psychotherapy and other interventions that have been shown to be effective through clinical research.

What is Psychotherapy?

Psychotherapy is an interactive form of therapy where a trained therapist helps the patient overcome difficult psychological issues. It involves the therapist and patient working together to explore the nature of the psychological problems faced and to encourage new ways of thinking, feeling, and / or behaving. Patients may need to face up to painful issues in order to feel better eventually.

What to expect:

In the first session, the patient and therapist will agree on a fixed number of sessions and specific goals for the therapy. The patient's progress will then be reviewed before determining whether additional sessions are needed.

Other details:

- Psychotherapy is time-limited (approximately 8 to 12 sessions).
- Each session lasts about 40-55 minutes depending on the type of service.
- Patients are encouraged to attend the sessions on a regular basis in order for psychotherapy to be most effective.

- Each psychotherapy session is conducted within allotted time slots, thus patients are encouraged to be punctual.
- The psychologist reserves the right to cancel or reschedule the appointment if the patient arrives more than 20 minutes after the appointment time.

Patient Confidentiality

All information that the patient shares with the psychologist during therapy at NUH is kept strictly confidential, and shared only with the treating team, except when:

- There is a risk of imminent danger to the patient or another person.
- There is a suspicion that a child or elderly person is being sexually or physically abused, or is at risk of such abuse.
- A valid court order is issued for the medical records, as the psychologist is bound by law to comply with such requests.
- The patient's prior approval has been obtained to provide a written report to another agency (e.g. lawyer, GP) or to discuss the case with another person (e.g. parent, spouse, child).

Services Provided

Psychotherapy services for children (aged six and above) and adults include:

- Individual therapy
- Family therapy
- Couple therapy
- Group therapy

Some common conditions that are addressed in the therapy session include:

- Anxiety disorders (e.g. Obsessive Compulsive Disorder)
- Mood disorders (e.g. Depression)
- Eating disorders
- Schizophrenia
- Insomnia
- Marital, family and relationship problems

Appointments 预约

Patients will be seen by a psychiatrist from the Department of Psychological Medicine before they are referred to a psychologist for psychotherapy.

For booking, changing and / or cancellation of appointments, please call 69082222.

心理医生将评估患者后才会做出心理治疗的推荐。如需预约,更改和/或取消预约,请致电 69082222。

Enquiries 咨询

Please approach our staff at the clinic who will be able to assist you.

若有疑问, 请向诊疗所的工作人员寻求咨询。

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Information is correct at time of printing (Jan 2025) and subject to revision without prior notice.

本出版物的内容仅用于教育目的,不得用作医学诊断或治疗的依据。如果您对健康或身体状况有任何疑问,或者在进行任何治疗之前,应向医生寻求咨询。

内容以印刷时(2025年1月)为准。如有修改,恕不另行通知。

心理医生和心理学家的分别

心理医生和心理学家都是专门从事评估和治疗各种心理疾病的专业人士。心理医生毕业于医学科,主修心理医学。他们主要通过药物治疗患者。而心理学家毕业于心理学,拥有硕士或博士学位。他们采取心理(非药物)的评估与治疗的方式来帮助患者减轻心理压力和建立良好的心理状态。通过临床试验,他们所提供的心理测试与心理治疗证实有良好的效果。

什么是心理治疗?

心理治疗是一种互动形式的疗程,通过一位受过专业训练的治疗师帮助患者对抗心理问题。治疗师会与患者合作,共同探讨心理问题的性质,并希望患者能有新的思维方式和情感。在治疗或恢复的过程中,患者可能需要面对过去一些不愉快的经历,以便达到最佳的治疗效果。

心理治疗的情况:

初次就诊时,患者和治疗师将决定门诊治疗的次数并为疗程定下具体的目标。接着,治疗师会以患者的进展为考量决定是否需要增加就诊的次数。

其他相关资料:

- 心理治疗属于限时和短程型的治疗方式;疗程一般为8-12次,若需要,疗程可延长。
- 每个疗程时间约40至55分钟,由治疗的类型而定。
- 患者应当定期复诊,以便让治疗更有效。
- 因采用预约程序,因此患者应该按照预约时间准时抵达诊所。
- 患者若迟到超过20分钟,可能需要取消或重新安排预约。

病人隐私权

心理学家会严格确保患者在治疗过程中所透露的个人隐私不被泄露,除了与治疗团队分享及以下的情况:

- 当患者或他人可能面临危险。
- 当心理学家有理由怀疑有儿童或长者被虐待或有被虐待的风险。
- 当法庭传召患者的医疗记录,心理学家必须遵守在法律上的责任。
- 当心理学家获得患者的批准提供报告给另外一个机构(如律师,家庭医生)或与相关人士讨论患者的病情(如父母,配偶,孩子)。

治疗和服务

适合儿童(六岁或以上)与成人的心理治疗服务包括:

- 个人治疗
- 家庭治疗
- 夫妇治疗
- 小组治疗

一些通常由心理学家治疗的情况包括:

- 焦虑症(例如强迫症)
- 情绪障碍
- 饮食失调
- 精神分裂症
- 失眠
- 婚姻,家庭和人际关系问题