



加拿大華人神學院 • 天道學院
CANADIAN CHINESE
SCHOOL OF THEOLOGY
at Tyndale Seminary

COURSE SYLLABUS

CHINESE PASTORAL COUNSELLING
華人教牧輔導學
CHINCM26

FALL SEMESTER 2012
SEPTEMBER 13 TO DECEMBER 13, 2012 THURSDAYS, 6:30PM TO 9:20PM

INSTRUCTOR:
DR. TAT-YING WONG, M.D., M.T.S. (COUNSELLING FOCUS),
M.DIV. (MARRIAGE AND FAMILY THERAPY), RMFT

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(AVAILABLE FOR CONSULTATION BEFORE AND AFTER CLASS)

RESOURCES WEBSITE: WWW.RECONNECT.HK

To access your course materials at the start of the course, please go to
<https://www.mytyndale.ca>

I. COURSE DESCRIPTION 課程簡介:

This course will provide an introduction to pastoral counselling. It is not intended to produce professional "pastoral counsellors," but it will prepare you to be more effective in counselling as a pastor or lay leader using a psycho educational framework that has been proven effective for helping Chinese. This framework can be applied to Christian education, cell groups, lay counselling, growth groups, pastoral and professional counselling.

本課程介紹教牧輔導學。目的不是培訓專業教牧輔導員，卻是裝備你更有效地輔導，無論你是教牧同工或平信徒領袖，都能採用已被證明有效幫助華人的心理教育架構。這架構可應用於基督教教育，小組，平信徒輔助，成長小組，教牧或專業輔導。

You will develop basic counselling skills, such as active listening, empathy, problem identification and goal setting in order to respond appropriately. You will learn both the conceptual frameworks and intervention skills that will facilitate positive change and personal growth. Since spouses of pastors are often required to help in pastoral counselling, your spouse is encouraged to audit this course to learn to work with you in this important ministry.

你會學習基本的輔導技巧,如積極聆聽,同理,如何辨識問題和設定目標,以便作出適當的回應. 你會學習促進正向改變和個人成長的概念和技巧. 由於教牧的配偶往往需要幫助教牧輔導,我鼓勵你的配偶與你一起上課,學習在輔導的服侍上與你同工.

Students will be introduced to resources that are biblically and scientifically based and proven effective. Strategies and tools will be provided to help students help themselves and their counselees build a healthy self esteem and manage emotions. There will also be an emphasis on personal growth and development involving increasing self awareness, self management, empathy and relationship management. Framework, strategies and skills for working with couples and families will be covered in the course on family ministry.

學生會學用基於聖經和科學,並證明是有效的資源. 課程提供實用的策略和工具來幫助學生幫助自己和求助者建立健康的自尊和處理情緒. 同時強調個人成長和發展,包括提高自我醒覺,自我管理,同理和關係管理的能力. 幫助夫婦和家庭的架構,策略和技巧,會在建立華人信徒健康家庭的課程中教授.

A variety of teaching methods will be used. In addition to lectures, case studies, demonstrations, role plays and group presentations, students will also learn from self-reflections and practice in triads. There will be ample opportunities for interaction, hands-on experience and feedback.

課程使用多種教學方法. 除了講座,個案研究,示範,角色扮演和小組分享,學生還從自我檢討和小組練習學習. 學生有充分的機會去互動,親身體驗,給予和接受回饋.

II. LEARNING OUTCOME 課程目的:

1. To develop an understanding of Christ-centered healing and counselling using a psycho educational model.
 2. To develop a model for integrating psychology with biblical teachings in pastoral counselling.
 3. To learn to effectively utilize biblical and evidence based resources in a ministry setting.
 4. To learn and practice the basic counseling skills.
 5. To apply these skills to help someone facing a common problem in life.
 6. To facilitate personal reflection leading to personal spiritual growth and professional development.
1. 認識以基督為中心,教育性的輔導模式
 2. 探討如何整合聖經及心理學
 3. 在服事中學習怎樣採用基於聖經及科學證據的資源
 4. 學習及熟練基本的輔導技巧
 5. 應用這些技巧去幫助求助者面對的問題
 6. 鼓勵個人的檢討,屬靈及專業的成長

III. COURSE REQUIREMENT 課程要求:

A. REQUIRED TEXTS 必讀課本:

1. Collins, Gary R.: 《Christian Counselling: A Comprehensive Guide》 Dallas: Word Publishing, 1998 (711p)
(Chinese Version) 柯蓋瑞 著, 張鈞 / 吳際平 合譯: 《心理輔導面面觀》, 台北: 大光書房出版, 榮耀出版社, 1990 (694p)

2. Building Emotional Intelligence Self Esteem Series by Dr. Tat-Ying Wong: (in Chinese)

Self Esteem I: Foundation: Personal Identity and Value (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2008, 235p)

Self Esteem II: Method: Personal Growth and Rights (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 257p)

Self Esteem III: Boundaries to Maintain Self Esteem: Taking Control of Your Life (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 237p)

黃達瑩醫生 “重建自尊”個人成長系列課程:

(一) 建立自尊的基礎: 個人的身份和價值 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2008, 235 頁)

(二) 建立自尊的途徑: 個人的成長和權利 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 257 頁)

(三) 維持自尊的界線: 個人生命的掌握 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 237 頁)

3. Building Emotional Intelligence Managing Emotions Series by Dr. Tat-Ying Wong: (in Chinese)

Foundation for Managing Emotions: Recognition and Acceptance (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 254p)

Practical Tools for Managing Emotions: Self Talk and Beliefs (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 299p)

Practical Tools for Managing Emotions: Behavior and Relationships (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 265p)

黃達瑩醫生 “處理情緒”個人成長系列課程:

(一) 處理情緒的基礎: 認識與接納 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 254 頁)

(二) 處理情緒的工具: 內在的想法與信念 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 300 頁)

(三) 處理情緒的工具: 外在的行為與關係 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 265 頁)

B. SUPPLEMENTARY TEXTS 推薦閱讀書目:

1. Worthington, Everett L. Jr.: 《How to Help the Hurting》, Downers Grove: Intervarsity Press, 1985 (168p)
(Chinese version) 愛維萊特 著, 洪志生譯: 《你也能輔助受創者》, 台北: 校園書房出版社, 1989 (169p)

2. Evans, David R., Hearn, Margaret T., Uhlemann, Max R., Ivey, Allen E.: 《Essential Interviewing: A Programmed Approach to Effective Communication》, Pacific Grove: Brooks / Cole Publishing Company, 1984 (209p)

C. ASSIGNMENTS AND GRADING 作業及評核:

Personal growth reflection (20 %) (individual) Due: Oct. 18, Nov. 1 or 8

Short 5-10 minute presentation and write up (8-10 pages) integrating the following aspects:

1. Personal model for integrating the bible and psychology along with a discussion of the pros and cons of this approach.
2. Reflection upon completion of one course on self esteem and one course on emotions with respect to areas of personal growth (different from the one chosen for the psycho education group). Students are expected to complete the assignments in each of the courses. Share your experience of biblically and evidence based interventions and how they were helpful to you.
3. Outline of plan for continued personal growth. Identify areas requiring growth, concrete goals and formulate a one year and five year plan to help you address these growth areas. Students are encouraged to ask several significant people in their lives to help identify these growth areas and the impact on their relationships and ministry.

Estimated time required: 30 to 35 hours

個人成長檢討 佔20%，需要個人自己完成，約需30-35小時

於十月18日,十一月1日, 8日 交回及分享

請預備5-10分鐘及8-10頁的分享,包括:

1. 你個人如何整合聖經及心理學,並討論這模式的好處及弊處.
2. 完成一個有關自尊的課程及一個有關處理情緒的課程,然後作檢討.
 - 2.1 請著重你自己個人如何成長: 發現了什麼? 需要處理什麼? 結果是什麼?
 - 2.2 必須完成課程中所有的作業及分享當中的個人心得與應用.
 - 2.3 分享你如何經歷這些基於聖經及科學的介入,這些如何對你是有幫助?
3. 列出你如何繼續個人成長的計劃.
 - 3.1 找出你需要成長之處
 - 3.2 定下具體的目標,一年及五年的計劃
 - 3.3. 請問你身邊深入認識你的人幫你找出你需要成長之處及這些對你的關係及服事的影響.

Psycho education group reflection (20 %) (in groups of 3) Due: Dec. 13

Short 15-20 minute presentation and write up (8-10 pages) including the following:

1. Personal experience in leading a psycho education group with your partners based on one of the self esteem or managing emotions courses (different from the one chosen for personal growth). The group curriculum should have 10 to 12 sessions and reflect biblically and evidence based interventions. The setting of the group could vary from Christian education, cell group, support group or self help group. Participants in

the group (minimum of 6 including the 3 students leading the group) are expected to attend the group sessions, discussion time and complete weekly assignments to be checked by the students. Students are urged to start this assignment as soon as possible due to the required sessions and time required to organize and recruit.

2. Reflection on the model of integration and how it was helpful. Comment on how theology and evidenced based interventions were used effectively.

3. Assessment of participant's experience and growth. Be sure to use the participant's pre course and post course assessments and an analysis of expected areas of change.

Estimated time required: 25 to 35 hours

舉辦教育性的輔導小組的檢討 佔20%，需要每組三個人一起完成，

約需25-35小時，於十二月13日 交回及作分享

請預備15-20分鐘及8-10頁的分享,包括:

1. 與同學一起帶領教育性的輔導小組的個人經歷

1.1 小組是基於一個重建自尊或處理情緒的課程,必須與你個人成長的不同,可用現有的小組

1.2 小組需要有10到12課及採用符合聖經和科學的介入.

1.3 可在主日學,細胞小組,支持小組,自助小組中舉辦課程.

1.4 小組必須最少有6個人,包括三個帶領的同學.

1.5 參加者必須參加每課,投入討論及完成每週的作業.

1.6 負責帶領的同學可以檢查組員每週的作業.

1.7 請盡快開始這個作業,因需要時間去組織及招募學生.

2. 討論課程怎樣整合聖經及心理學

2.1 這如何有幫助

2.2 如何有效的採用神學及科學的介入

3. 評估參加者的經驗及成長

3.1 採用參加者課程前及課程後的自我評估

3.2 分析參加者有什麼改變

Counselling case presentation (20 %) (in pairs) Due: Nov. 15, 22 or 29

Short 15-20 minute presentation and write up (8-10 pages) of a case of any individual in need of pastoral counselling and then describe your assessment, case conceptualization, and responses to the situation. You are required to videotape or audiotape the sessions. Discuss how you applied both the knowledge and skills that you learned in class along with your own feelings and thoughts in the process of helping this individual. Please use transcribed excerpts from the counselling sessions to demonstrate how you applied the skills learned in class and areas requiring growth. Reflect on the strengths and limitations of your approach in this case, along with feedback from your partner. Your partner will also be present during the counselling sessions and will be responsible for giving you feedback with respect to the above areas. Each student will be involved in two counselling cases, as counsellor in one and as observer in the other. A minimum of 4 one hour sessions with each counsellee is required. Please include objective measures of how these sessions were helpful to the counsellee and description of how the counsellee experienced the counsellor.

Estimated time required: 20 to 30 hours

輔導個案分享 佔20%，需要每組兩個人一起完成，約需20-30小時
於十一月15日, 22日, 29日 交回及作分享
請預備15-20分鐘及8-10頁的分享,包括:

1. 個案是需要輔導的人
 - 1.1 請形容你如何作評估
 - 1.2 如何解釋個案所面對的問題
 - 1.3 你如何回應個案的情況
2. 你必須錄影或錄音每次的晤談
 - 2.1 先得到求助者的同意
 - 2.2 討論你如何應用這課程中所學習的知識及技巧
 - 2.3 找出你在幫助個案中自己的感受及思想
 - 2.4 請採用錄影或錄音中具體的例子來示範你怎樣應用輔導的技巧
 - 2.5 列出什麼地方是你需要成長的
3. 檢討你所採用的模式的長處及限制,並從組員的回饋及提議
 - 3.1 你的組員跟你一起作晤談,並負責給你有關以上範圍的回饋
 - 3.2 每個同學都參與兩個個案,無論是當輔導員或觀察者,可用現有的個案
 - 3.3 每個個案都需要完成最少四次一小時的晤談
4. 請採用客觀的評估來顯示這些晤談如何對求助者有幫助
 - 4.1 形容個案如何影響輔導員
 - 4.2 分享求助者有什麼改變

Counselling skills group practice (20 %) (ongoing, weekly)

In the counselling skills group practice, one person will portray the counsellee, one the counsellor and a third person will be the observer. The role-play will be based upon personal issues faced by the counsellee. Each student will have the opportunity to participate in each of the three roles. Evaluation will be based on the ability to identify the counsellee's problems, the ability to respond appropriately, and the ability to observe and offer constructive critique using the knowledge and skills learned in the course. Emphasis is placed on the effective, consistent and appropriate use of the basic counselling skills learned in class. It is expected that all personal issues shared in the group remains confidential. Videotaping will be used to allow the group to replay the practice session and to learn from feedback. These videos are confidential and are to be erased at the end of the course.

輔導技巧小組練習 Counselling skills group practice

佔20%，需要每組三個人一起完成，約需10-15小時
於每週進行

1. 每週的小組練習中,組員輪流扮演求助者,輔導員及觀察者
2. 每次的角色扮演都是基於求助者所遇到的情況及個人的事情
3. 每個組員,每課,都會有機會扮演這三個角色
4. 扮演輔導員的需要示範怎樣找出求助者的問題,如何作適當的回應和有效地應用課程中所學的知識及技巧
5. 扮演求助者的需要真誠及開放,願意分享自己的問題和內心世界

6. 扮演觀察者的需要細心觀察及提供建設性的提議,幫助輔導的能有果效,適當和固定地採用所學的技巧
7. 所有小組裡的個人分享,都要守密,不可在小組之外講出來
8. 每組都需要錄影每次的練習,讓組員可以重看練習及從檢討去學習
9. 這些錄影帶也要保密,在課程完畢後,便會洗去

Class attendance and participation (10 %) (ongoing, weekly)

Evaluation will be based on attendance and taking part in discussions, role plays and short in class group assignments.

出席及參與 佔10%, 於每週進行
基於每週出席,投入討論,角色扮演,小組作業

Tests and quizzes 測驗 (10 %)

At the end of each unit, 2 or 3 groups will suggest questions for a 20 question multiple choice test that covers the key aspects of the unit.

在每個環節結束後,每個小組會提出一些測驗的問題,幫助溫習課程的重點

Evaluation 評估

The above evaluations will be carried out at three levels, by yourself, your peers and the instructor.

以上的評估會從三個層面完成,自我評估,同輩的評估及教師的評估

D. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

For proper citation style, consult the [Chicago-Style Quick Guide](#) (Tyndale e-resource) or the full edition of the [Chicago Manual of Style Online](#), especially [ch. 14](#). For citing scripture texts, refer to sections [10.46 to 10.51](#) and [14.253 to 14.254](#).

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students should consult the current **Academic Calendar** for academic polices on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers

and Extensions, Return of Assignments, and Grading System. The Academic Calendar is posted at www.tyndale.ca/registrar/calendar.

E. SUMMARY OF ASSIGNMENTS AND GRADING 作業及評核總結

Personal growth reflection 個人成長檢討	20 %
Psycho education group reflection 舉辦教育性的輔導小組的檢討	20 %
Counselling case presentation 輔導個案分享	20 %
Counselling skills group practice 輔導技巧小組練習	20 %
Class attendance and participation 出席及參與	10 %
Tests and quizzes 測驗	10 %
Total:	100 %

IV. COURSE SCHEDULE 課程進度

Course Schedule and Outline:

Week 1: Sept. 13	Introduction to course, review of syllabus, expectations Reaching and caring for the post modern generation; vision and practical framework. 課程簡介,課程目標,大綱,作業, 後現代的佈道和關懷策略-給教會領袖的異象和實用架構 Skills group: getting to know each other, group contract and agreement 小組分享: 彼此認識,小組契約,組織作業
Week 2: Sept. 20	Integrating the bible and psychology 如何整合聖經及心理學 Skills group: Focusing and following 小組練習: 聚焦及跟隨的技巧
Week 3: Sept. 27	A Christ centered incarnational model of counselling 以基督為中心道成肉身的輔導模式 Skills group: Effective inquiry 小組練習: 問問題的技巧
Week 4: Oct. 4	Stages and tasks of counseling 輔導的階段及任務 Skills group: Reflecting feeling, Reflecting content 小組練習: 反映感受的技巧, 反映內容的技巧
Week 5: Oct. 11	Assessment and conceptualization 評估及概念 Skills group: Structuring for information 小組練習: 組織晤談的技巧
Week 6: Oct. 18	Building rapport 建立治療的聯盟 Referral and resources 轉介及資源 Skills group: Validation and empathy 小組練習: 肯定及認同的技巧,
Oct. 25	Reading Week: No Class
Week 7: Nov. 1	Psycho education approach with self esteem issues: identity and value 建立自尊的基礎: 個人的身份和價值 Skills group: Communicating feeling and immediacy

	<p>小組練習: 表達輔導關係中的感受 Personal growth reflection sharing 分享個人成長檢討</p>
Week 8: Nov. 8	<p>Psycho education approach with self esteem issues: personal growth 建立自尊的途徑: 個人的成長和權利 Skills group: Confronting 小組練習: 對質的技巧 Personal growth reflection sharing 分享個人成長檢討</p>
Week 9: Nov. 15	<p>Psycho education approach with self esteem issues: boundaries 維持自尊的界線: 個人生命的掌握 Skills group: Self disclosing 小組練習: 自我揭露的技巧 Personal growth reflection sharing 分享個人成長檢討</p>
Week 10: Nov. 22	<p>Psycho education approach with emotional issues: recognizing and accepting emotions 處理情緒的基礎: 認識與接納 Skills group: Structuring for information and action 小組練習: 建立及組織關係的技巧 Counselling case presentation 輔導個案分享</p>
Week 11: Nov. 29	<p>Psycho education approach with emotional issues: cognitive strategies for change 處理情緒的工具: 內在的想法與信念 Skills group: Putting it all together 小組練習: 結合所有的技巧 Counselling case presentation 輔導個案分享</p>
Week 12: Dec. 6	<p>Psycho education approach with emotional issues: behavioral and relational strategies for change 處理情緒的工具: 外在的行為與關係 Skills group: Putting it all together 小組練習: 結合所有的技巧 Counselling case presentation 輔導個案分享</p>
Week 13: Dec. 13	<p>Exam week: psycho education group presentations 考試週: 舉辦教育性的輔導小組的檢討</p>



Chinese Pastoral Counselling
華人教牧輔導學 CHINCM26

教授: 黃達瑩醫生 Professor: Dr. Tat-Ying Wong

美國及安大略省婚姻及家庭治療協會臨床會員及檢定監督

American Association of Marriage and Family Therapy and Ontario Association of Marriage and
Family Therapy Clinical Member and Approved Supervisor

情緒取向治療追求卓越國際中心註冊治療師, 監督及培訓師

International Center of Excellence in EFT Certified EFT Therapist, Supervisor and Trainer

Statement of Permission to Record For Purposes of Instruction and Supervision 輔導晤談影音攝錄同意書(攝錄音象單作教育及督導用途)

I / We understand that in order for us to obtain the best counselling service, it is crucial for our counsellor(s) to have the opportunity to review our session(s) and to obtain supervision and feedback from a professional counsellor supervisor. Just as a coach reviews the tape of professional athletes in action to help them improve, our counsellor can improve by reviewing our session(s) with a counselling coach.

我 / 我們明白若要獲得最好的輔導服務, 我 / 我們的輔導員需要機會溫習晤談, 並從專業監督得到督導及回饋. 正如教練跟專業運動員溫習錄影帶, 以增進運動員的技能, 我 / 我們的輔導員也可透過跟輔導教練溫習我 / 我們的晤談而學習及改善.

I / We 我 / 我們 _____ hereby give my / our

permission for 授權 _____ to video tape my / our

counselling sessions for the purposes of instruction and supervision 攝錄我們的晤談, 單作教育及督導用途.

I / We recognize that confidentiality will be respected under the most stringent professional code of ethics and that any and all tapes will be erased immediately following their intended use.

我 / 我們知道所有的專業人士都一定會按照最嚴格的專業倫理去守密, 所有攝錄音象教育及督導過程完畢後將立刻刪除.

Signature(s) 簽名: _____

Date 日期: _____

Publications by Dr. Tat-Ying Wong: Books and eBooks

黃達瑩醫生著作的課程/eBook:

2012 年

Emotional Focused Therapy: Core Skills Training 情緒取向治療核心技巧訓練

Core Skills Training I Day One (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2012, 61p) (in Chinese)

核心技巧訓練一: 第一天 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2012, 61 頁)

Core Skills Training I Day Two (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2012, 49p) (in Chinese)

核心技巧訓練一: 第二天 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2012, 49 頁)

Core Skills Training 2 Day One (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2012, 44p) (in Chinese)

核心技巧訓練二: 第一天 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2012, 44 頁)

Core Skills Training 2 Day Two (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2012, 41p) (in Chinese)

核心技巧訓練二: 第二天 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2012, 41 頁)

Building Emotional Intelligence Relationships Series: Secret to Building Successful Intimate Relationships
EQ 步步升 關係成長系列課程: 親密美滿關係的秘訣

1. Importance of Attachment Bonds (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2011, 195p) (in Chinese)

依附連結的重要 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2011, 195 頁)

2. Barriers to Attachment Bonds (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2011, 224p) (in Chinese)

依附連結的攔阻 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2012, 224 頁)

3. Rebuilding Attachment Bonds (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2011, 233p) (in Chinese)

依附連結的重建 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2012, 233 頁)

2011 年

Chinese Pastoral Counselling (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2011, 533p) (in Chinese) 華人教牧輔導學 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2011, 533 頁)

Chinese Family Ministry (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2011, 598p) (in Chinese) 華人家庭事工 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2011, 598 頁)

2010 年

Christian Perspective on Emotionally Focused Therapy: Professional Training (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 189p) (in Chinese)

從基督教角度看“(Emotionally Focused Therapy) 專業訓練 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 189 頁)

Building Emotional Intelligence Managing Emotions Series by Dr. Tat-Ying Wong: (in Chinese)

黃達瑩醫生 “處理情緒”個人成長系列課程:

Foundation for Managing Emotions: Recognition and Acceptance (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 254p)

處理情緒的基礎: 認識與接納 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 254 頁)

Practical Tools for Managing Emotions: Self Talk and Beliefs (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 300p)

處理情緒的工具: 內在的想法與信念 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 300 頁)

Practical Tools for Managing Emotions: Behavior and Relationships (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 265p)

處理情緒的工具: 外在的行為與關係 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 265 頁)

2009 年

Building Emotional Intelligence Self Esteem Series by Dr. Tat-Ying Wong: (in Chinese)

黃達瑩醫生 “重建自尊”個人成長系列課程:

Self Esteem I: Foundation: Personal Identity and Value (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2008, 235p)

建立自尊的基礎: 個人的身份和價值 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2008, 235 頁)

Self Esteem II: Method: Personal Growth and Rights (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 257p)

建立自尊的途徑: 個人的成長和權利 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 257 頁)

Self Esteem III: Boundaries to Maintain Self Esteem: Taking Control of Your Life (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 237p)

維持自尊的界線: 個人生命的掌握 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 237 頁)

2004 年

Depression: the 21st Century Epidemic – Syllabus and resources (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2004, 180p) (in Chinese)

抑鬱: 21 世紀的流行病 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2004, 180 頁)

Building Emotional Intelligence: Personal Growth Series (in Chinese)

EQ 步步升 個人成長系列課程:

1. Rebuilding Self Esteem I: Identity in Christ (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2002, 94p)

2. Rebuilding Self Esteem II: Personal Growth (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2002, 117p)

(一) 「重建自尊(上)」(香港:心連心家庭事工有限公司 www.reconnect.hk, 2002, 94 頁), 「重建自尊(下)」(香港:心連心家庭事工有限公司 www.reconnect.hk, 2002, 117 頁)

3. Managing Emotions (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 1999, 201p)

(二) 「處理情緒」(香港:心連心家庭事工有限公司 www.reconnect.hk, 1999, 201 頁)

4. Self Management (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2001, 151p)

(三) 「自我管理」(香港:心連心家庭事工有限公司 www.reconnect.hk, 2001, 151 頁)

1999 年

Supervision Manual for Individual, Couple and Family Counselling (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 1999, 196p)

個人,夫婦和家庭輔導的督導手冊 (香港:心連心家庭事工有限公司 www.reconnect.hk, 1999, 196 頁)

黃達瑩醫生著作的專題講座講義/eNote:

2010 年

Emotionally Focused Therapy: Practical Tools and Clinical Resources (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 27p) (in Chinese)

情緒取向治療:實用工具和臨床資源 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 27 頁)

EFT: Sexual Intimacy Through Emotional Bonding (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 38p) (in Chinese)

情緒取向治療:知情釋愛 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 38 頁)

Sex Education and Therapy: Practical Tools and Clinical Resources (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 35p) (in Chinese)

性教育與治療:實用工具和臨床資源 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 35頁)

EQ Resources User Manual (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2010, 49p) (in English and Chinese)

如何採用EQ資源 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2010, 49頁)

2009年

Psychological Adjustment of Retirement Immigrants (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 17p) (in Chinese)

退休移民之心理適應 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 17頁)

Self Esteem of Retirement Immigrants (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 11p) (in Chinese)

退休移民之健康自我形象 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 11頁)

Managing Emotions: Anger (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 32p) (in Chinese)

處理情緒: 惱怒 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 32頁)

Managing Emotions: Grief (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 25p) (in Chinese)

處理情緒: 哀傷 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 25頁)

處理情緒: 抑鬱 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 22頁)

Managing Emotions: Depression (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 22p) (in Chinese)

Training for Lay Counsellors, Group Leaders and Parents: Showing You Care – Active Listening Skills (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 30p) (in Chinese)

平信徒輔導,組長,家長,關懷者訓練: 專注聆聽的技巧 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 30頁)

Reaching and Caring for the Post Modern Generation: Vision and practical framework for church leaders (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 21p) (in Chinese)
後現代的佈道和關懷策略: 給教會領袖的異象和實用架構 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 21頁)

Group Leader Training: How to use the curriculum, role and challenges, demonstration and practice (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 24p) (in Chinese)
教牧,組長訓練: 如何採用EQ課程,組長的須知和角色 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 24頁)

Emotionally Focused Therapy: Families with Adolescents (EFT) (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 28p) (in Chinese)
情緒取向治療 (EFT): 有青少年的家庭 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 28頁)

Interpersonal Psychotherapy with Adolescents (IPT) (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2009, 28p) (in Chinese)
青少年的人際心理治療 (IPT) (香港:心連心家庭事工有限公司 www.reconnect.hk, 2009, 28頁)

2006年

Depression and Stress: Silent Killers in the 21st Century (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2006, 42p) (in Chinese)
21世紀的隱蔽殺手:抑鬱與壓力 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2006, 42頁)

2002年

Effective Tools for Building Emotional Intelligence I (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2002, 66p) (in English)
有效培育情緒智能工具(上) (香港:心連心家庭事工有限公司 www.reconnect.hk, 2002, 66頁) (英語)

Effective Tools for Building Emotional Intelligence II (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2002, 57p) (in English)
有效培育情緒智能工具(下) (香港:心連心家庭事工有限公司 www.reconnect.hk, 2002, 57頁) (英語)

2001年

Special Workshops on EQ and Personal Growth (Hong Kong: Reconnect Family Ministry Ltd. www.reconnect.hk, 2001, 50p) (in Chinese)
EQ 與個人成長最有效的工具和資源 (香港:心連心家庭事工有限公司 www.reconnect.hk, 2001, 50頁)