Advertised Counsellors and Psychologists in Hong Kong and Singapore

Presentation Made Public in Hong Kong on 10-July-2008

Nadine Pelling, PhD
University of South Australia
nadine.pelling@unisa.edu.au
or
nadine_pelling@yahoo.com.au
Advertised Counsellors and Psychologists in Hong Kong and Singapore

Nadine Pelling, PhD
Senior Lecturer
University of South Australia
Purpose

• To provide a snapshot of counsellors and psychologists in Hong Kong and Singapore

• Baseline/historical information
Method

• 2005 postal survey using a multi-mailing method
  – Names/addresses gained via paper version of phone books in Singapore and Hong Kong
  – Postcard sent
  – Survey sent
  – Reminder postcard sent
  – Final follow-up survey sent
  – Data collected in one month period of time
Response Rate

• Out of a total of 89 listed counsellors and psychologists listed (25 from HK and 64 from Singapore)
• 20 in HK; 2 in Singapore not deliverable and 1 in Singapore asked to be removed from mailing list
• 24 surveys were returned (7 from HK and 15 from Singapore)
• Total return rate 36%
  – 89-22/24=36%
Results

• Who are the counsellors (21%)/psychologists (67%)?
  – Female 71%; male 29%
  – Average 46 years old (SD 9)
    • From 30-59 years of age
  – 71% partnered or married; 29% single
  – 100% heterosexual, if sexuality question answered (38% declined to answer question)
  – On average 1.8 children (SD 1.4)
– 63% of sample living in Singapore, 29% in HK

– Background
  • 71% Chinese
  • 13% Caucasian
  • 8% Indian
  • 8% Indian/Singaporean or Israeli

– Religion
  • 70% Christian/Catholic
  • 8% Hindu
• Counselling Training and Development
  – Masters 75%
  – Baccalaureate 8%
  – Doctorate 4%
  – Diploma 4%
  – 67% training from a university and 8% from a private provider or 8% professionally mentored
• Supervision Activities
  – 50% engage in ongoing supervision
    • Average received supervision for 7 years (SD 6)
  – 46% provide supervision
    • Average provided supervision for 6 years (SD 6)
  – Average ratio of counselling services to hours of counselling was 16 hour of counselling for every 2 hours of supervision (SD of 7 and 2)
• Professional development
  – 96% read books/journals
  – 92% conference attendance
  – 75% structured training
  – 33% provide training/conference presentations

• Most popular journals
  – Asian Counselling 13% and International Journal for the Advancement of Counselling 8%
• Personal growth and development
  – 42% engage in their own personal counselling
  – 71% indicated burnout not an issue
• Provision of counselling services
  – 13 years of experience on average (sd 8)
  – 71% provide counseling on a full-time basis; 25% part-time
  – Individual counselling 88%
  – Couple and family 67%
  – Group 25%
  – Adults 71%
  – Children/adolescents 50%
  – Generalists 71% and specialists 17% (marriage, dyslexia, anxiety/trauma)
– Theoretical orientations

• In counselling
  – Eclectic 21%
    » Influenced by Cognitive behaviour therapy 8% and psychodynamic 8%
  – Cognitive behaviour therapy 8%

• In supervision
  – No theory 71%
  – Psychodynamic 8%
• Work setting
  – Solo 58%
  – 25% group practice
  – 38% private practice
  – 13% community group or 8% religious/spiritual group
• Money issues
  – The fee for one hour of counselling in HK ranged from HK$200 to HK$1000 for counselling and HK$500-HK$900 for supervision
  – The fee for one hour of counselling in Singapore ranged between SG$5 and SG$300 and SG$75 to SG$150 for supervision
• Professional involvement
  – 13% members of the HK Psychological Society
  – 17% members of the Singapore Association for Counselling
  – 17% members of the Singapore Psychological Society
  – 8% belonged to an Australian association, 8% to a Canadian Association, 8% to an American association, and 8% to a UK association
• Ethics
  – 75% indicate following an ethical code
  – 25% indicate do not follow an established ethical code
  – 75% do NOT have professional insurance and 25% do have insurance
• Self identified competence
  – Counselling via email/internet: 2.6 (sd 1.5)
  – Counselling sexual orientation: 3.6 (sd 1)
  – Counselling addiction: 3.6 (sd 1)
  – Counselling depression: 4.5 (sd 0.7)
  – Counselling anxiety: 4.7 (sd 0.6)
• Professional development interest areas
  – 17% family therapy
  – 8% domestic violence