



**Advertised Counsellors and Psychologists in
Hong Kong and Singapore**
*Presentation Made Public in
Hong Kong on
10-July-2008*

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Advertised
Counsellors and Psychologists
in
Hong Kong and Singapore

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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)



1 uncomfortable
3 neutral
5 comfortable

- Professional development interest areas
 - 17% family therapy
 - 8% domestic violence