

## 健心館 女性個人成長及情緒治療中心

### 宗旨

臨床心理學家發現，導致女性犯罪的因素有別於男性，而且女性在囚人士也有獨特的更生需要。例如女性比男性在囚人士更常患上各類情緒病，有更多受虐和創傷經歷，更有不少出現自殘傾向。有見及此，香港懲教署成立健心館，為女性在囚人士提供情緒治療，促進她們心理健康及個人成長。

健心館於二零一一年正式啟用，設於羅湖懲教所，為受中度至嚴重情緒及心理困擾的女性在囚人士，提供多元化和針對性心理治療。健心館的成立標誌著香港懲教署女性更生工作的新一頁。

### 治療計劃內容

健心館的參加者會接受密集式的治療計劃，由臨床心理學家透過認知行為治療，協助她們處理情緒問題，並且運用正向心理治療，強化她們的個人潛能。治療內容包括情緒管理、擺脫犯罪行為、改善人際關係、提升正面的覺察能力和建立希望感等。除了進行系統化和深入的小組治療外，臨床心理學家亦會按照每位參加者的進度和心理需要，提供個別指導和最適切的治療。參加者在這個治療環境中，互相支持和學習，透過持續實踐，把在小組治療所學到的新思想和技巧轉化為生活習慣。



圖 1 治療計劃的詳細內容

## 治療計劃的特色

### 1、 嶄新的治療計劃

傳統的認知行為治療傾向「尋找問題」，健心館除了運用傳統的心理治療外，亦引入正向心理學，提供一個全新的治療概念，透過協助參加者「尋找自我潛能」來提升治療效果。本中心將正向心理學有系統地應用在懲教院所內的治療計劃中，這是亞洲甚至國際首創的做法。

### 2、 運用藝術媒介

健心館在心理治療中加入藝術元素，讓參加者透過創作，展現內心情感及想法，藉此抒發和處理個人的情緒困擾。

### 3、 治療環境

健心館採用治療社羣的元素，讓參加者互相幫助，建立關係，並在生活中一起實踐在小組所學到的心理技巧。同時，臨床心理學家亦可得知她們在實踐中所遇到的困難，並把這些困難用作小組課題，讓她們從中學習新的處理技巧，藉此深化治療效果。

## 榮譽顧問

本署邀得在正向心理學方面有豐富研究經驗的本地專家—香港城市大學社會及行為科學系何敏賢教授擔任中心的榮譽顧問，以助進一步提升心理治療的質素。

## 發展方向

各項的實證研究結果顯示，健心館的治療計劃成效顯著，參加者的情緒明顯改善，希望感增加，亦更懂得感恩。榮譽顧問何教授指出，健心館的臨床心理學家示範了嶄新而有效的治療技巧。我們會在此基礎上繼續進行相關研究，力求完善健心館的課程內容，使更多有不同需要的女性在囚人士受惠：讓她們在情緒、思想和行為上持續有正面的轉變，使她們離開院所後能夠開展新生，重新出發。

## 獎項

本署於二零一三年榮獲婦女事務委員會頒發「性別主流化嘉許獎」，以表揚本署為女性在囚人士獨特需要而設的服務，健心館正是其中獲得嘉許的項目。此外，健心館於二零一五年榮獲公務員優質服務獎勵計劃的隊伍獎(專門服務)和特別嘉許(積極回應)，肯定了本中心在積極回應女性在囚人士心理需要方面的工作。

# PSY GYM – Personal Growth and Emotion Treatment Centre for Women

## Objectives

Clinical psychologists have noticed that there are gender disparities in criminogenic factors and rehabilitation needs of persons-in-custody (PICs). For instance, compared with their male counterparts, female PICs are more likely to have emotional disorders, prior trauma and abuse experiences, and self-harm tendency. In view of these unique psychological needs of female PICs, Hong Kong Correctional Services (HKCS) has set up PSY GYM to provide treatment for their emotional distress and promote their psychological health and personal growth.

PSY GYM, located at LoWu Correctional Institution, was set up in 2011 to provide diversified and tailor-made psychological assessment and treatment for female PICs with moderate to high levels of emotional distress and psychological needs. The establishment of PSY GYM has turned a new page in rehabilitation services for female PICs in the HKCS.

## Programme Content

Participants go through the intensive treatment programme conducted by clinical psychologists. Through cognitive behavioural therapy and positive psychological interventions, participants learn to regulate their negative emotions and develop their strengths. PSY GYM programmes cover topics such as mood management, desistance from re-offending, interpersonal relationships, promoting mindful awareness to positivity, thinking with hope and so on. In addition to structured and in-depth group sessions, individual coaching and treatment sessions conducted by clinical psychologists are arranged to accommodate different learning progress and the unique psychological needs of individual participants. Participants cultivate a supportive atmosphere in a therapeutic environment for learning and practice of skills. They put the newly acquired skills into continuous practice in daily life and turn the skills into habits.



Figure 1. PSY GYM treatment model

## *Programme Characteristics*

### **1. Innovative Treatment Approach**

Traditional cognitive behavioural therapy tends to focus on “fixing the problems.” In PSY GYM, clinical psychologists incorporate positive psychological interventions into traditional therapy and expand treatment focus to “finding the strengths” to enhance the effectiveness of psychotherapy. PSY GYM is a pioneer in applying positive psychological intervention systematically to psychological treatment programmes in a correctional setting in Asia or even across the world!

### **2. Use of Art**

PSY GYM integrates art into its treatment programmes. Participants recognise and manage their negative emotions through expressing their inner feelings and thoughts in their art creation.

### **3. Therapeutic Environment**

With the use of elements of therapeutic community, participants develop communal relationships with one another and apply newly acquired skills in daily life. They support and learn from one another. Clinical psychologists understand difficulties encountered by participants through practice in the therapeutic environment, and turn these challenges into learning points to advance participants’ skills in handling problematic situations.

## *Honorary Advisor*

Professor Samuel M. Y. HO of the Department of Social and Behavioural Sciences, City University of Hong Kong, a local expert on positive psychology, has been invited by HKCS to be the honorary advisor of PSY GYM for the enhancement of treatment quality.

## *Future Direction*

Preliminary study on the effectiveness of PSY GYM programmes showed promising results, which indicated significant improvement regarding participants’ mood, their senses of hope and gratitude upon completion of programmes. Prof. HO, the honorary advisor, pointed out that clinical psychologists of PSY GYM had demonstrated original and effective treatment strategies in PSY GYM programmes. In this prospect, clinical psychologists will continue to develop and refine treatment programmes based on research findings to further advance and adapt these programmes to cater for female PICs with diversified needs. Meanwhile, PSY GYM will continue to bring about positive and sustainable changes in mood, cognition and behaviours of participants to facilitate their successful rehabilitation.

## *Awards*

HKCS was awarded by the Women’s Commission with Gender Mainstreaming Award in 2013 in recognition of its consideration to the unique rehabilitation needs of female PICs in its policies. PSY GYM was particularly named for this honour. In addition, on behalf of Psychological Services Section 1 of HKCS, PSY GYM received the Meritorious Award and Special Citation (Responsiveness to Customer Needs) under Team Award (Specialised Service) in the Civil Service Outstanding Service Awards Scheme 2015. These awards were recognitions of the quality treatment delivered by PSY GYM and its gender-responsive approach to meet the needs of female PICs.