

李维榕博士

— 在多元文化差異中應用家庭治療的樂趣與挑戰

「一個源於西方的治療理論如何應用於亞洲的家庭呢？」這疑問在心理治療中常被提出。在多層次臨床治療的過程中，理論在現實上常常受到挑戰。李博士將與我們分享她在中、港、台各地提供家庭治療時，因治療師的想法未能切合情況，而遇上的混亂、矛盾、甚至尷尬等關鍵時刻。

是次演講以真實案例展示理論與現實情況之間的矛盾，希望從中以嶄新的視角去審視這些重要時刻。李博士亦將融入東方哲學，以分享她與亞洲家庭工作的路途上的樂趣與挑戰。

Lee Wai Yung, Ph.D

- The Fun & Challenge in Applying Family Therapy to a Diverse Cultural Context

Abstract: One of the most frequently asked questions in psychotherapy is how a theory that was originated in the West can be applied to Asian families. This question could perhaps be best addressed in the multi-layered clinical process during therapy when concepts are often confronted by reality. Drawing on case examples from Mainland China, Taiwan and Hong Kong, Dr. Lee will present critical moments of confusion, contradiction, and even embarrassment in her encounter with these families when the therapist's ideas simply do not fit. With actual case scenarios, the purpose of this presentation is to illustrate how life situations are always contrasted with theories, and it may actually be liberating to view these crucial moments with new lens. Merging ideas from the Eastern philosophy, the presenter will also share her own journey of fun and challenges in her work with Asian families.