



2016年马来西亚生命线协会专题会刊

Life Line Association Malaysia Newsletter 2016



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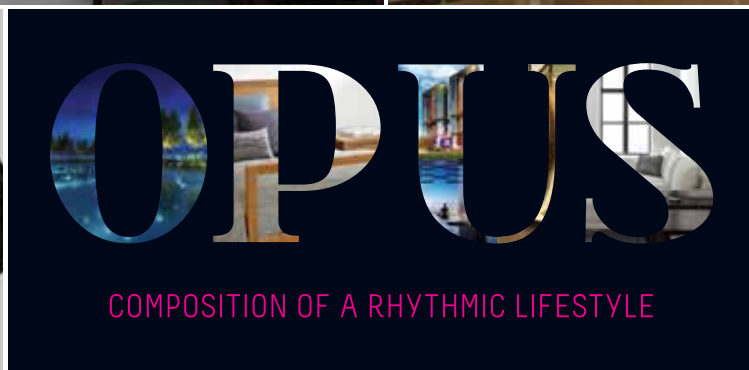
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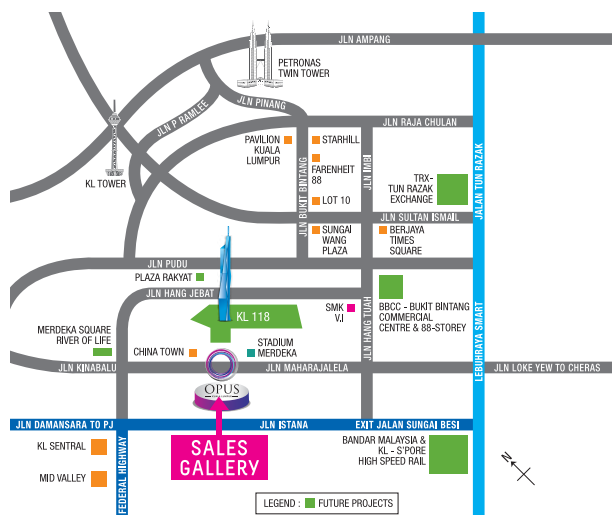


“我听见了你——
倾听生命的力量”
“Listening to the
Strength of Life”



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倾听生命的力量

Listening to the Strength of Life

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马来西亚生命线协会

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在人人心中

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一步一脚印 走向大未来

会长的
愿景

本会会长——苏万安



2016年，马来西亚生命线协会第11届理事会任期迈入第二个年头，我代表理事们感谢各方面给予的配合与包容，让我们能按部就班地一一落实所定下的目标。

回首2015，新的行政团队才刚成立；而今，已有稳定的成员，逐渐建构起制度化的行政系统、组织文化及活动推展策略等等。

此外，在理事会与义工小组的齐心协力下，生命线协会也积极对外交流，与其它团体、机构及政府部门对话，探讨可合作的方案并加以实现，盼能结合各单位的力量，给社会带来更大的福祉。

依循这样的轨道前进，相信在不久的将来，行政处就能独立运作，既能有效支援各小组，也有能力开拓新活动及筹募运作资金，让生命线协会达到自给自足。届时，理事会则只需专注于扮演好监督者及顾问的角色，由行政处主导策划与执行，同时创造新舞台让义工们发挥专长。

回顾就任会长时所定下三大目标，本会已成功出版两本生活心理书籍，将资深义工们的宝贵经验化为文字，记载流传。每年还会印刷专题会刊，刊登本会一年中所举办的活动及探讨心理课题，派发至全马华小和独中。

至于24小时电话热线服务，还得循序渐进，按部就班。去年我们已在辅导义工培训课程上进行改革，将原有的课程浓缩，以更密集的方式栽培义工。接下来，我们会开始策划日间辅导义工培训，鼓励有意服务社会的退休人士或家庭主妇加入我们的义工团队。待这批义工结业后，将能逐步延长辅导热线服务时段。

开设分会则是最具挑战的目标，但路要往前走，先把可能面对的挑战、需考量的因素整理出来，再进行讨论与协商。希望通过本会所举办的一系列活动，接触与生命线协会理念与精神一致的群众，或许先在外州成立活动室，待运作成熟稳定后渐渐地转为分会。

今年本会承办第11届马来西亚华社辅导研讨会，除加强研讨会性质，鼓励本地辅导专业人士分享经验外，也期盼能凝聚八大华社辅导团体，为华社辅导将来的发展定下明确的方向。此外，本会也推出“全马辅导巡礼”以巡回讲座及工作坊的模式，让其他州属的群众也有机会接触及学习心理辅导。

再往前走，我期许生命线协会不单获得大马华社的认同，同时与友族团体及政府机构交流，相互配合，提供跨语言、跨种族的心理辅导及社会教育服务，并走出海外与国际辅导机构交流及合作，学习他人之所长。



秘书长的
期许

内外兼修 稳健成长

秘书长——張福泉



时光飞逝，转眼间，全新的行政团队已在生命线协会服务超过一年了。

经过这一年的学习，我们日趋成熟，也准备就绪，迈向更远的目标。

2015年是精彩、丰收的一年。我们尝试了许多“第一次”。第一次出版生活心理书籍、跑“我听见了你”校园巡回讲座、办心理学周末班、拍摄音乐录影带、与妇女援助中心合作提供游戏治疗服务、在海岛办艺术与心灵生活营……

尤其首次推出的“我听见了你”运动，成绩更是斐然。我们在短短9个月里，在马来西亚半岛各州属成功举办了65场以“倾听”为主题的讲座会。让“倾听”的种子散播到校园，并逐渐在老师、家长及孩子们心中发芽。相信我们今年能走得更远，将讲座推广到东马的沙巴及砂拉越去。

理事会深知，生命线协会如今所取得的成果皆来自于义工们的辛苦付出以及善长人翁的慷慨支持，于是筹备了好几项联谊活动，包括义工感恩宴、新春联谊会、中秋庆团圆、冬至开放厨房等等，让大家

聚一聚，同时也营造了许多令人难忘的温馨时刻。

2016年，生命线协会迎来阔别14年的第11届马来西亚华社辅导研讨会，再次承办这项全国性的辅导盛会。除了在主题与内容方面下足功夫，更期盼研讨会能凝聚本土华社辅导机构及华社的力量，将心理辅导、心灵健康的知识传播到全马各地，让人人更有能力面对日益严峻的生活挑战与压力。

此外，大获好评的“我听见了你”运动仍会继续，还有新推出的“全马辅导巡礼”，每年开办两次的义工储备课程，以及捐血及器官捐赠运动、生活营、探访老人院等等，以不同的形式关怀不同的社会群体。

当然，越是往外扩张，越要巩固内部。期盼行政团队能稳健成长，以肩负更大的使命。同时，策划更多跨小组活动，凝聚义工，发挥彼此的专长造福社会。更重要的是营造一个温馨舒适的氛围、一个展现才华的舞台，让理事、行政及义工们在为社会大众付出的当儿，也能自我成长，收获助人所带来的喜悦果实。

感谢所有陪伴我们走过2015年的朋友们，你们的参与、推广、支持、鼓励、回馈，让我们更确定方向。还有我们最宝贵的资源——我们的义工，这23年来一路相随，不求回报的付出，才能有今天的心线协会。

2016年，我们期待与大家并肩前行，发挥助人的力量，让倾听与关怀的温暖传播到更多人的心中，为打造和谐美好的社会尽一份力。🌻



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企业家 慈善心

文——郭柳嘉



“我听见了你”运动推展礼

2010年6月22日，丹斯里拿督郑福成局绅受生命线协会第9届理事会之邀担任本会顾问；

2012年4月17日，丹斯里拿督郑福成局绅受生命线协会第10届理事会之邀担任本会永久名誉会长；

2013年9月22日，丹斯里拿督郑福成局绅为马来西亚生命线协会举办的“20周年会庆慈善午餐”主持开幕；

2014年3月23日，丹斯里拿督郑福成局绅为生命线协会“新会所开幕暨铜匾揭幕典礼”主持开幕；

2015年6月8日，丹斯里拿督郑福成局绅为新书《陪伴·倾听·了解》主持推介礼，并宣布马来西亚生命线协会获得税务局的免税核准；

2015年7月30日，丹斯里拿督郑福成局绅为“我听见了你”运动推展礼主持开幕；

2016年1月13日，丹斯里拿督郑福成局绅为“第11届马来西亚华社辅导研讨会”主持推介仪式，并担任研讨会之太阳花大使。



2015年3月1日，丹斯里拿督郑福成局绅带着两位孙子到生命线协会，参加“神采飞扬庆新年联谊会”。他说：“我带孙子来参加活动，让他们从小就接触生命线。”

丹斯里拿督郑福成局绅是一位非常活跃的永久名誉会长，生命线协会举办的活动，只要时间能配合的，他都会尽量出席；适当的场合，也会带家中小辈一同前来。

他认为，支持一个组织，只是捐款还不够，本人亲自到场给义工们加油打气，给予精神上的支持更为重要。

至于带家中小辈一同参与则是他的教育方式。

“我们以身作则，让孩子、孙子知道我在做些什么，树立榜样，让他们从我身上学习。如今，我儿子也效仿，会在周末假日时，带着他们的孩子到孤儿院去服务，让小孩子从小就学习社会关怀。”丹斯里拿督郑福成说道。

见证成长 一路相伴

丹斯里拿督郑福成局绅支持生命线协会已10余年，一路走来，见证了生命线协会的成长与改变。

“我和前会长许福来都是福联会的成员，因为他的关系认识生命线，发现有一群有爱心的义工默默为华社服务，觉得非常难得，应该



线

2016 生命线

专题会刊



给予鼓励与支持。后来的会长高桂莲也常常与我联系，她很积极推动生命线，还搬迁了新会所，让大家有一个舒适的活动空间。”

生命线协会迁入新会所后，将电话热线增至四条，多增加一间面谈室，还设立了游戏室，为大众提供更多元化的辅导服务。

“我本身也是尊孔国中、循人小学及安邦二校的董事长，当我看到一些学生面对精神压力、心灵困扰或功课问题时，鼓励他们到生命线协会寻求辅导都获得改善。现代很多孩子沉迷于电脑，成日躲在房间里不与人接触，都需要辅导义工的协助。”

“此外，成人所面对的压力更沉重，尤其在经济不景气的时候，许多企业裁员，失业、负债、挫折，除了是个人问题，也会影响家庭及孩子。若能在问题初期就寻求辅导，或许就能阻止一些社会问题的发生。而且生命线协会的辅导服务是免费的，公众应多多使用。”

在丹斯里拿督郑福成局绅的引荐下，生命线协会的爱心特工组义工也开始到银禧老妇院服务，为老人院清理环境、

粉刷油漆及陪伴老人家。

他也鼓励生命线协会走入校园，到小学、中学去，向老师、家长及学生灌输辅导教育。同时，可与乡团、妇女组及青年团配合，举办讲座及活动以扩大受惠群众。

关爱他人 肯定付出

丹斯里拿督郑福成局绅在60岁以前，共参与53个社团，其活跃与投入，以及对社会的关怀付出令人折服。

“我生长在基督教家庭里，是家中第三代。我们每个星期到教会做礼拜、聚餐，问候教友们，也不时拜访老人家给予关怀与陪伴。我们从小就学习待人有爱，尽可能帮助有需要的人。”

成为企业家以后，丹斯里拿督郑福成局绅更是从多方面给予关怀与支持，同时肯定努力付出的人们。

譬如：在尊孔国中服务30年的老师退休了，董事部赠送一枚金牌肯定老师的付出；学校假期，赞助老师们到国外考察与学习；马来员工在公司服务至70岁，赞助夫妻俩到麦加朝圣等等。

对丹斯里拿督郑福成局绅而言，接受赞助或奖励的人们是否回馈并不重要，他在乎的是让人们感受被重视、被关怀、被肯定。

他也有一些话想勉励时下的年轻人。

“做人要守时与诚信。做任何事情，须妥善安排，掌握好时间管理；诚信则是要讲信用，答应了别人的事就要做到。”

“一个人的成败在于自己，要有坚强的心，别遇到问题就轻易放弃。决心要做一件事，就要把它做到成功。闲暇时，多陪伴家人及孩子，抽些时间做义工，让生活更充实有意义。”



教育学子 服务华社

顾问
拿督王鸿财

文——郭柳嘉

2013年9月22日，马来西亚生命线协会在王岳海大礼堂举办“20周年会庆慈善午宴”，拿督王鸿财率领团队给予全力配合；

2014年7月20日，拿督王鸿财受生命线协会第11届理事会之邀担任本会顾问；

2014年12月31日，拿督王鸿财通过孟沙国际同济会（Kiwanis Club of Bangsar）举办跨年倒数晚宴，为生命线协会筹得10万令吉活动经费；

2015年7月30日，拿督王鸿财大力协助促成“我听见了你”运动推展礼及巡回讲座。



2014年3月23日，生命线新会所开幕暨铜匾揭幕典礼，拿督王鸿财与夫人首度来到生命线协会会所。

“还记得当时会所里挤满了人，男女老幼，都是一群充满爱心、热爱生命，愿意付出时间与精力为社会大众服务的义工，让我很震撼、也很欣赏！”拿督王鸿财说道。

参观会所时，拿督王鸿财发现电话辅导室的隔音设备不够完善，即刻请当时的

理事苏万安联系一家供应商，并自掏腰包为辅导室添加隔音板，好让义工们能在比较安静的环境中进行电话辅导，拨电前来的求助者也比较能清楚、清晰地与辅导义工交谈，诉说心事。

让华社记得生命线

心理辅导在马来西亚日益普及，许多人在面对生活压力及心理困扰时已懂得要寻求援助，但大家是否会在第一时间想到生命线？

“谈到辅导机构，心灵扶助协会（Be-frienders）已深入人心，然而对许多华人子弟而言以英文为媒介语的辅导毕竟雾里看花，终隔一层，我们还是希望能以自己熟悉的母语来表达心中的感受。因此，生命线协会的存在就变得非常重要了。”

拿督王鸿财认为以生命线协会近年来的活跃度与曝光率，有许多人对生命线已有所闻，但还有许多成长的空间。他鼓励生命线协会多运用各种媒体及网络平台，大力宣传，深入华社，最好能做到“想起辅导，就想到生命线”。

“去年所举办的‘我听见了你’运动非常好，主动走入校园及社会去推广‘倾



听’，让更多人知晓辅导的重要性，同时介绍生命线。”

“人生的际遇常常让人无法预料，今天还满面春风的人，明天可能因为感情问题、家庭纷争、事业受挫或金钱问题，陷入人生的幽谷。我们无法一一确认谁需要辅导，但我们能让需要辅导的人找到我们。尽可能挽救更多发生中或未发生的社会悲剧。”

另一方面，拿督王鸿财提醒生命线在努力向外扩张的同时，得思考续航力的问题，确保内部的人力、财力及资源充足。有必要时，得在质与量之间做出选择，做得少不一定就不好，反而可以让现有的服务更精进、到位。

辅导教育，从学校开始

只要活着，就无可避免会面对问题及种种人生挑战。若人人都能具备面对问题的勇气与韧性，不管多辛苦都不轻言放弃，终将遇见风雨后的彩虹。因此，关于生命的教育，越早开始越好。

“辅导教育若能从小学开始就好

了！然而，目前的状况并不允许在学校开设辅导班。此外，许多华小也面临华裔辅导师资不足的问题。”也是浼都中文华文小学董事长的拿督王鸿财叹道。

“面对心灵困扰的同学，一般上学业也会大受影响，因此学校迫切需要经过培训，懂得如何倾听、陪伴及协助学生处理心理问题的华裔辅导老师。由于语言上的限制，非华裔辅导老师往往不能清楚了解学生所面对的问题，也就不能有效协助学生。”

他鼓励生命线协会主动走入校园，可举办讲座，或与学校配合，为面对心灵困扰的学生进行辅导。

“面对挫折和压力，要学习如何自我调适心情，向师长倾诉或寻求专业辅导，让压抑的情绪寻找到出口。放弃自己、放弃生命，绝不是解决问题的办法，只会衍生另一层面的痛。”

“大家在忙碌的生活中，不妨腾出时间多关爱身边的人，当发觉身边人有情绪和行为变化时，尝试去解开他们的心结吧！”拿督王鸿财补充道。🌻



生命线协会会长苏万安（右四）赠送祝贺奖牌予顾问拿督王鸿财（中）。

马来西亚生命线协会

服务
理念

帮助别人 成长自己

生命线宣言

Declaration of Life Line

我们相信：

天地间存有仁爱与公义，万物有开始与结束。

冥冥之中有一种力量维持宇宙秩序，并赋予人生意义。

We believe

The world is home to righteousness and goodness.

Everything has its own beginning and its own ending.

There is a power that gives meaning to life and moves for peace in the world.

我们相信：

四海之内皆兄弟，各人有彼此照顾的责任。

人人皆有与生俱来的价值权力，以实现自尊与真善美的人生。

We believe

Everyone is our friend, and all people have a responsibility to take care each other.

Everyone has an inborn validity and power to achieve a life filled with self respect and true goodness.

我们相信：

助人为快乐之本，并不计较报酬。

服务社会，必须群策群力。

仁爱是我们服务的出发点。

公义是我们服务的最终目标。

We believe

Happiness is found in helping people with no expectation of help in return.

Service to society mandates action by people together.

We serve from our abundance.

The highest goal of services is righteousness.

因此我们诚心愿意：

奉献我们的时间与才能，服务社会，造福人群。

恪守生命线的精神与守则。

主动负责，鞠躬尽瘁。

So we will donate our time and the ability in service to society
for the good of human beings.

Act by the spirit and according to the rule of lifeline.

Do all that we can because without being ordered to.

2014 ~ 2017年度 第11届理事会阵容

永久名誉会长



丹斯里拿督童玉锦
Amin Sdn. Bhd.
执行董事主席



丹斯里拿督郑福成
局绅
Bina Puri Holdings Bhd
集团董事经理



丹斯里拿督邝汉光
博士
富贵集团创办人兼
集团董事经理



拿督斯里陈正财博士
Santa Mauser Malaysia
Sdn Bhd
总执行长



高桂莲
Kendek Products
Sdn Bhd
董事



陈凯思
Hans Advisory
Trust Co Ltd
特许会计师

顾问



吴信安博士
台湾生命线总会
国际事务委员



拿督邱财加
Brem Holdings Bhd
董事经理



拿督王鸿财
王岳海大礼堂
董事长



李德木

会务顾问



张成市
Poh Hing Li
Marketing Sdn Bhd
董事



林礼菲律师



苏意琴
Nesh Marketing Sdn Bhd
董事经理



会长
苏万安



署理会长
陈娜利律师



副会长
叶运红



副会长
博珊珊



秘书
张福泉



副秘书长
麦嘉强律师



财政
张庆锋



副财政
潘友聪



指导老师
郑如安博士



筹募基金主任
林进利



筹募基金副主任
杨福春



筹募基金副主任
施顺荣



特工组
黄世辉



社会教育组
黄玉燕



社会教育组
王莉善



培训组
黄秀燕



关怀组
江燕雪



行政秘书
陈佩珍



理事
叶威陞



理事
罗丽美



理事
林爱丽



早晨一睁开眼，还未来得及享受温暖阳光，问题即接踵而来。
若说人生是一个不断面对问题、解决问题的过程，感觉似乎好无奈！
我们是否还有另一种选择？

另一种看待问题的视角？
另一种处理问题的方式？
亦或是另一种生命态度？

不仅看到问题，还看见面对问题时的自己。
看见自己如何在挣扎中努力求存，
看见自己的坚强、韧性、毅力、勇敢、耐心……
这些就是我们的生命力量。



2016年，
马来西亚生命线协会邀您一起

倾听 生命的力量





人们一般如何面对问题？

问题的 对抗者

文——郭柳嘉

“问题”和“解决”是最佳拍档，有“问题”出现，就要去“解决”。

甚至可以说，我们都在跟问题对抗，不是问题被处理，就是我们被打败了。

但是……

如果不让“问题”与“解决”分开，我们可能会掉进一个漩涡，

与“问题”纠缠，越陷越深……

资深义工讲师 **王莲明**
我们从小害怕问题



在我们生活的整个大环境中，大多数人都认为问题是不好的。很多人急于解决问题，有些人甚至不允许问题出现、不能出错，一出问题就发脾气或指责他人，这跟我们生长的环境与文化息息相关。


东方家庭的求好心态，希望事事顺心，使得我们不容许有问题。看看我们的小孩，从小就很怕做错事，倒杯水也很怕会打翻。当问题发生或小孩犯错，家庭气氛变得紧绷，接着就出现责备的声音。

于是，小孩从小就认为问题是不好的；长大后，学会报喜不报忧。

反观西方文化，西方人认为“问题本身不是问题，如何面对才是问题”。

在西方家庭里，问题与出错是被允许的，因为西方人相信人们能从错误中学习和成长。你遇到挫折了、跌倒了，站起来后会学到新的东西。

由此可见，东方人与西方人看待问题的角度很不一样，不同的视角也直接影响面对问题的心态与方式。东方人将问题看得很重，对问题的投入也就更深。

诚然，要解决问题需要进入问题中一探究竟，但记得见好就收，在适当的时候从问题中跳脱出来，去看看问题以外的东西，可能是一些助力、资源、亮点，一些自己可以做的，已经做到的等等。别被问题拉下漩涡了！



社会教育组组长 黄玉燕 只处理问题的表象



我是中学的辅导老师，接触过无数行为偏差的孩子。一般上，孩子犯错了，校方会根据条规中所列明的处理方式采取行动，记过、扣分、处罚、停学、开除……

试问不去了解孩子犯错的原因，只告诉他这是条规，你犯错了就得被惩罚，孩子怎能接受？然而，这样的剧情每天都在不同的校园里上演着，背后的原因有很多。

虽然学校有辅导老师，但出于总总限制，如老师们得负责许多非辅导相关的工作、每次辅导学生只有半小时或一小时的时间限制、不允许学生在上课时间见辅导老师、非辅导老师自认可以处理、学生屡次受罚仍未改善才安排见辅导老师等等，皆使得辅导未能真正发挥作用。

此外，许多人包括校方高层对辅导认知也有误区，以为有行为偏差的学生见了辅导老师后会立即变好，不会再犯错、再有纪律问题。

再加上大家工作量繁重，希望尽可能避免麻烦，而学生的纪律问题，往往被视为“你又在制造麻烦了”，最直接的处理方式就是跟条规，一步一步执行，打电话联络家长、记过、扣分、处罚……

如果我们只是硬梆梆地根据规条行事，就无法发现孩子们行为背后的核心问题，所谓的“问题解决”只流于表面，未能真正帮助孩子。☀

资深义工讲师 陈云娟 在乎的，才会深陷其中



从心理学的角度，人碰到问题时，尤其跟自身情绪与心理有直接联系的事，就很容易陷入问题，无可自拔。

关心则乱，若问题与我们在乎的人有关，比如家人、伴侣或孩子，马上会产生焦虑、担心、恐惧等情绪，一旦个人与这些情绪连结，大脑系统就无法进入去做理智分析的工作。于是，我们跟情绪纠缠不清，无法全面地看清整件事情，更无法看见内在的力量。

但如果问题跟个人心理没有直接的关系，譬如工作上的问题，跟我们的情感没连结，所产生的情绪也比较不强烈，冷静了，就能理性分析将问题处理。

因此，当我们面对问题时，可通过观察自己的情绪反应，分辨出是不是与情感有连结的问题。如果是的话，就很清楚自己不能处理了，可从身边的家人、朋友寻求协助，或向与自己生命没有连结的第三方，如：辅导员、心理医生等求助。☀





督导组组长 **王妤娴**
别成为“受害者”



看见问题，不是问题；
但若让自己沉醉在问题中，
陷入受害者情节，那才是真
问题！

有些人遇到问题，会积极面对，寻找解决方法；而有的人则沉迷其中，与问题纠缠，不仅无法从问题中走出来，还让自己成为一位“受害者”。

“受害者”总认为别人对不起他，大环境亏欠了他，自己是多么的不幸、可怜、无能为力……

其实，成为“受害者”可以得到一些“好处”的。在问题初期，他们楚楚可怜的姿态，会赢得许多人的同情、鼓励、关心与协助。

譬如：被家暴的妇女非常清楚自己的状况，也深知自己不想再继续被家暴。但

她也会情不自禁地陷入情绪中，觉得自己很凄惨，得遭受这样的对待，世界很不公平等等。当她向别人诉说自己的遭遇，刚开始会得到很多情绪上的同理和支持，人们伸出援手想帮她走出困境。

若她没把握机会，看见自己的力量，日子久了，人们开始发现她并没有改变或解决问题的意愿，也会渐渐停止支援，甚至疏远她。当这些支持的力量一个个离去，她就更没有能力面对，更加受困在问题里了。

诚然，面对问题的过程挑战重重，一个人的坚持与毅力将在前进的路上受到各种考验。在这个时候，能看见自己内在的强大力量就变得格外重要了。

走过了，迎接我们的是成长的果实；
曾经的困苦经历，有它的意义。🌻



生命

2016 生命线

专题人物

助人者如何看待问题？

倾听生命的力量

文——郭柳嘉

助人者不是高高在上的，也不是全能的，可以解决各种疑难杂症。只不过，受过特定的训练，看待问题的角度有所不同，于是，可以像一面镜子般，让个案看见自己、看见问题的多个面向，至于最终如何面对问题，还得回到当事人本身的选择。

资深义工讲师 **王莲明**
处在黑暗中，仍有亮点



我们自小跟着父母师长学习，在潜移默化中形成一套面对问题的模式，不断重复着而不自知。就这样日复一日，年复一年，遇到相似的问题，我们很自然呈现一贯的反应，直到有一天我们会“觉察”。

根据认知行为治疗，只要对一贯的模式有所觉察，我们就可以“卸下认知”（Unlearn），然后“重新认识”（Relearn）。

当我们下定决心，不再走回同样的旧路，就有了新的选择。当然，在培养新习惯的过程中，我们还是会重复旧有的模式，但没关系，只要有所觉察，并持续练习，旧模式出现的次数会逐渐减少。

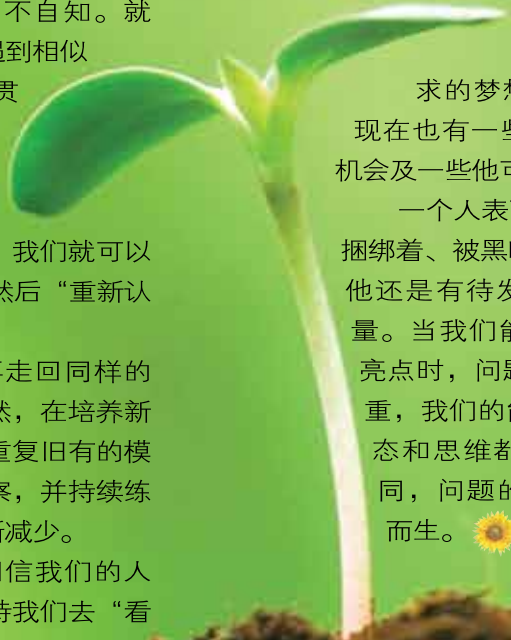
后现代的叙述治疗则相信我们的人生故事蕴含着正向力量，等待我们去“看

见”。面对个案时，别只看到他的问题和无助，而是跳出框框，听听他的过去、现在与未来。他过去的经验有一些很可贵的

亮点，他的未来有一些想追

求的梦想和目标，他的现在也有一些优点、资源、机会及一些他可以做的事。

一个人表面上看似被问题捆绑着、被黑暗笼罩着，其实他还是有待发掘的亮点和力量。当我们能调整目光看见亮点时，问题已经不那么沉重，我们的能量、眼光、心态和思维都会有很大的不同，问题的解决方案应运而生。🌻



督导组组长 **王妤娴**
协助对方更全面看待问题



助人者如何面对自己生活中的困境，就会怎样去帮助别人。有些人比较倾向于看到问题，有些人则比较相信人的力量。若倾向于解决问题，可能会忽略对方所拥有的力量，因此助人者要清楚自己的状态。

基本上，助人者在进行辅导时都有要帮助对方的驱动力，在听了对方诉说的问题后，会多方面询问探索以了解更多问题相关的细节，包括他对事情的想法、情绪、行为、期待及他所拥有的资源等。

我们发现很多个案其实清楚自己的问题，但因为被复杂的情绪淹没了，无法看清整个情况，也没有能力去面对和处理问题。这种情况下，我们需要花很多时间先处理情绪，让他从情绪的牢笼中解脱出来，才能理性地看待问题。

即便是与问题纠缠多年的个案，尽管深陷问题许久，但他没有崩溃，没有做出失控的事情，代表他有一些能力支撑着他走到现在。即使他在逃避，那也是一种能力，一种保护自己不去面对更大痛苦的能力。就看我们如何将逃避转化成比较积极的力量，比如：我能感，我有能力面对及处理问题的能力。

但是，人生中的有些问题是无法解决的。譬如：一位患有末期癌症的病人，他的问题是没办法解决的，只能跟病痛共处直到他的最后一天。但他还是有一些可以做的事情，如珍惜与家人在一起的时光、完成未了的心愿、学习坦然面对等等。许多癌症末期病人，被病魔缠身数年并没有崩溃，有的甚至活得更积极，足可见他们内在的力量。面对这类个案，助人者可以去放大他所拥有的力量，他还能为自己及家人做的部分。

社会教育组组长 **黄玉燕**
相信辅导的正向力量



担任辅导老师多年，我对辅导仍充满信心，相信辅导能给孩子带来正向的能量。

打个比方，学校发生殴斗事件，涉及的两位同学被带到辅导室。表面上，学生犯了纪律问题，需要通知家长、被处罚，甚至停学一段时间。但若从正向心理学的角度来看，我们相信殴斗行为的背后另有原因。

跟两位同学了解后，原来出手的同学是为了维护自己的兄弟，另一位则是捍卫自己的尊严；一个富有正义感，另一位则是避免被欺负才还手。

我让同学们看到他们在这件事情上的思想、情绪和举动，以及情绪澎湃时所产生的冲动。听完我的分析后，同学们笑了，也放下了。他们相互了解对方的想法和观点，知道自己是一时冲动才会用错方式来表达。

事后，我也告知校长两位同学在辅导过程中所展现的态度，请校长再给他们机会。后来，也见了他们的家长，以完美结局收场。家长表示因为这件事，让他们更了解自己的孩子，还拉近亲子关系。

从以上的例子中，我们看到了解问题的核心比什么都重要。那个问题的核心往往是正面的，这也让我们能以正向的方式协助孩子。

而且，孩子一旦了解自己的状态后，也会时时提醒自己，碰到引发内心导火线的事件，要先冷静别意气用事，问题可以另一种方式来解决。

可见以这种看见孩子正向力量的方式来处理问题，比以强硬、规条的方式，更来得轻松及有效。





资深义工讲师 陈云娟
成长，靠自己



之前提到情绪会影响理性分析工作，助人者在遇到问题时当然也免不了会有情绪，但由于接受过培训，比较清楚心理状态变化的过程，能接纳自己有七情六欲及不足的地方，也比较容易从情绪牢笼中解脱。若真的无法自己处理，助人者也知道该向哪儿寻求协助。

而在面对个案时，由于助人者属于跟对方没有情感连结的第三者，也了解情绪崩溃是必然的过程，即使个案处于极度焦虑或情感崩溃状态，助人者仍能保持客观冷静及完全包容接纳对方。

此外，助人者说话的技巧、反映、澄清、与个案的互动、建立关系等，也能让对方产生求救或自救的力量。通常只要情

绪冷静后，他就能像照镜子般看见问题的所在，并开始寻找身边的资源，帮助自己面对问题。

有时候，我们会遇到反反复复的个案，非常享受被同理和接纳的舒服环境，并没有真正想改变的决心，这时双方就得设下目标，有个约定，而这个目标必需是双方认可，彼此共同的目标。

最终，个案是否能走出困境，收获成长与改变，还得回到当事人本身；助人者能做的只是初期的部分，包括陪伴、同理、接纳、让个案看到问题核心、看到力量及方向。成长的路还很遥远，有时还得上山涉海，当事人内心的强大力量是成长的关键。🌻

你知道吗？

我们所拥有的 生命力量

文——郭柳嘉

我们每个人都有爱的力量

于是，娇滴滴的千金小姐在当了妈妈后，为了保护孩子、照顾家庭，变得坚强和勇敢。

我们每个人都有梦想的力量

纵使为了生活疲惫不堪，亦或是稳定安逸了，偶尔，年少时的梦想还会来敲敲门，鼓励我们去做一些自己想做的事，活出生命的意义。

我们每个人都有回应挑战的力量

越艰苦的环境，越能激发人的潜能。80岁高龄的老婆婆，回想8岁时骑着脚踏车，载着一箩筐比她高度还高的蔬菜到遥远的市集售卖，而且每天只睡两个小时。穷困的日子，激发她生命中的韧性与坚毅。

我们每个人都有想改变的力量

虽然有时我们会害怕改变，害怕改变后的未知不如我们所愿，宁可维持现状，在变与不变间，挣扎、纠结着。

到了某个时间点，我们会突破挣扎，放胆地踏出去，好与不好我都愿意为人生负起责任。

我们每个人都有让自己变好的力量

乏味的生活日复一日，年复一年，度日如年……

有一天你会问自己，我还要这样继续下去吗？这一问，唤醒了潜藏于内在的求好力量，推动我们为更美好的人生而努力。

我们每个人都有自救的力量

患上忧郁症的女孩成日以泪洗脸，甚至好几次想要放弃自己了。但她在紧要关头，打了通电话给最好的朋友寻求帮助。她救了自己。

我们每个人都有给爱的力量

看到可爱的孩子，会想抱抱他，疼爱他，把最好的都给他。

看见孤独的老人，会想陪伴他，关心他，照顾他瘦弱的身躯。



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Crystal Crown Hotel
Petaling Jaya
(603) 7958 4422



Crystal Crown Hotel
Johor Baru
(607) 333 4422



Crystal Crown Hotel
Harbour View Port Klang
(603) 3165 4422



Crystal Crown Hotel
Kuala Lumpur
(603) 6259 4422



Sabah Oriental Hotel
(60) 88 258 998 (General)
(60) 88 298 500 (Sales)

We are a group of Hotels that caters to business leaders & travelers throughout the region. We understand the needs of the frequent traveler and are committed to provide our guests with an authentic Malaysian Hospitality experience that is affordable and value for money.

Combined with excellent facilities, attentive staff and strategic location, Crystal Crown would definitely make your stay with us pleasurable and comfortable – truly a home away from home.

Contact person: Shamini (Sales & Marketing Manager) H/P: 016-201 4185

主办:



马来西亚生命线协会 (1603/93)
Life Line Association Malaysia
Persatuan Life Line Malaysia

指定宣传电台



第11届

马来西亚华社辅导研讨会 2016

11th Malaysian Chinese Counselling Conference

“我听见了你—— 倾听生命的力量”

“Listening to the
Strength of Life”

2016年3月31日前报名

早鸟优惠, 报名从速!

RM250/人

原价: RM350/人

日期: 2016年9月10日-11日
地点: Crystal Crown Hotel,
Petaling Jaya

详情联络: 03-4265 7995 | 网上报名: www.lifeline.org.my | 面子书: Life Line Association Malaysia

太阳花大使:



辅导大使:



爱心大使:



关怀大使:

Optic World Enterprise Sdn Bhd
李德木顾问
李丽琼女士

“我听见了你——
倾听生命的力量”
Listening to the
Strength of Life



马来西亚生命线协会
Life Line Association Malaysia
Persatuan Life Line Malaysia

指定宣传电台 **MELODY FM**

安静、创造与美的 内在旅程

「如何从曼陀罗看见生命的力量」工作坊

心如工画师
能画诸世间
五蕴悉从生
一切唯心造

画曼陀罗是一个锻炼心灵的工具，也是一个培养静心、激发创造力，以及敞开心迎向美的内在旅程。曼陀罗绘画是一个当下的旅程，无需绘画天赋。绘画不是这个旅程的重点，而是能透过安静的心，与内在创造力相遇，并化身为美的因子，来进行内在能量重振。

工作坊形式：学习曼陀罗构图；练习对内在图形的连结；激发对内在色彩的敏感与捕捉；学习用色彩和图像去表达内在意象；培养在绘图过程中对自我观察的能力；学习安住在画图。

【第11届全国华社辅导研讨会】

日期 | 2016年9月10-11日

地点 | Hotel Crystal Crown, PJ

早鸟 | 3月31日前报名只需RM250，而且每场

【全马辅导巡礼】系列专题工作坊将折扣RM80！

报名 | <http://goo.gl/forms/T5JLNJDvLZ>

详情 | <https://www.facebook.com/11mccc>



此工作坊由
张春源硕士带领

“我听见了你—
倾听生命的力量”
“Listening to the
Strength of Life”



指定宣传电台 **MELODY FM**

度過黑暗 轉化悲傷

「如何从善终·善生·善别看见生命的力量」工作坊

让即将离去的病人得到善终
让我们彼此的关系得到善别
让失去亲人的家属得以善生

在挚爱的人还未去世时，我们是否知道我们可以为他们做些什么？
在我们还未去世时，我们是否知道我们可以为自己做些什么？

此工作坊以影片、小组讨论、雕塑、授课、游戏、分享故事来一
一和你激荡思考，在死神未来临之前，我们还可以为自己以及别
人做些什么。

【第11届全国华社辅导研讨会】

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报名 | <http://goo.gl/forms/T5JLNJDvLZ>

详情 | <https://www.facebook.com/11mccc>



此工作坊由
冯以量硕士带领

“我听见了你——
倾听生命的力量”
“Listening to the
Strength of Life”



指定宣传电台 **MELODY FM**

安頓身心 活在當下

「如何从正念疗法看见生命的力量」工作坊

當念頭升起時，我覺察得到念頭的升起；
當念頭停留時，我覺察得到念頭的停留；
當念頭消逝時，我覺察得到念頭的消逝。

为了摆脱机械式的生活和奔波忙碌，正念训练作为一种思维方式，可以直接与身心建立联系，让我们在「活着」的当下，感受自己的存活。这有助于个人的身心健康，并提升个人对生命的感知与感恩，改造生活品质。

工作坊内容：尝试正念、认识自动驾驶、探索与觉察当下的身心状态、面对与放下、日常生活中的正念等。学员通过活动练习体验，学习如何培养正念觉察力，促进了解自我的身心世界，亲身体验感受当下所带来的力量，将「活在当下」的自在与智慧，落实到日常生活中，从学习正念的过程中找回心的喜悦、看见生命的力量。

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详情 | <https://www.facebook.com/11mccc>



此工作坊由
黄秋媚硕士带领

“我听见了你—
倾听生命的力量”
Listening to the
Strength of Life



指定宣传电台 **MELODY FM**

穿越梦境 遇见 最真实的自己

「如何从梦的解析看见生命的力量」工作坊

「梦」是内在自我的延伸
「梦」演出真实的你，那个需要被关照呵护的部分
「梦」说出你深处不愿面对的感受

透过对梦的理解，协助你了解自我与他人内心的景况，开始走向爱与和解的方向。此工作坊将以深入浅出的方式，让您透过对梦的了解更认识自己、亲人及周遭的朋友。

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此工作坊由
王荣义牧师带领

“我听见了你—
倾听生命的力量”
“Listening to the
Strength of Life”



馬來西亞生命線協會
Life Line Association Malaysia
Persatuan Life Line Malaysia

指定宣传电台 **MELODY FM**

創造 教室裏的「魔法箱」

「如何从结构式游戏治疗之班级经营看见生命的力量」工作坊

为学生创造一个「魔法箱」
让这「魔法箱」存放着「希望」
存放着一个正向且独特的生命经验
每位学生都因为有这个「魔法箱」
而更健康、乐观、积极的面对一切挑战

透过玩具、对象、媒材、绘本、故事...与学生建构一段有趣的、被关心的、被肯定的生命经验与回忆。十年之后，这些看似平常却又不凡的事物与回忆，将会是他一生珍藏的「礼物」——是你给他的一个生命「礼物」。

工作坊形式：以团体形式，透过讲演、示范、映片欣赏、小组讨论、角色表演等方式进行学习。

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报名 | <http://goo.gl/forms/T5JLNJDvLZ>

详情 | <https://www.facebook.com/11mccc>



此工作坊由
郑如安博士带领

“我听见了你—
倾听生命的力量”
Listening to the
Strength of Life



马来西亚生命线协会
Life Line Association Malaysia
Persatuan Life Line Malaysia

指定宣传电台 **MELODY FM**

看见故事裏的 生命力

「如何从叙事治疗看见生命的力量」工作坊

「故事」贴切地描绘我们的生命
最具说服力的「故事」，就是我们的人生

让我们透过生活故事的叙说、外化、解构、重写等历程，跳脱问题的框限，看见生命力，找回对自己独特意义与认同，进而启动生命的面对与发展。

工作坊内容：介绍叙事的后现代性与解构精神、对话的方法以及结合艺术媒材、反映团体、信件、证书等的运用，以讲解、实务体验、对话访谈示范与练习来进行学习。参加者除了对叙事治疗有整体的认识之外，将能经验到共同参加成员丰富而宝贵的生命力量。

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报名 | <http://goo.gl/forms/T5JLNJDvLZ>

详情 | <https://www.facebook.com/11mccc>



此工作坊由
林香君博士带领

第11届马来西亚华社辅导研讨会 更多精彩内容！！

A

研究报告

发现问题·深思力量——我们的社会需要什么辅导力量？

B

研讨课题

研讨课题 1：看见问题VS看见力量

黄玉燕、余莹樱——正视我国教育体制中辅导的问题vs力量

王舒娴——正视辅导员的辅导模式——看见问题或看见力量？

郑如安——从游疗谈起，台湾如何将问题转化成为力量

研讨课题 2：如何看见生命力量？

王莲明——助人者如何发现自我力量？

郭富美——正视本土辅导文化的丰富性与力量

王荣义——从梦境诠释人的潜意识力量

研讨课题 3：看见生命力量之美！

陈云娟——当助人者的个体力量变成社会力量时

冯以量——黑暗亦是力量

林香君——在叙说中看见生命之美

C

华社辅导机构交流会

报告：整合力量·扩大力量！——从过去规划现在与未来

交流：辅导机构之间如何整合力量·扩大力量？

D

工作坊（六选一）各工作坊将同步进行。

张春源——曼陀罗

冯以量——善终·善生·善别

黄秋媚——正念疗法

王荣义——梦的解析

郑如安——结构式游戏治疗

林香君——叙事治疗

E

公开演讲：全球趋势——发现生命的亮点！

王荣义——别小看一个梦的力量！

林香君——因为挫败，力量大迸发！

配合第11届马来西亚华社辅导研讨会主题——倾听生命的力量，生命线协会资深义工也将进行“全马辅导巡礼”，到全马各州办巡回讲座及工作坊，提升全民对心理辅导的认知与正视。

此外，生命线协会也将陆续邀请三位知名国外讲师郭洪国雄老师、黄龙杰老师及梁翠梅老师，分别在4月、5月及7月在雪隆、北马、南马及东海岸城镇办讲座及工作坊，让心理辅导的学习热潮持续燃烧。

2016年生命线协会诚邀全民参与心理辅导的飨宴，一同正视蕴涵于问题底下的生命力量，学习突破思考瓶颈、发掘深层力量与亮点。



学历

彰化师范 大学辅导与咨商学系博士

中正大学社会福利硕士

专长与研究领域

助人技巧实务、心理学、亲职教育、

社会工作、团体/个别咨商、

两性关系与两性沟通

全马辅导巡礼一系列专题工作坊 I & II (雪隆区&南马区)

绘本的疗愈力量

疗愈儿童，照见力量

绘本欣赏、教学与辅导工作坊

绘心一笑，心灵良药。绘本是一种老少皆宜的图书，也是一种全脑开发的阅读媒材，里面的文字与图画可训练以及刺激我们的左右脑，使我们的大脑可以有良好的运转。这绘本不仅适合小孩阅读，更适合让成年人和老年人欣赏这绘本。还等什么？赶紧行动来报名吧！

透过此工作坊...

我们可以学习如何将绘本运用在教育方面和学习如何把绘本与辅导方面连接起来，帮助个案从绘本中找到生命的力量

第11届

马来西亚

华社辅导研讨会

我听见了你

倾听生命的力量

主办：

马来西亚生命线协会
Life Line Association Malaysia
Persatuan Life Line Malaysia



指定电台：MELODY FM



雪隆区

日期 | 2/4/2016 - 3/4/2016 (六,日)

时间 | 0900-1700

地点 | 富贵纪念馆三楼培训室

南马区

日期 | 9/4/2016 - 10/4/2016 (六,日)

时间 | 0900-1700

地点 | 新山讲演会会所

报名 | <http://goo.gl/zE86Tp>



郭洪国雄博士





黄龙杰临床心理师

全马辅导巡礼—系列专题工作坊 III&IV (雪隆区&北马区)

危机处理艺术

背景

远东新世纪集团合作讲师
台北市立疗养院 临床心理师
公务人力发展中心讲师
中华航空、长荣航空、
台北捷运、台电、中油特约心理师

听见生命，扭转逆境

去倾听生命的力量吧~从心理学到文学
人生会遇到三种危机如发展、适应、人生意义性危机，而
我们可以做的是学习五种策略来回应这三种危机，以得安
身安心，自助助人
透过此工作坊
可相互交流、分享经验，还可以明白人生有三种危机与其
五种危机处理策略。还等什么呢？赶紧来保名吧！

雪隆区

日期 31/5/2016 - 1/6/2016 (二、三)

时间 0900 - 1700

地点 马来西亚生命线协会

北马区

日期 28/5/2016 - 29/5/2016 (六、日)

时间 0900 - 1700

地点 檳城檀香寺

报名 <http://goo.gl/zE86Tp>

第11届

马来西亚

华社辅导研讨会
2016

我听见了你

倾听生命的力量

主办：



马来西亚生命线协会
Life Line Association Malaysia
Persatuan Life Line Malaysia

指定电台：



3月31日前报名第十一届全国华社辅导研讨会的学员可享受折扣RM80的优惠

全马辅导巡礼--系列专题工作坊 V (雪隆区)

Playback Theatre

一人一故事表达性治疗

改变生命~改变世界的修『行』之路
一人一故事剧场 (Playback Theatre) 是一种即兴的交互式剧场, 也是一种新兴的辅助疗法。其演出并无预定的剧本, 透过现场观众口述的亲身经验, 在主持人的引导下, 演员和乐师立即运用简单有系统的表演形式, 将故事呈现出来, 并把演出回送给说故事人和所有观众。

透过次工作坊

可以充分体验无条件地接纳、包容、镜照、同理和尊重, 以及生命经验交会时的深刻感动。

第11届
马来西亚
华社辅导研讨会 2016
我听见了你
倾听生命的力量

联办:



马来西亚生命线协会
Life Line Association Malaysia
Persatuan Life Line Malaysia



指定电台:



梁翠梅博士

学历

台湾艺术治疗学会认证艺术治疗师
台湾身心教育学会会员
加贺谷音乐照顾协会会员
国家高考合格咨商心理师
台湾艺术治疗学会专业协会会员
台湾咨商心理师全联会会员
台湾东海大学推广部艺术治疗硕士学分班物理教授

专长

一人一故事剧场、表达性艺术治疗、多元辅助疗法

日期 6/7/2016 - 9/7/2016 (三至六)

时间 0900 - 1700

地点 闹剧场

Midfields Square West, B1-28-1, Jln 11/108C, Tmn Sg Besi, KL

报名 <http://goo.gl/zE86Tp>

费用 会员 RM 730 (早鸟 RM 630)

非会员 RM 780 (早鸟 RM 680)

早鸟优惠至 3/6/2016

报名含午餐、茶点、证书与价值 RM25 《我听见了你》一书

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马来西亚生命线协会 (1803/93)
Life Line Association Malaysia
Persatuan Life Line Malaysia



我听见了你

一个纯粹的想法。

生命线协会做了22年辅导，累积了丰富的倾听经验，
若是能够分享出去，让更多人也学会倾听，
就能帮助身边饱受心灵困扰的人们，
减轻压力、减少忧郁、预防自杀，还能促进关系和谐。

于是，生命线协会于 2015年推出“我听见了你”运动，
让资深辅导义工走出辅导室，走入全国各地校园与社区，以巡回讲座的方式宣导倾听，
以建立“会听、愿听”的幸福家庭与关怀校园。

“我听见了你”运动获得各界热烈回响，
我们在9个月内，举办了65场巡回讲座，足迹遍布半岛，
受惠人数达1万人次。

感谢各界的响应与支持，
2016年，我们再接再厉！



特别报导



4月8日 IOI 集团



4月10日 波德申中华中学



4月11日 沙登公民华小



6月19日 吉隆坡侨南华小



6月22日 老港中华小学



7月1日 吉隆坡中华国中



8月30日 马来西亚台湾教育中心



9月14日 文良港中华华文小学



9月17日 敦陈祯禄华文学校



10月26日 增江北区华小



10月28日 文良港民义华小



11月8日 马来西亚生命线协会



5月9日 沙沙兰中华小学



5月19日 巴生共和华小



5月26日 吉隆坡南益华小



7月23日 双武隆海滨华小



8月22日 关丹中华中学



8月26日 沙叻觉侨华小



9月20日 Shambala Kidz



9月29日 爪哇村启明华文小学



10月16日 巴力文打新华华小



11月15日 瓜登中华维新中学



11月15日 吉兰丹中华独中

贊助人 Sponsors

"LISTEN" Campaign Launching Ceremony

特别报导



“我听见了你” 运动推展礼

“我听见了你”运动的三位义工讲师兼新书作者余莹樱、王妤娴及王莲明，也在当天的座谈会“听见问题更听见力量”中分享各自的“倾听”心得。小小的故事，蕴含很深的意义，学习倾听拉近人与人，心与心的距离。推展礼在公众热烈的掌声中圆满落幕。

感恩一路有您

“我听见了你” 讲座承办单位

- IDC Creative Motivation Sdn Bhd
- IOI 集团
- Shambala Kidz Leadership Pre-school
- 中国小学
- 关丹中华独中
- 加叻华小
- 加影育华国民型中学
- 双武隆海滨华小
- 吉兰丹中华独立中学
- 吉隆坡中华国中
- 吉隆坡中华独中
- 吉隆坡侨南华小
- 吉隆坡公民华小
- 沙登埠公民华小
- 吉隆坡冼都中文华小
- 吉隆坡励志华小
- 吉隆坡南益华小
- 吉隆坡尊孔国中
- 吉隆坡文良港民义华小
- 吉隆坡新街场光汉华小
- 吉隆坡精武华小
- 增江中区二校
- 增江北区华小
- 峇株巴辖华仁中学
- 巴生中华独中
- 巴生共和华小
- 巴生港口班达马兰华小B校
- 巴里文打新华华小
- 敦陈祯禄华文学学校
- 文良港中华华小
- 新邦摩立国民型华文小学
- 檳城钟灵独中
- 沙叻秀华小
- 沙叻觉侨华小
- 沙沙兰中华华文小学
- 波德申中华中学
- 爪哇村启明华文小学
- 瓜拉登嘉楼中华维新国民型中学
- 生命旅程休憩站
- 甲洞国中
- 老港中华小学
- 而榄培智华小
- 芙蓉启华华小
- 马来西亚台湾教育中心



生命线

2016 生命線 专题会刊



“我听见了你” 运动主题曲

我听见了你

词曲：刘永辉 演唱：Jin 薛炳进


生命是最美的旅行
沿途有些崎岖
总有人为你遮风挡雨

困难终究都会过去
你要更爱自己
希望和奇迹都在等你

醒来还有心跳呼吸 代表幸福没离去
爱让我们更有勇气 去看未来风景

我听见了你 最内心的声音
让倾诉融化了距离
让安慰抚平伤痛擦干泪滴

我听见了你 最真实的声音
千万不要说放弃
就算天塌下来我陪你撑起

我们选择用微笑体谅不完美
一定会有人更懂你 就让我为你倾听 



点击下方连结收听：

<https://www.youtube.com/watch?v=HAi3maOIZfE>

拍摄花絮

我听见了你MV

线

『2017 生命线』
专题合刊



演员试镜



歌手录音



道具



正式拍摄



生活心理书籍

把“倾听” 带回家

《陪伴·倾听·了解》 ——结构式游戏治疗之基本理念与实务

一本

可以让父母更贴近孩子的书；

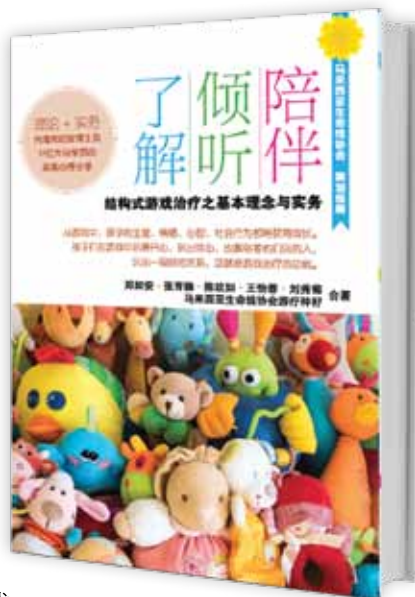
让家长、老师及公众人士了解、倾听及陪伴孩子的方式；

一本

来自台湾的游戏治疗导师郑如安博士，

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合著的游戏治疗书籍。



《我听见了你》

就算全世界只剩下你和我，

有你的倾听与陪伴，我就不感到孤单。

你听见了我……

12位资深辅导义工

分享辅导中，最基本、也最重要的技巧——倾听

把倾听融入生活，发掘生命的美好！



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询问详情

行政处：03-4266 6195

电 邮：publication@lifeline.org.my



生命线


2016 生命线 专题会刊

“我听见了你” 运动2.0

2016年 巡回讲座及工作坊

2016年，在询众要求下，除了讲座，我们也将开办“我听见了你”工作坊，由资深义工讲师亲自授课，指导大家如何在日常生活中运用“倾听”并亲身体验“被倾听”的美好感受。

序号	讲题
工作坊 1.	“我听见了你” 工作坊（半日/一日）
工作坊 2.	“压力之友” 工作坊（半日）
全新讲题 3.	倾听生命的力量，而不是问题！
4.	预防自杀，从听见开始！
5.	化压力为助力，从听见自己开始！
6.	快乐教师（父母），从听见自己开始！

- | | |
|-----|--|
| 7. | 快乐学生，从听见自己开始！ |
| 8. | 最后一名也能赢到最后！——如何听见孩子问题，更听见问题之下的亮点？ |
| 9. | 天生我才在哪里？——听见自己的亮点 |
| 10. | 因为游戏，我们更亲密——认识游戏治疗 |
| 11. | 听见校园内不同的声音——听见孩子不同的性展现与性取向 |
| 12. | 看见情绪底下的彩虹 |
| 13. | 性教育讲座：男女有别  |

生命线欢迎全国各地的华小、独中、国民型中学、各地会馆、华团、企业机构等来共同推动“我听见了你”运动，有意承办者可联系行政部 03-4266 6195或电邮至event@lifeline.org.my

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- 1 公司税:** 离岸非贸易活动: 0%税
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感恩义工

义工是生命线协会最宝贵的资产。


23年前，因为一群关心社会的义工，生命线协会成立了。
义工们携手走过最困难的年代，
即使生命线协会一穷二白，几乎家徒四壁，他们都不离不弃。

终于，生命线协会迁入更舒适的活动空间，
义工们的付出也更积极投入，
还持续栽培新人，鼓励年轻一代加入义工行列。

在这里义工们只问付出，不问收获，也怡然自在。
义工之间的互相扶持与鼓励，交织出无数动人的故事。

这就是马来西亚生命线协会，
一个可以让人心感动的地方。
一个让人们可以探索内心及寻获人生价值的空间。

感谢我们的义工，
成就了生命线协会的价值。



团队力量

我们的义工1 辅导组

文——郭柳嘉

生命线协会的辅导义工每年辅导超过1,000位个案，来求助的公众跨越各年龄层，从十多岁的青少年，至年迈的长者，所面对的人生问题更是种类繁多。

除了一般的感情问题、夫妻关系、事业人生、家庭关系、亲子关系等等，有时义工们也会遇上背景较为不同的个案，譬如：同性恋者、爱滋病患、特殊儿童等，因此义工们得不断充实自己，吸取专业知识，方能为社会大众提供专业的辅导服务。

辅导义工充电站

2015年辅导组义工为伙伴们策划了三场“辅导义工充电站”，让平时因值班日不同较少见面的义工聚一聚，除了交流，增进各班义工的感情与凝聚力外，还特邀专业讲师授课，针对某个辅导相关主题进行学习，同时达到“充电”与“补充知识”的双重效果。

这三场充电站分别为同志辅导工作坊、爱滋病辅导工作坊及能量舞动内在小孩疗愈工作坊。同志辅导工作坊由来自新加坡的钟志鸿先生授课，有助于义工了解及协助

同志社群，包括女同性恋者、男同性恋者、双性恋者及跨性别者（LGBT）。

爱滋病辅导工作坊则是由庄汉扬注册辅导员带领。讲师详细的讲解，加强义工们对爱滋的正确认识、了解爱滋对社会与个人的冲击，同时传授如何接触爱滋带原者及其家人、朋友的技巧，促进理解与接纳。

能量舞动内在小孩疗愈工作坊由林月萍导师带领，通过能量舞让义工们接触自己的内在感觉及受伤的内在小孩，释放情绪，进而提升自我接纳、自我价值，学习爱自己本来的样子。唯有将自己照顾好了，才有能力去帮助其他人。

辅导义工培训课程

此外，为招募更多辅导义工，以应付日趋提升的辅导需求，生命线协会也于2015年起对辅导义工培训课程进行改革，将本来耗时一年半的课程，第一次以密集式课程培训义工并每年开办两次课程，希望能以更短的时间、更高的效率，培育出更多辅导义工。

在第一阶段的课程里，先以体验式活



第17届辅导义工培训课程出游

动，让学员们探索及了解自己的情绪、想法和行为，同时带领学员们回顾个人的成长历程，从中培养包容、接纳、尊重、真诚等态度。第二阶段课程则偏重于辅导技巧的学习，同时补充辅导相关的专业知



充电站之爱滋病辅导工作坊



充电站之同志辅导工作坊



第17届辅导义工培训课程

识。让学员们通过一次次的演练及资深辅导义工的指导与回馈，逐渐掌握辅导技巧。

第一批接受密集培训的辅导义工已完成第二阶段的课程，将于4月份进入辅导室实习，成为生命线协会辅导组的新生力军。🌻

日期	2015年辅导组活动
26/4/15	辅导义工大会
26/4/15	充电站之同志辅导工作坊
05/7/15	充电站之爱滋病辅导工作坊
15/11/15	充电站之能量舞动内在小孩工作坊
5/9—8/11/15	第17届辅导义工培训（第一阶）
29/11/15—13/3/16	第17届辅导义工培训（第二阶）



线

2016 生命线 专题会刊

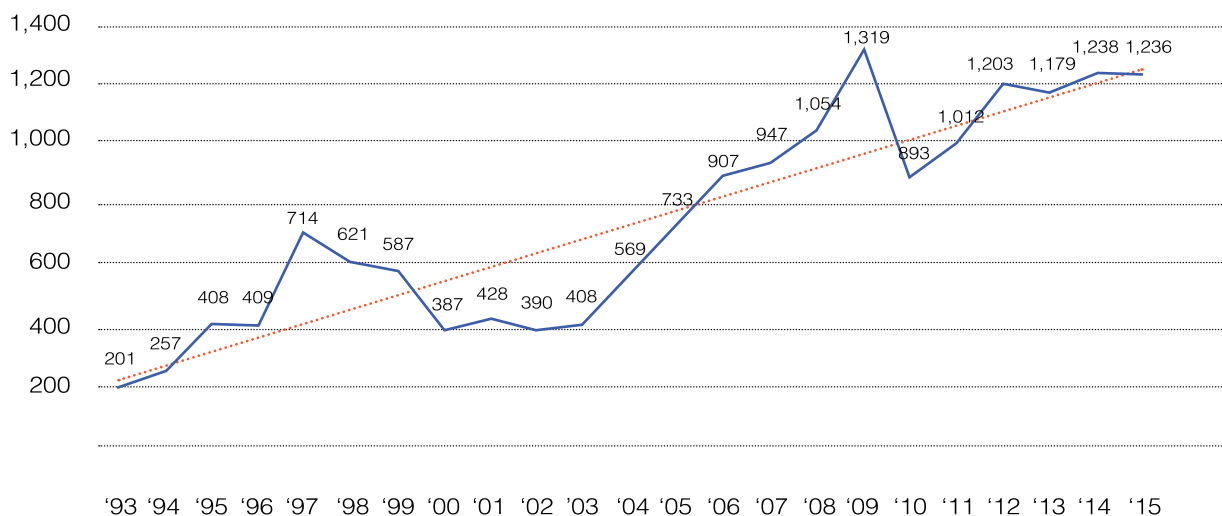


辅导组义工接案统计

23年里

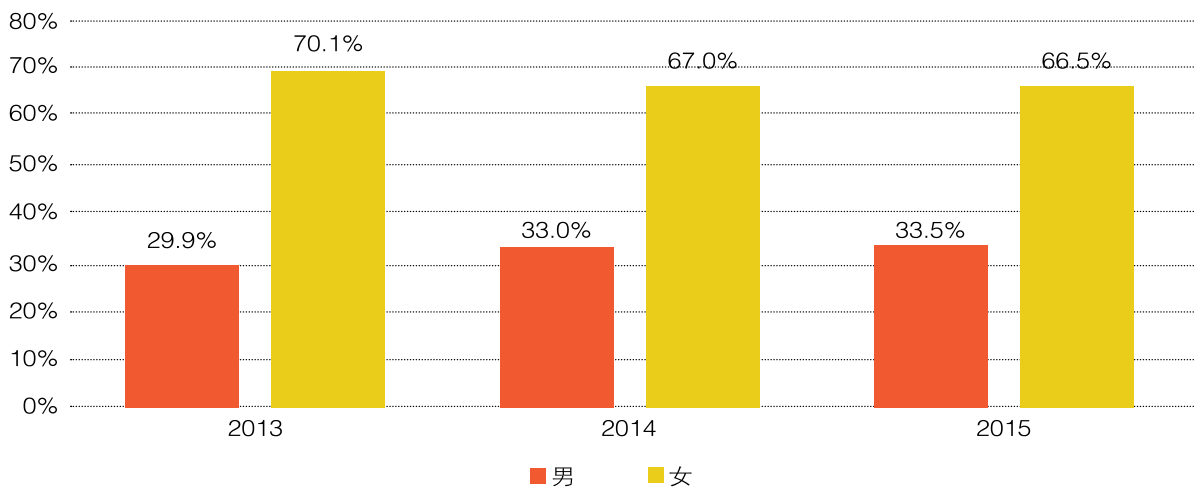
我们倾听了1万7千人

1993年至2015年年度总接案人数

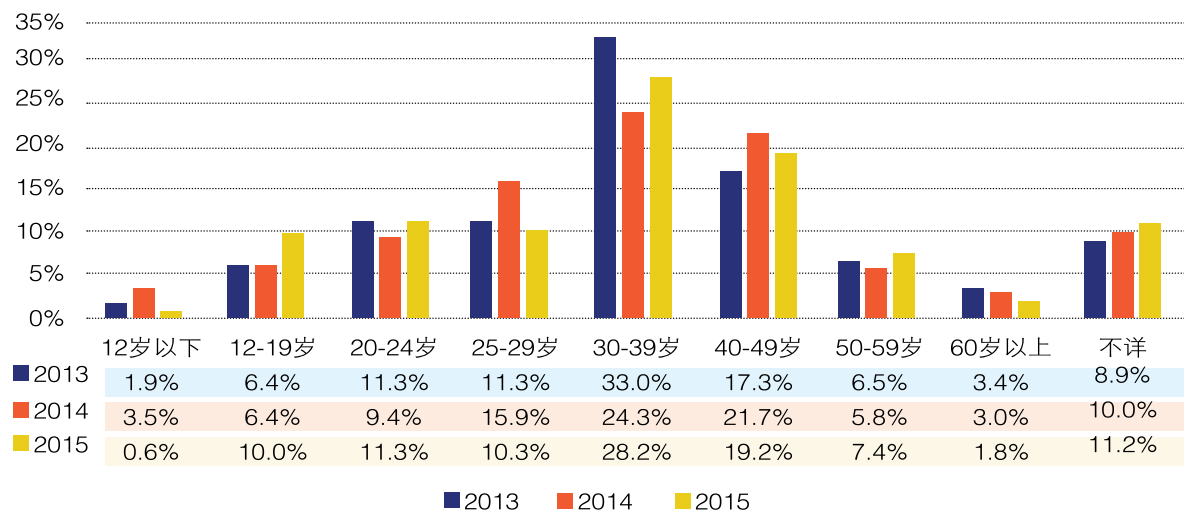




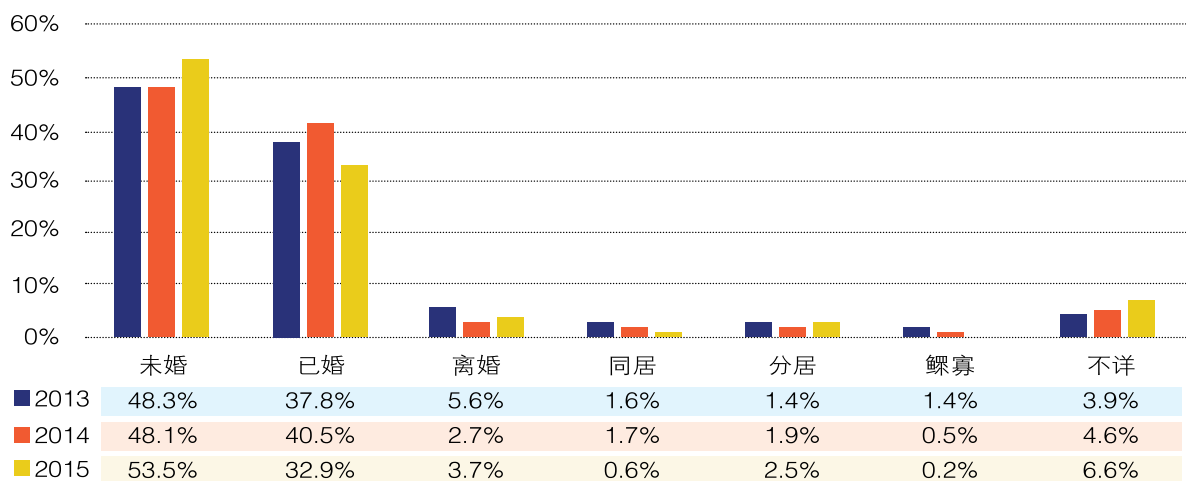
2013年至2015年个案性别对比



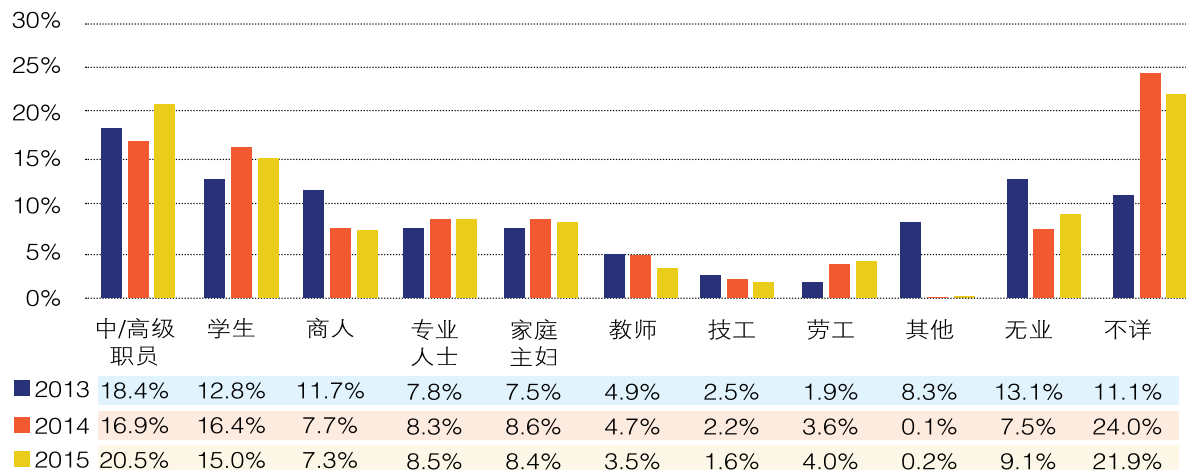
2013年至2015年个案年龄对比



2013年至2015年个案婚姻状况对比

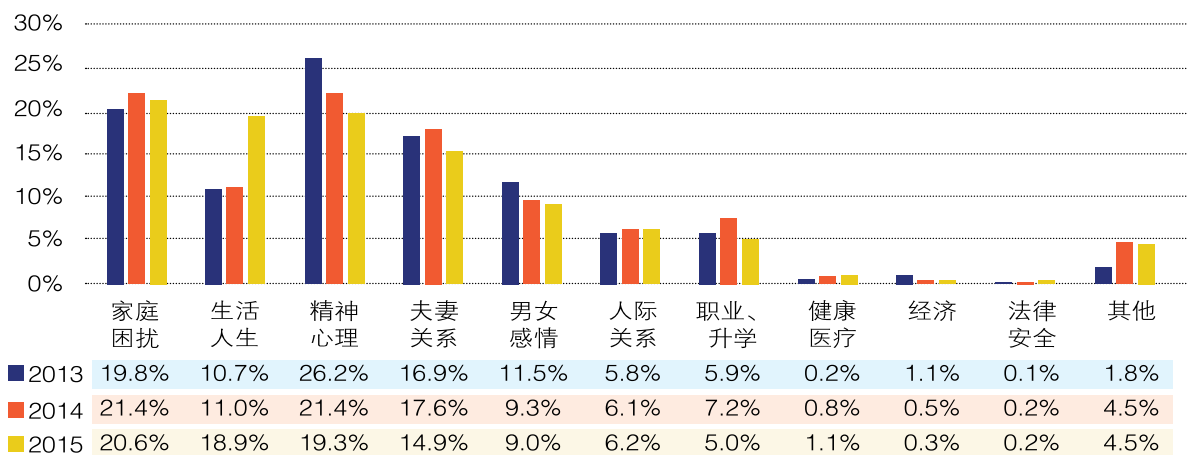


2013年至2015年个案职业对比

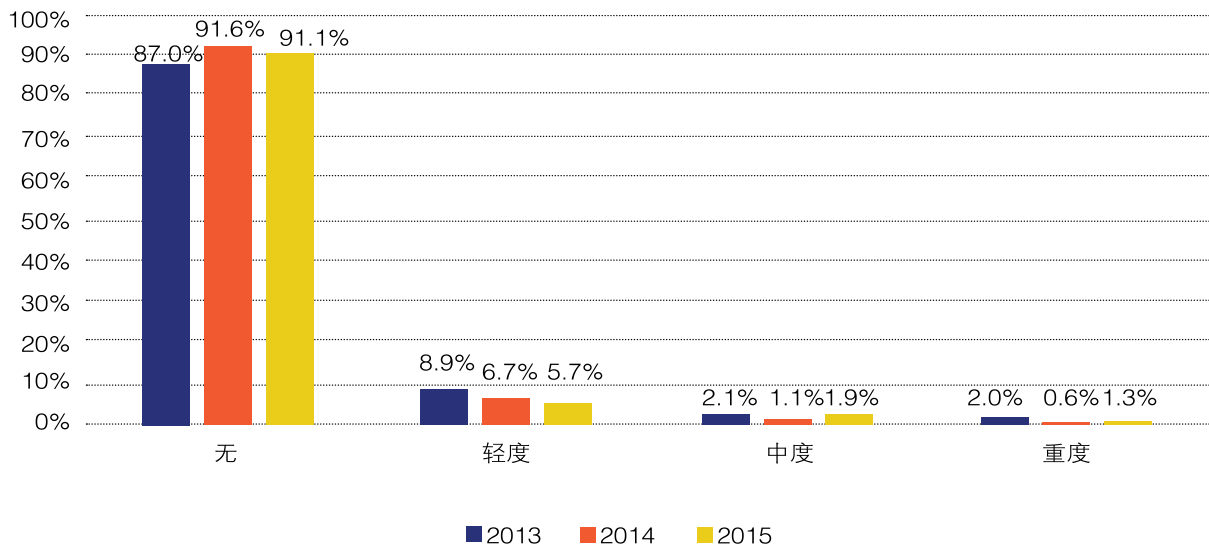




2013年至2015年个案问题类别对比



2013年至2015年个案自杀意念对比





我们的义工 2

《陪伴·倾听·了解》新书推介礼

游戏治疗组

文——叶淑铃、郭柳嘉

2012年底，在前会长高桂莲及理事们的努力推动下，生命线协会有幸邀请来自台湾的郑如安博士来马开办结构式游戏治疗工作坊，为生命线协会开启了游戏治疗这块新领域。

开始提供游戏治疗服务后，生命线协会接到许多家长的询问与预约；举凡以游戏治疗为主题的讲座皆吸引众多家长及教育工作者前来学习，足可见现今社会对游戏治疗的需求之高。

出版游戏治疗专书

2015年，生命线协会的结构式游戏治疗之旅迈入第三个年头，也培养了一批义工，开始为有需要孩子进行游戏治疗。

当义工们开始将理论化为实务，激荡

出许多心得及温馨动人的故事，这一切都收录在生命线协会的第一本生活心理书籍《陪伴·倾听·了解》里了。

这本书结合了台湾老师的专业及游疗义工们的学习与实践心得，将理论和实务双结合，还融入本土色彩，期盼此书能为想要学习游戏治疗的人们，提供一个很好的参考。

我们也希望藉由此书，让外州或偏远地区还没有机会接触游戏治疗的家长、老师们，也能学习游戏治疗的基本技巧，运用在与孩子的日常互动中，给予孩子专注、接纳、肯定等优质陪伴，让孩子们快乐、健康成长。

与妇女援助组织合作

9月18日，马来西亚生命线协会与妇女



援助组织（WAO）签订合作备忘录，首度为妇女援助组织庇护所与孩童照顾中心的小孩提供游戏治疗，增强小孩成长过程中的抗逆能力。此合作计划预计提供900次一对一的游戏治疗疗程，并由毕马威会计公司（KPMG）全力赞助。

游戏治疗以小孩为中心，以支持性原则陪伴孩子了解自身的处境，缓解他们在家庭纠纷中所受的心灵创伤。在游戏治疗过程中，家暴孩子将学会表达并了解自己的负面情绪，更懂得如何面对暴力、分离、羞愧、内疚与迷失等生活情境，增强他们的抗逆能力。

妇女援助组织会长陈月蓉表示，从2015年7月开始接受辅导的32名小孩的身上已能看出游戏治疗带给他们的成长。

过程中的开心与盲点。

游戏式教养是以游戏的方式建立孩子的自尊与能力，及表达自己的一个方式。在这允许的游戏时间里，孩子是可以自由地为自己做决定。这可以加强孩子的独立自主性，而这是一个很好的人格教养。

游戏治疗同乐会让大众能够从中了解游戏式教养的中心概念，也可以唤醒大众对陪伴孩子玩游戏的重要性。



与妇女援助组织（WAO）签订合作备忘录

游戏治疗同乐会

10月31日，生命线协会首度举办“游戏治疗同乐会”。

这个分享会以座谈会的方式进行而当天是由一名主持人王好嫻和三位分享人叶淑铃、张婉仪和张秀娴分享游戏治疗对孩子、对亲子关系有何帮助。

游戏治疗同乐会主要以分享游戏式教养为主，而我们相信每一个愿意接触游戏治疗的人都对孩子有着一定的热诚、一定的关爱。

在分享会中，分享人都很真诚一致地分享自己在学习游戏治疗前后的体会，也分享了自己在

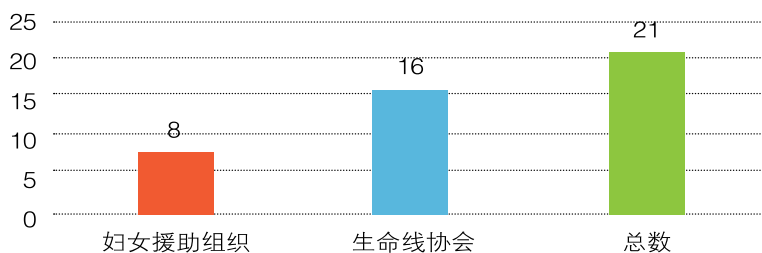
日期	2015年游戏治疗组活动
31/5 — 2/6/15	游戏治疗工作坊（第五阶）
4/6 — 7/6/15	游戏治疗工作坊（第一、二阶）
5/6 — 6/6/15	游戏治疗工作坊（第三阶）
8/6/15	《陪伴·倾听·了解》新书推介礼
10/6 — 13/6/15	北马游戏治疗工作坊（第一、二阶）
18/9/2015	与妇女援助组织（WAO）签订合作备忘录
19/9 — 20/9/15	南马游戏治疗工作坊（第一阶）
23/9 — 24/9/15	游戏治疗工作坊（第三阶）
31/10/15	游戏治疗同乐会
1/11/15	游戏治疗义工基础培训
5/12 — 8/12/15	游戏治疗工作坊（第一、二阶）
10/12 — 11/12/15	游戏治疗工作坊（第四阶）
12/12 — 13/12/15	南马游戏治疗工作坊（第一阶）

游戏治疗组

义工接案统计

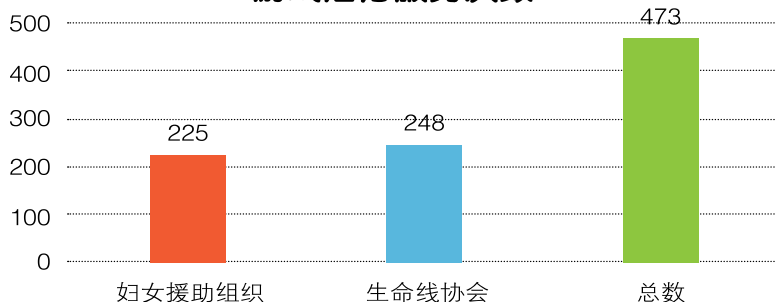
本会提供的游戏治疗服务不单在本会会所进行，也为妇女援助组织的小孩提供游戏治疗服务，以下图表显示本会义工于2015年6月至12月在妇女援助组织与本会所提供的游戏治疗服务概况。🌻

游戏治疗义工人数

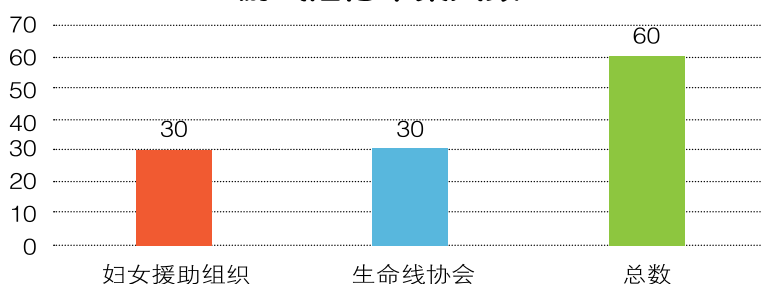


** 有三位义工同时在生命线协会及妇女援助组织服务。

游戏治疗服务次数

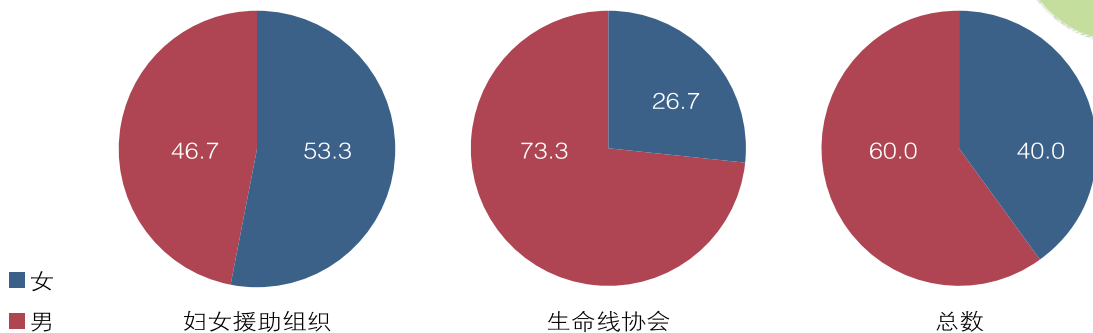


游戏治疗个案人数

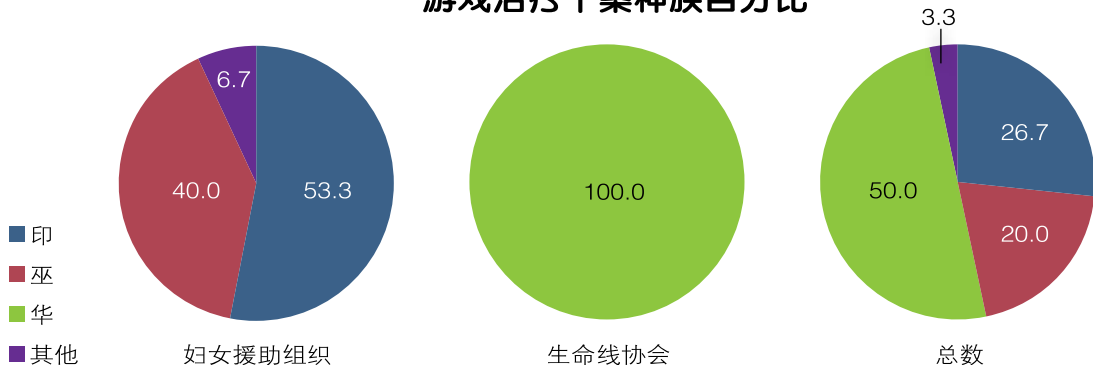




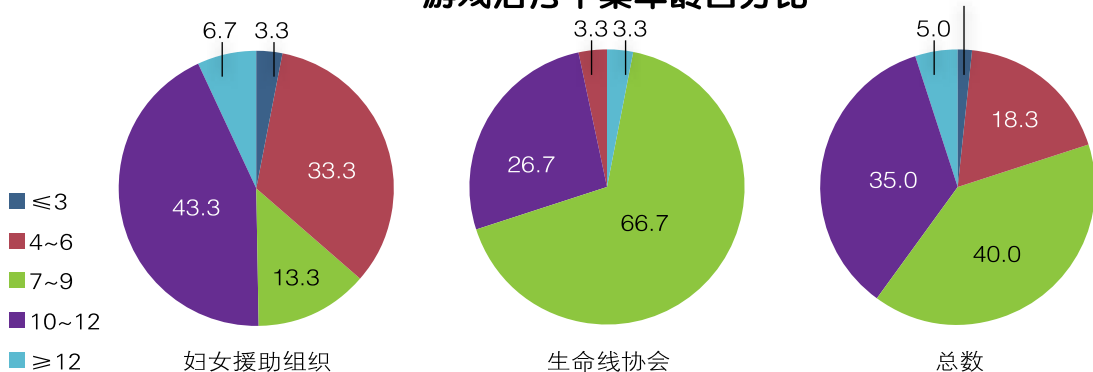
游戏治疗个案性别百分比



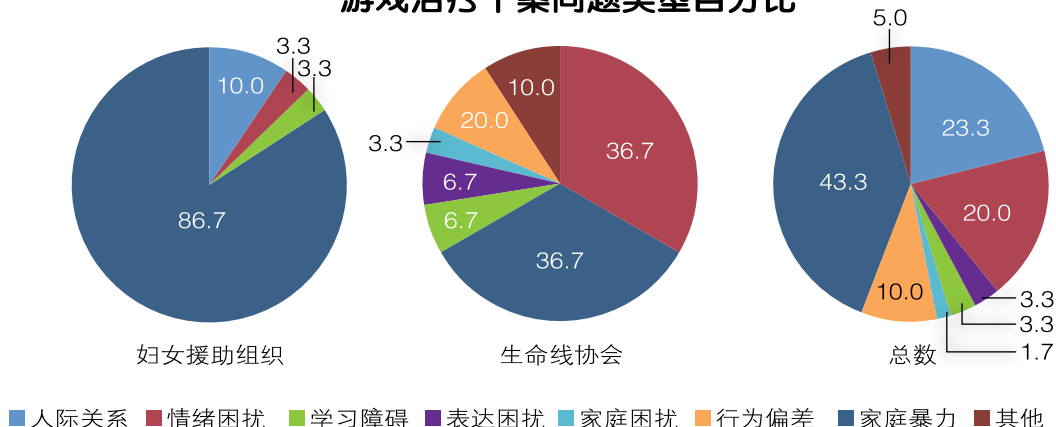
游戏治疗个案种族百分比



游戏治疗个案年龄百分比



游戏治疗个案问题类型百分比



我们的义工3

关怀组

文——陈欣莹

72变♥成长生活营

关怀组的宗旨是：1）陪伴孩子一起觉察和了解自己的改变；2）让孩子学习接受和调适自己的变化；3）学习表达自己，并从改变中找出自我价值。

72变♥成长生活营

一直以来关怀组都为不同的学校主办生活营，口碑良好，却未曾自办生活营。这一次，关怀组大胆尝试，自办生活营，最为感动的是营员的人数不到一个月内就爆满了，而且很多的营员都来自不同的区域，其中包括了吉隆坡、八打灵再也、巴生、芙蓉甚至是怡保。

于2015年7月17至18日举办的“72变♥成长生活营”主题和重点在于“成长”，让这群10至14岁分别处于不同阶段的孩子体验不一样的生活营。

孩子们也许对成长的蜕变会不适应，但成长的过程确实是生命美好的经历，也是必经的过程。孩子其实不断在成长中学习——学习表达、展现、看到自己、和他人沟通、合作等。



《Go Beyond, 飞跃》得胜儿童之家生活营



《Go Beyond, 飞跃》得胜儿童之家生活营



两天的生活营，我们让来自不同年龄不同学校，甚至不同性别的孩子凑在一起，同在一个小组一起走过这两天的喜怒哀乐。我们精心策划和安排一系列的活动包括绘画、跑站活动、男女大不同考题、辩论会、分岔路和写封信给自己，让孩子们从活动中认识自己、了解自己、尝试体验和改变思考、回忆，进而肯定和鼓励自己。

我们不断地引导孩子观看成长需要经历的开心、不开心、痛、累、笑、值得、不值得、欢乐等等。孩子从不同的活动中和最真实的自己接触，而带领员们也从不同的活动中更了解这班孩子们。

此外，我们也鼓励孩子尝试，支持孩子前进，肯定他们的用心和努力。我们希望孩子们能从活动中以及向他人学习，把此体验带回家，更有能量面对成长。

看到孩子那么棒，他们缺乏的不只是信心，而是一位懂他的大人。愿家长们能给予孩子多点陪伴和肯定。

祝福孩子和家长们。🌻



72变♥成长生活营带领员培训



72变♥成长生活营

日期	2015年关怀组活动
4/1/15	关怀义工会心之旅
11/1/15	得胜儿童之家服务
25/1/15	孤儿院服务
17/3/15	第九届关怀义工储备培训（第三阶）
24/3/15	第九届关怀义工储备培训（第三阶）
12/4/15	得胜儿童之家服务
10/5/15	第九届关怀义工储备培训（第三阶）
17/5/15	得胜儿童之家服务
14/6/15	72变♥成长生活营带领员培训
21/6/15	得胜儿童之家父亲节聚会
28/6/15	关怀义工快乐一家亲出游之旅
12/7/15	72变♥成长生活营带领员培训
17-18/7/15	72变♥成长生活营
25/7/15	关怀义工会心团体
26/7/15	关怀义工内部培训
8/8/15	72变♥成长生活营慰劳宴
20/9/15	得胜儿童之家服务
24-25/10/15	《Go Beyond, 飞跃》得胜儿童之家生活营



团队力量

我们的义工 4

探访银禧老妇院

爱心特工组

文——黄玉清

爱心特工组，如其名由一班富有爱心的义工组成，执行一些关爱及服务社会的特别任务。

秉持“走入社会，结合社会资源，推动社会福利工作”的理念，爱心特工组自2000年起开始与国家血库中心合作，在各购物中心举办捐血运动。

经年累月，义工们觉得还能再为社会多做一些，于是逐步扩大服务范围，除了在本来的捐血运动中添加了器官捐赠，也开始到老人院服务及推动环保工作。

探访老人院

同心老人院，是爱心特工组每两、三个月都会去打扫的老地方。自去年起，我们也开始到银禧老妇院服务。

每一次我们过去，老人家们仿佛看见了好久不见的朋友，都好高兴。

年底12月6日的老人院探访，除了爱心特工组的义工，还来了一群来自安溪会馆

很年轻的义工们加入我们。他们年纪轻，相信在家里很少需要帮忙家务，今天可以牺牲假日的时间，不嫌弃打扫的工作，完全配合爱心特工组的安排把老人院弄得干干净净，相比于时下的低头族，他们真的很难得。经过这次的体验，他们也体会到自己是被爸爸妈妈疼爱的孩子，要好好地孝顺爸爸妈妈，珍惜家人，也要关怀社会上被遗弃或是没家人的孤独老人。

老人院里的公公婆婆可以照顾自己，可是一些工作如抹风扇、洗厕所、整理厨房对于他们来说还是很吃力的，很需要义工们定时过去帮忙。我们的探访对于公公婆婆的意义除了帮忙打扫，也是老朋友回来探望他们。一些热心的义工还会煲糖水、买糕点给公公婆婆，很亲切的。

我喜欢老人院里的公公婆婆，他们并没有埋怨，没有消极地认为进来老人院就是等死；他们开开心心地过生活，因为他们认为日子总要过，要笑着过。



爱心

2016 生命线

专题会刊

平时老人家们会斗斗嘴、聊聊天、看电视、一起吃饭。他们虽然都没有亲属关系，可是同住在一个屋檐下，他们就是一家人，彼此互相照顾关心，让我很感动。

探访和打扫老人院不是轻松的任务，可是它却是一份就算要我在星期日的早上早起床也心甘情愿的任务。对于所有的爱心特工组义工也一样，除非有重要的事情，不然都不会缺席这个和公公婆婆的约会，一个有意义的约会。🌻

日期	2015年爱心特工组活动
25/1/15	探访同心老人院
8/3/15	捐血及器官捐献运动 (1Shamelin)
19/4/15	探访同心老人院
24/5/15	Broga Hill 环保活动
21/6/15	捐血及器官捐献运动 (Brem Mall)
16/8/15	Sungai Tua 环保运动
18/10/15	探访银禧老妇院
15/11/15	捐血及器官捐献运动 (1Shamelin)
6/12/15	探访银禧老妇院



捐血及器官捐献运动 (1Shamelin)



Broga Hill 环保活动

会长苏万安和秘书长張福泉赠书给银禧老妇院院长叶宝蓝



探访同心老人院



团队力量

我们的义工 5

第四届艺术与心灵生活营

社会教育组

文——谢成、盘络翔

秉持“预防胜于治疗”的信念，社会教育组积极投入社会教育工作，以提升社会大众的调适能力及应变能力，增进大众的心理健康。

社会教育组每年不定期举办各类型讲座会、成长团体、工作坊、生活营、研讨会、辅导技巧培训、读书会等活动，将心理卫生、情绪管理、自我认识、自我探索、人际关系、压力调适、个人成长、婚姻适应等现代生活主要的课题，传播到社会的各个角落，让公众人士在认知与心理层面都有所提升，进而达到预防性治疗的目标。

艺术与心灵生活营

2015年12月21至23日，由生命线协会社会教育组与达尔尚艺术学院联合主办的第四届“艺术与心灵三天两夜生活营”在美丽的海岛 Marina Island完美落幕，97位学员在这场艺术与心灵的飨宴中分享、创

作、学习及成长。

此生活营公开于14至20岁之间的青少年参加，让年轻人度过充实的假期之余，更能透过艺术与心灵结合的活动提升自我了解及心理素质。

有别于前三届，此届生活营首次于户外举行，以Rockbund Fishing Chalet Resort为营区。学员们在Marina Island的日出、艳阳、日落、夜空及西海岸景象的催化下，接受三天两夜艺术飨宴的心灵洗涤。

生活营的活动结合了绘画、手工、戏剧与音乐等多元艺术形态，让学员们获益良多。在生命线协会辅导义工与达尔尚艺术学院带领员的引领下，学员们先是绘画出自己的情绪印象，并分享自己内在各种情绪面貌底下的故事。在厘清内在需求后，学员们再藉由绘画、放风筝、孔明灯祈福、纸风车制作等活动表达对梦想的憧憬，以深入的自我探索为基础，让寻梦规划更为踏实。



在“人生剧本”活动里，达尔尚艺术学院讲师指导大家集合组内每位学员的座右铭，即兴创作出戏剧表演。学员们五花八门的表演呈现逗得大家捧腹大笑，场面热闹。在“生存游戏”活动中，学员们需要发挥各自的专长能力，才能“安全求生”。过程中，大家充分发挥互助的精神，顺利抵达终点。这些活动不仅更坚定了青少年的人生理念，更让他们看见自己独有的亮点，从而自信地面对人生种种考验与难题。

此届生活营也特别邀请马来西亚生命线协会“我听见了你”运动宣传大使——Jin薛炳进担任音乐会嘉宾，在星空与海浪声下以吉他弹唱的方式与年轻学员们简单分享自己的心路历程。

生活营结束之前，全体学员在回馈环节中分享参与心得，当中有笑有泪。除了感谢筹委们的付出与用心，也为生活营的结束感到不舍。在三天两夜的相处中，学员之间的感情变得深厚，离营前纷纷交换联络方式及合照留作纪念。☀



“我听见了你”讲座——双武隆海滨华小



第四届艺术与心灵生活营



“我听见了你”讲座——吉隆坡沙叻秀华小

日期	2015年社会教育组活动
4月—12月	65场“我听见了你”巡回讲座
21/12—23/12/15	第四届艺术与心灵生活营



“我听见了你”讲座——巴生中华中学

2016年

我们诚邀您，赴一场

生命的学习飨宴

本部篇

心理学周末工作坊

- 9/4 你我他为何性格大不同？
- 18/6 遇见你和我的内心
- 27/8 我的生涯我的路
- 15/10 在爱恨与分合之间
- 26/11 亲近孩子从了解开始

倾听之约

- 9/1 开始倾听的旅程
- 5/3 倾听的态度
- 14/5 听见生活、听见自己

游戏治疗同乐会

- 9/4 独特且正向的陪伴经验
- 6/8 自主与亲密需求
- 10/8 鼓励与设限

周六晚沙龙（迷你讲座）

- 19/3 皆因被听见
- 11/6 生命的力量
- 7/2 我的义工生涯
- 12/10 成长的意义

倾听成长班

- 3/1 听见校园内不同的声音——看到孩子不同的性展现和性取向
看见情绪底下的彩虹
- 10/4 发现天赋，发挥能力
如何从创伤中走出来
- 29/5 倾听自己的谎言——谈认知失调
我需要被照顾吗？

辅导及关怀义工培训课程

- 19/3 ~ 15/5 第一阶段
- 12/6 ~ 21/8 第二阶段



巡回篇

结构式游戏治疗工作坊

讲师：郑如安博士

2/6 ~ 4/6 第三阶段（生命线协会）

5/6 ~ 6/6 第五阶段（生命线协会）

绘本的疗愈力量

讲师：郭洪国雄博士

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The Story of Life Line Association Malaysia

The journey of life is an endless succession of discovery and learning, whereas the interaction of human beings is the nutrition for each other to grow.

Life Line Association Malaysia (LLAM) was established in year 1989, and officially registered as a non-religious, non-political and non-profit organisation in year 1993. The number of volunteers keeps on increasing, while the organisation developing steadily along the year.

All volunteers have undergone professional training. From individual as a starting point, and then influencing others' life. "Helping others, at the same time achieve self-development" is the motto of LLAM. This is also the supporting point where unlimited strength derives.

"Help is as close as the telephone" – this is the ultimate objective of LLAM's services. During the early stages, the volunteers provide counselling services via phone and face-to-face, bring care and courage to people in need.

Today the scope of services has expanded into three main areas i.e. counselling, social education and social care. LLAM organises various activities, bringing care and warmth to community in need.



President Soh Ban Aun

One Step at a Time – Towards the Great Future



The 11th Council Committee is entering into its 2nd year of service term in 2016. On behalf of the council members, I wish to thank everyone for the cooperation and support we received. These have enabled us to fulfill our aims one by one.

Looking back, although the administration department was newly established in year 2015, but today, it has a consistent number of team members and the team has gradually formed up its system, group culture and setting up activities module.

Further, thanks to the cooperation between the Council and the volunteers, Life Line Association Malaysia (LLAM) has more opportunities to interact with other societies, organisations and government department, in order to explore the possibility to joint in forces to bring better benefit to the society.

Having been on the right track, I believe the administration department would be able to run independently in near future. Besides, it would be able to provide effective support to the respective small groups and at the same time developing new activities and raising funds, not only operation, but also the sustainability of LLAM. When the day comes, the Council will only be playing the supervising and consulting roles, whereas the administration department will lead the planning and operation of LLAM, at the same time creating new platform for the volunteers to contribute with their strengths.

Review the three main aims set when I served as President in year 2014, we have successfully turned the precious experiences of the senior volunteers into words and published two new books. LLAM also published our own annual newsletter which consisted of activities report and articles on psychology topics. The newsletter has been distributed to the primary schools and independent secondary schools across

the country.

As to the aim to provide 24 hours counselling hotline services, we will have to achieve this slowly. Last year, we have revamped counselling volunteers training program into a shorter and more focusing program. Next, we are now planning to have a daytime volunteers training program to encourage retirees or housewives to join us as a counselling volunteer.

Setting up new branches is the most challenging aim. In order to move forward, we will first list down the possible challenges and things to consider for discussion and planning purposes. We hope that through the various activities organised by LLAM, we can reach out to people who are sharing the same mission and vision as us. Perhaps we will first set up activities centres in other states and slowly transform it into a branch.

In year 2016, as the organiser of 11th Malaysian Chinese Counselling Conference (MCCC), besides strengthening the form of the conference and encouraging more local practitioners to share their experiences, LLAM also hope that we will be able to gather the 8 main Chinese counselling organisations to set down a clear direction of Chinese counselling future development.

Meanwhile, LLAM is also launching seminars and workshops under the Counselling Tour Around Malaysia's programme to enable people residing at other states to have the opportunity to learn psychological counselling.

Moving forward, I wish LLAM will not only be acknowledged by the Chinese society but also gaining acknowledgement from societies of other races and government department. Hopefully our counselling services and society education services can be provided to the society free from language barriers and race barriers through the interaction and cooperation between LLAM and other stakeholders.

Then, LLAM could further expand to international arena, interaction and learning from other countries for better development in the future.





Honorary Secretary Tiew Hock Chuan

Concern on Inner and Outer for Steadily Growth



Time flies. The new administration team has served the Life Line Association Malaysia (LLAM) for over a year.

Through the experience of last year, we are now more mature and ready to move towards the greatest

aims.

2015 is a wonderful year with many achievements for LLAM. We have experienced a lot of "first time". For the first time, we published books on psychology counselling, run the "LISTEN" campaign's tour talk within schools, conducted weekend psychology class, shot a music video, collaborated with Women Aid Organisation (WAO) in providing play therapy services, organised Art and Soul Camp at an island and etc.

Particularly we have made a great achievement in promoting the "LISTEN" campaign for the first time. Within a short period of 8 months, we have successfully conducted 65 talks on 'Listen' at various states in West Malaysia. We have successfully planted the seeds of 'Listen' within the schools' and the seeds started to grow in the heart of teachers, parents and students. I believe we will be able to progress even further this year to promote the "LISTEN" campaign to Sabah and Sarawak.

The Council Committee acknowledged the hard works and contribution of the volunteers together with the kindness contribution and support from the public is the key element that brought to the success of LLAM. Therefore, LLAM has organised a few activities including volunteers' appreciation night, CNY gathering, Mid Autumn Festival's celebration, Winter Solstice open kitchen, etc. to enable everyone to get together and at the same time creating unforgettable memories.

In 2016, LLAM will be organising the 11th Malaysian Chinese Counselling Conference (MCCC). Apart from putting a lot of efforts in the topics and the contents, we hope that the MCCC would be able to gather the forces among local Chinese's counseling communities

to spread the knowledge on psychological counseling and mental health across places within Malaysia. By doing this, the people will be able to overcome challenges they faced in life and learn to manage stress.

Further, we will be continuing with the "LISTEN" campaign which have been receiving good comments. We will also be conducting the newly launched Counselling Tour Around Malaysia's program, conducting volunteers' training program twice a year, organising blood and organ donation campaign, teenager camp, visitation to old folks home etc, sending care to the society through various channels.

Certainly, the wider we are expanding, the more effort we need to put in to strengthen the organisation from within. I hope that the administration team would grow steadily so as we will be able to take up greater mission. At the same time, we would be able to organise more across groups' activities, enhance collaboration among the volunteers, let's everyone contribute their talent to the society. The most important thing is to cultivate a warm and comfortable atmosphere and create a platform so that the Council, administration team and the volunteers would be able to grow to a better self while enjoying the happiness in helping others.

I wish to thank friends who were there with us in the year of 2015. It is because of your participation, promotion, support, encouragement and feedback that set us towards clear direction. And not to forget our most precious resources – the volunteers, for being with us for the past 23 years, it is your selfless contributions that make LLAM achieved what we are today.

In 2016, we hope that we will walk side by side, exerting the power in helping people so that the warmth in listening and caring would reach other. Let's work together for a better society.



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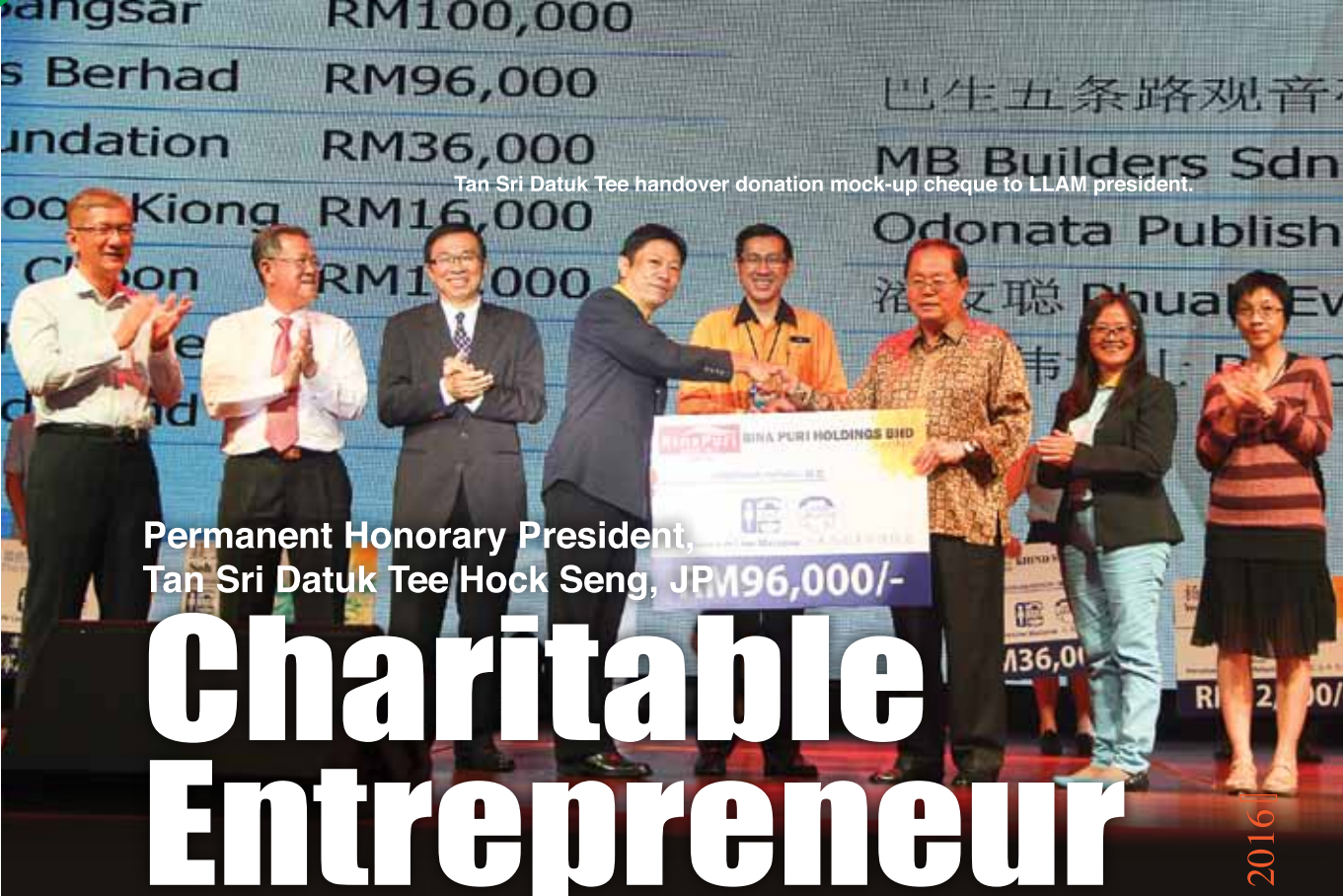
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Tan Sri Datuk Tee handover donation mock-up cheque to LLAM president.

Permanent Honorary President,
Tan Sri Datuk Tee Hock Seng, JP

Charitable Entrepreneur

By——Joy Kerk

22 June 2010, Tan Sri Datuk Tee Hock Seng, JP was invited by 9th Council Committee to serve as Life Line Association Malaysia (LLAM)'s Advisor.

17 April 2012, Tan Sri Datuk Tee Hock Seng, JP was invited by 10th Council Committee to serve as LLAM's Permanent Honorary President.

22 September 2013, Tan Sri Datuk Tee Hock Seng, JP officiated the Opening Ceremony of the 20th Anniversary Charitable Luncheon organised by LLAM.

23 March 2014, Tan Sri Datuk Tee Hock Seng, JP officiated the Opening Ceremony of the New Centre of LLAM.

8 June 2015, Tan Sri Datuk Tee Hock Seng, JP launched the first Play Therapy book published by LLAM and declared that LLAM received approval for tax exemption from Inland Revenue Board of Malaysia.

30 July 2015, Tan Sri Datuk Tee Hock Seng, JP officiated the Launching Ceremony of "LISTEN" campaign organised by LLAM.



13 January 2016, Tan Sri Datuk Tee Hock Seng, JP chaired the 11th Malaysian Chinese Counseling Conference (MCCC)'s Press Conference and served as the Sunflower Ambassador of the MCCC.





People Featured



Tan Sri Datuk Tee officiated the launching of LISTEN book.

On 1 March 2015, Tan Sri Datuk Tee Hock Seng, JP participated in the Chinese New Year gathering organised by LLAM together with his two grandchildren. "I bring them to join the activity, so that they start to connect with LLAM from young," he said.

Tan Sri Datuk Tee Hock Seng, JP is an active Permanent Honorary President. He always makes good efforts to participate LLAM's activities so long as his time permitted. He will bring along the younger generations from his family to join in the activities whenever it is appropriated.

To him, donation alone is not good enough to show support to an organisation. Compared with monetary support, it is more important to personally present at the scene to grant moral support to the volunteers.

As to bringing along the younger generations, it is one of the methods he adopted to educate the younger generations.

"Being the role model, it is important to let my children and grandchildren know what I am working for, so that they can learn from me. Nowadays, my sons will bring along their children to serve orphanage homes on weekends. Through this, the kids get involved and learnt about social welfare," said Tan Sri Datuk Tee.

Witnessing the Growth, Walking through Together

Tan Sri Datuk Tee has been supporting LLAM

since more than 10 years ago. Over the time period, he has witnessed how LLAM grew and transformed.

"Both Koh Hock Lye, the former President of LLAM and I are members of The Federation of Hokkien Associations of Malaysia. It is through him that I get to know about LLAM and learnt that a group of kind hearted volunteers are serving the Chinese society behind the scene. I felt that this is indeed something rare and deserved encouragement and supports.

The succeeding President, Lilian Goh also actively keep in contact with me. She is very active in promoting LLAM and managed to move the organisation to a new centre which provides a comfortable environment for activities."

Ever since LLAM moved in to the new centre, LLAM is able to provide multiple way of counselling services to the public, among which the tele-counselling hotlines are being increased to four, an additional face-to-face counselling room and a play therapy room is being set up.

"I am also the Chairman of the SMJK Confucian, S.J.K. (C) Tsun Jin, and S.J.K. (C) On Pong 2. Whenever I came across students who are mentally stressed, confused or having problem with school works, I will encourage the students to seek counselling services from LLAM. I see improvement in them. Children these days are overly addicted with computer. They hide inside the room and did not interact with other.



线

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Those children need help from counselling too.”

“Further, the stress faced by adults is even more severe. Especially during this time of economy downturn with a number of big corporations are retrenching staffs. Issues such as being out of job, indebtedness and failure are no longer personal problem but will leave impact to the family and children. Probably some social problems could be prevented if help is sought for since the beginning when issues arisen. Further, counselling services offered by LLAM is free of charge, the public should fully utilise it.”

Through the recommendation of Tan Sri Datuk Tee, Community Service Group of LLAM has start visiting Selangor King George V Silver Jubilee Home where the volunteers help in cleaning up the surroundings, painting and accompanying the old folks there.

He also encourages LLAM to outreach to all levels of schools, from primary schools to secondary schools to instill counselling educations among the teachers, parents and students. At the same time, LLAM may collaborate with community societies, women organisations and youth organisations to held seminars and activities which will benefit the public.

Caring Other, Acknowledged Contributions

Before Tan Sri Datuk Tee turned 60, he has participated in 53 organisations. His activeness and participations and his care towards the society is amazing.

“I grow in a Christian family as 3rd generations. Every Sunday we will attend to church for prayers and gathering, sending regards among our fellow sisters and brothers in Christ. We also make frequent visit to old folks home to accompany and care for the old people there. I learnt since young to treat people with love and help the needy as we could.”

Ever since he becomes entrepreneur, Tan Sri Datuk Tee has been showing his care and supports to those needed through various ways and at the same time acknowledging the contribution from others.


For instance, when a teacher who has served SMJK Confucian for 30 years retired, the Board presented the retiring teacher with a gold medal as an appreciation to his contribution, sponsored

teachers to participate in overseas study tour during school holidays and sponsored the Malay staff who has served the company till the age of 70 to fulfill his pilgrimage to Mecca together with his spouse, and etc.

To Tan Sri Datuk Tee, it doesn't matter whether the one who received the sponsors or rewards offer any return, what he cares most is people feel being appreciated, being cared of and being acknowledged.

He has few words to share with the younger generations:

“As a human being, you must keep to the time and promises. No matter what you are doing, it is important to manage the time well. As to promise, it is about honouring your words, you must do what you have promised.”

“Individual is the key to his/her own success/failure. One must be strong and do not give up easily when facing problem. When you have decided to do something, you must continue doing it until you succeeded. During your free time, be with your family and children. Take sometimes out to be a volunteer, this will make your life more meaningful.” 



Advisor, Datuk Eddie Heng Hong Chai

Educating the Children, Serving the Chinese Community

By — Joy Kerk

22 September 2013, Life Line Association Malaysia (LLAM) organised its 20th Anniversary Charitable Luncheon at HGH Convention Centre of which Datuk Eddie Heng Hong Chai is the Chairman. Datuk Eddie Heng together with his team has granted LLAM with full support.

20 July 2014, Datuk Eddie Heng Hong Chai was invited by the 11th Council Committee to serve as LLAM's advisor.

31 December 2014, Datuk Eddie Heng Hong Chai via Kiwanis Club of Bangsar has organised a new year count down party and successfully raised RM100,000 for LLAM as activities' funds.

30 July 2015, Datuk Eddie Heng Hong Chai has given his greatest efforts that lead to the successful launching of "LISTEN" campaign that organised by LLAM.

On 23 March 2014, it was the first time Datuk Eddie Heng Hong Chai and his wife visited LLAM's centre during the Opening Ceremony of LLAM's new centre.

"I recalled the day, new centre was so crowded with male and female from all ages. All

of them are volunteers who are kind, enthusiastic, willing to contribute their time and energy to serve the general public. They are so amazing and impressing!" said Datuk Eddie Heng.

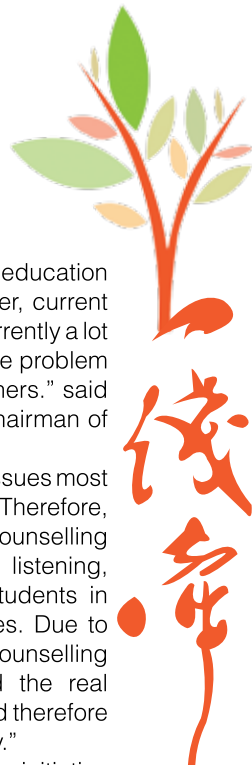
During the visit, Datuk Eddie Heng noticed that the soundproof facilities in the tele-counselling's room can be improved. Immediately he linked the then-current president Soh Ban Aun with a supplier to add soundproofing boards in the tele-counselling room at his own expenses in order for the volunteers to have a quiet room to conduct tele-counselling and at the same time enable the callers to have a clearer conversations with the volunteers.

Let the Chinese Community Remember LLAM

Psychological counselling has becoming more and more popular in Malaysia. Generally, public know that they should be seeking help whenever they are stressed or confused. However, would they first think of LLAM?

"When we talk about counselling, Befrienders has a place among the people, however, many from the Chinese community do not feel comfortable in expressing themselves through English language. We do hope that we could express ourselves through our mother tongue. Therefore, the existence of LLAM is very important."





Datuk Eddie Heng believes that based on the popularity and exposure of LLAM in recent years, a lot of people has indeed heard of LLAM. Yet, he believes there is still room for improvement. He encourages LLAM to utilise various media and internet as platform to promote LLAM to the Chinese community vastly. He thinks that it will be great if we can create the effect that whenever people need counselling, they will immediately think of LLAM.

"The "LISTEN" campaign held last year was great, taking the initiative to walk into the school compounds and to the society to promote "LISTEN" have created awareness among the public on the importance of counselling and at the same time introduced LLAM to the public."

"One cannot foresee what would come next in life. Those who are in great time today might face problems such as relationship problem, family problem, failure in career or monetary issue tomorrow and feel the dark moment in life. We are unable to identify who require counselling one by one, but we are there for those who are in need to come to us. [We need to] Save society from unwanted situation as much as possible while it is happening or preventing before it has actually happened."

On the other hand, Datuk Eddie Heng reminds LLAM to think about issue on continuity to ensure sufficiency of human resources, financial resources and supply resources while endeavouring in expansion. When needed, it is important to make a choice between quality and quantity. Doing less not necessary mean [the society] is not good, indeed it could make the current services better and more in place.

Counselling education to start from the school


As long as we are living, problems and challenges in life are inevitable. If everyone has the courage and strength to face problems, embrace persistency without easily giving up no matter how hard the situation one is facing, eventually one will find the rainbow after the rain. Therefore, education about life should start as early as possible.

"It will be great if counselling education could start in primary school. However, current situation doesn't allow that. Further, currently a lot of Chinese primary school is facing the problem with insufficiency of counselling teachers." said Datuk Eddie Heng who is also the Chairman of S.J.K.(C) Sentul.

"Students who faced psychology issues most likely don't do well in their academic. Therefore, schools are in need of Chinese counselling teachers who are well trained in listening, accompanying and able to assist students in overcoming their psychological issues. Due to language constraint, none Chinese counselling teachers are unable to understand the real issues that the students are facing, and therefore unable to help the students effectively."

He encourages LLAM to take the initiative to go into the schools and organise activities such as talks or collaborate with the school in providing counselling services to students in need.

"When students are facing failure and stress, they should learn how to manage their emotion. Talk to the teachers or seek for professional counselling so that the suppressed emotions could be released. Giving up oneself or giving up life is not a way to resolve problem but indeed causing another level of pain."

"Please take time out of our busy schedule to care for people around us, especially when we noticed someone has drastic change in emotion or behavior, we should try to untie the knot in them." Datuk Eddie Heng added. 



Datuk Eddie Heng raised activity fund for LLAM.

2014~2017

11th Council Committee

Permanent Honorary President



**Tan Sri Dato'
Tong Yoke Kim**
Amin Sdn. Bhd.
Executive Chairman



**Tan Sri Datuk
Tee Hock Seng, JP.**
Bina Puri Holdings Bhd
Group Managing Director



**Tan Sri Dato'
Kong Hon Kong**
Nirvana Malaysia
Founder and Group
Managing Director



**Dato' Sri Dr.
Tan Cheng Chai**
Santa Mauser Malaysia
Sdn. Bhd.
Chief Executive Officer



Lilian Goh Kui Lian
Kendek Products
Sdn. Bhd.
Director



Tang Kae Sue
Hans Advisory Trust
Co Ltd
Chartered
Accountants

Advisor



Dr. Wu Hsin-An
Taiwan Lifeline
International
Members of
International Affairs



Dato' Khoo Chai Kaa
Brem Holdings Bhd
Managing Director



**Datuk Eddie
Heng Hong Chai**
HGH Convention
Centre Kuala Lumpur
Chairman



**Lee Tek Mook @
Lee Teh Mok**

Advisor of Society Affair



Tiew Seng Chee
Poh Hing Li Marketing
Sdn. Bhd.
Director



Ling Lae Feei
Lawyer



Soh Yok Kim
Nesh Marketing Sdn. Bhd.
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**President
Soh Ban Aun**



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**Vice President
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Chuan**



**Assistant Honorary
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Phuah Ewe Chong**



**Instructor
Dr. Cheng Ju-An**



**Director of Fund
Raising
Lim Chin Lee**



**Deputy Director of
Fund Raising
Yeoh Hock Choon**



**Deputy Director of
Fund Raising
See Soon Eng**



**Community
Service Group
Ng Shei Kwee**



**Public
Awareness
Group
Ooi Gaik Ean**



**Public
Awareness
Group
Ong San San**



**Training Group
Ng Siew Yen**



**Social Care Group
Kan Ean Seok**



**Admin Secretary
Tan Peh Tin**



**Committee
Yeap Boon Sang**



**Committee
Loo Lee Mooi**



**Committee
Lim Ai Lay**



Listening to the Strength of Life

*When we get knocked down on the outside,
with someone who willing to listen and understand,
we found an inner strength to fight.*

Do you ever experience the hardship in life?
The kind of struggling, pain, distress and emotions that similar to all human-beings?

If there is someone there for us,
Listen, accompany, understand, and raise us up,
Eventually, we found the strength to carry on.

We learned and grown from the dilemma, and become resilient, grateful and fulfilled.

Listen to the Strength of Life.
Don't be afraid or surrendered to life challenge,
There is always a light, love and hope behind it.




11th Malaysian Chinese Counselling Conference

Life Line Association Malaysia (LLAM) is organising the 11th Malaysian Chinese Counselling Conference (11th MCCC) on 10-11 September 2016. Themed “Listening to the Strength of life”.

The 11th MCCC - the flagship conference of the Institute - will gather C-suite, senior management, professionals and consultants from the counselling and psychology industry to share perspectives on counselling developments as well as current highlighted social issues.

The 11th MCCC will feature prominent international speakers from Taiwan, as well as

outstanding Malaysian counsellors and educators. Speakers will also provide insightful discussions on ideas and opportunities that can be adopted for counselling professionals to strengthen their development and continue to upgrade and change in a challenging society.

Aimed to bring approximately 500 influential participants throughout Malaysia to gather on a platform of counselling at the MCCC, it provides immense opportunities opened for excellent networking to connect and engage with no boundaries. 

Organiser :



马来西亚生命线协会 (1603/99)
Life Line Association Malaysia
Persatuan Life Line Malaysia

第11届

马来西亚华社辅导研讨会 2016

11th Malaysian Chinese Counselling Conference

Media Partner :



“我听见了你—
倾听生命的力量”
“Listening to the
Strength of Life”

Register before 31 March 2016
to enjoy Early Bird Price
RM 250/pax
Original Price: RM350/pax

Date: 10-11 September 2016
Venue: Crystal Crown Hotel,
Petaling Jaya

For more details: 03-4265 7995 | Online registration: www.lifeline.org.my | Facebook: Life Line Association Malaysia

Sunflower
Ambassador:



Counselling
Ambassador:



Loving
Ambassador:



Caring Ambassador:

Optic World Enterprise Sdn.Bhd
Lee Tek Mook @ Lee Teh Mok
Lee Lai Keng

11th Malaysian Chinese Counselling Conference

Programme Details

A

Academic Presentation

Counselling strength urged in contemporary community

B

Plenary Symposium

Plenary Symposium 1:

Exploring the strength underlying the problems

- Counselling and the issue faces in our education system
- Perspective transformation of counsellors
- The Taiwan experience in play therapy

Plenary Symposium 2:

Exploring the strength of life

- Discover your inner strength
- The culture of contemporary community in counselling
- Interpreting the subconscious through dream

Plenary Symposium 3:

The beauty in the strength of life

- The community power vs individual power
- Darkness is power
- Through narrative therapy unveiling the beauty in the strength of life

C

A Night Dialogue between NGOs

Report: Gather & Expand! – Planning for the Now and the Future through Revisiting the Past

Exchange: How do the NGOs gather and expand?

D

Workshops (choose 1 from 6) – conducted simultaneously

Mr. Karunesh Teoh – Mandala

Mr. Fong Yee Leong – Hospice

Ms. Jane Wang – Mindfulness Therapy


Mr. Wang Jung-Yi – Interpretation of Dreams

Dr. Cheng Ju-An – Play Therapy

Dr. Lin Hsiang Chun – Narrative Therapy

E

Public Speech – Globalisation – Discover the strength of life

1. Mr. Wang Jung-Yi – The Strength of a Dream
2. Dr. Lin Hsiang Chun – Turn Struggles to Success 

Counselling Tour Around Malaysia

In conjunction with 11th MCCC theme — Listening to the Strength of Life, senior volunteers of Life Line Association Malaysia (LLAM) will also participate in the Counselling Tour Around Malaysia programme, organise talk, seminar and workshop around Malaysia to enhance public awareness regarding to psychology and counselling.

Besides, LLAM will also invite 3 well-known Taiwanese speakers coming to Malaysia on April, May and July, to provide seminar and workshop at Klang Valley, Northern, Southern and East Coast Malaysia, encourage citizen learning and practice psychology and counselling in daily living. 



Speaker's Profile



Mr. Karunesh Teoh
Workshop: Exploring the Strength of Life through Mandala

- 3rd batch of Volunteer Counsellors of Life Line Association Malaysia
- Master of Philosophy, University of Malaya
- Main Person in charge of Inner Peace Centre
- Acquired more than 10 years of experiences in counselling and conducted self-development programs for individual and group and workshops
- Column writer for various local news media
- Actively organising various types of self-development course and mandalas workshops in various states in Malaysia, China and Hong Kong.



Mr. Wang Jung-Yi
Workshop: Exploring the Strength of Life through Interpretation of Dreams

- Master of Education, Boston College
- Master of Divinity, Tainan Theological College and Seminary
- Master of Theology, The University of Edinburgh
- Student Minister, Presbyterian Student Center in Taipei & Tai-Chung
- Committee member of the Presbyterian Church Taiwan
- More than 25 years of experiences in conducting psychological counselling and having actual experiences in interpreting dreams.



Mr. Fong Yee Leong
Workshop: Exploring the Strength of Life through Hospice

- 4th batch of Volunteer Counsellors of Life Line Association Malaysia
- Master of Social Science in Counselling
- One of the supporter of Hospice in Malaysia
- CEO of Yiliang Studio & Publication
- Counselling & Consultancy Advisor of Xiao En Group
- Hospice Volunteers Supervisor of Nectar Care Services Singapore
- Published 7 books



Dr. Cheng Ju An
Workshop: Exploring the Strength of Life through Play Therapy

- Instructor of Life Line Association Malaysia
- Ph. D in Physiological Counselling
- Through play therapy, parent and children play therapy courses, helped many families to improve the relationship between parents and the children, enhance interaction among family members
- Actively participated in the play therapy training for school teachers, assisted the teachers to be able to interact and grow with the students, also assisted schools in setting up play therapy room



Ms. Jane Wang
Workshop: Exploring the Strength of Life through Mindfulness Therapy

- 2nd batch of Volunteer Counsellors of Life Line Association Malaysia
- Master in Counselling, Monash University Australia
- Registered Clinical Supervisor in Singapore
- Counsellor in Singapore Shan You Counselling Centre
- Have more than 18 years of experiences in counselling
- Expert in Pre-marriage course, volunteer preparation course and development workshop



Dr. Lin Hsiang Chun
Workshop: Exploring the Strength of Life through Narrative Therapy

- Ph. D of Educational Physiology and Counselling, National Taiwan Normal University
- Head of Centre of Holistic Life Study, Fo Gong University
- Consultant of Taiwan Yilan Family Education Centre
- Emphasised in getting close with people's experiences in life and achieve listening, understanding, accompany and standing side by side.

Educational Background
 National Changhua University of Education
 (PhD in Guidance & Counselling)
 National Chung Cheng University
 (Master in Social Welfare)
Area of Expertise and Research
 Practical approach in helping people,
 psychology, parenthood, social welfare,
 group/individual counselling,
 gender relations and gender communication.

Counselling Tour Around Malaysia
 Featured Workshop I & II (Klang Valley & Southern Region)

Therapeutic Effects of Picture Book

Treating the kids, Seeing the Strength



Picture Books Appreciation, Teaching and Counselling Workshop
 Laughter is the best medicine.

Picture book is story book that is suitable for all ages.

It is one of the reading materials that developed the whole brain.

The texts and the pictures contained in the book train and stimulate both our left and right brain, thus enable the development of the whole brain.

Picture books not only suitable for kids, there are also suitable for adult and elderly.

Wait no further, let's sign up now!

By attending this workshop...

We learn how to utilise picture books in education and how to connect picture book with counselling, we will also be able to assist client in finding the strength of life using picture books.

Dr. Kuo Hung Kuo-Hsiung



Klang Valley

Date | 2nd April 2016 – 3rd April 2016 (Sat & Sun)
 Time | 0900 – 1700
 Venue | Nirvana Memorial Centre
 (3rd Floor Training Room)

Southern Region

Date | 9th April 2016 – 10th April 2016
 (Sat & Sun)
 Time | 0900 – 1700
 Venue | Johor Bahru Mandarin Toastmasters Club

Registration | <http://goo.gl/zE86Tp>



Media Sponsors:

MELODY FM

Organiser : 马来西亚生命线协会
 Life Line Association Malaysia
 Persatuan Life Line Malaysia

Background

Contract Lecturer for Far Eastern New Century Group
Clinical Psychologist in Taipei Government Hospital
Lecturer in Civil Service Development Institute
Contract Psychologist for China Airlines, Eva Air,
Taipei Metro, Taiwan Power
Company and CPC Corporation

Counselling Tour Around Malaysian
Featured Workshop IV & V (Northern Region & Klang Valley)

Manage the Last Straw that Broke the Camel's Back

Listening to life, Overcoming Adversity

Listen to the Strength of Life

From Psychology to Literature

We face three kind of crises in our life, for instance
developing, adapting and discovering the meaning of life.

We can response to these crises by learning five techniques.

With that, we will attain peacefulness within ourselves and
able to help oneself and other.

By attending this workshop...

Participants exchange and share experiences,
through these participants learn the three crises and the five
techniques in response. Wait no further, let's sign up now!

第11届

马来西
华社辅导
研讨会 2016

我听见了你

倾听生命的力量



Mr. Tony Huang,
Clinical Psychologist

Northern Region

Date | 28th May 2016 - 29th May 2016
(Tue & Wed)

Time | 0900 - 1700

Venue | Than Hsiang Temple

Klang Valley

Date | 31st May 2016 - 1st June 2016
(Sat & Sun)

Time | 0900 - 1700

Venue | Malaysia Life Line Association

Registration | <http://goo.gl/zE86Tp>



Organiser: 马来西亚生命协进会
Life Line Association Malaysia
Persatuan Life Line Malaysia

Media Sponsor:





Educational Background
Certified Therapist of Taiwan Art Therapy Association
Member of Somatic Education Society of Taiwan
Professional Member of Taiwan Art Therapy Association
Member of Taiwan Counselling Psychologists Union
Lecturer of Taiwan Tung Hai University
Member of Music Care Association
Licensed Counselling Psychologist
Area of Expertise and Research
Playback Theatre, Expressive Art Therapy,
Multiple Complementary Therapies

Playback Theatre

Counselling Tour Around Malaysia
Featured Workshop V (Klang Valley)

Dr. Liang Tsuey-Mei

Playback Expressive Therapy

Changing Life – the way of practice to change the world
Playback Therapy is an original form of improvisational theatre. It is a new form of complementary therapy.
There is no pre-write script for the show.

It is set up by one audience telling his/her stories.
The actors and musicians with the guidance of the conductor present a simple and systematic story to the storyteller and other audiences.

By attending this workshop...
participants will experience unconditional acceptance, embracement, reflection, empathy and respect, and further feel the touches through exchange of life experiences.

Klang Valley

Date | 6th July 2016 – 9th July 2016

(Wed- Sat)

Time | 0900 – 1700

Venue | Now Theatre

Registration | <http://goo.gl/zE86Tp>



第11屆
馬來西亞
華社輔導研討會
2016
我听见了你
倾听生命的力量

Joint Organisers:



馬來西亞生命線協會
Life Line Association Malaysia
Persatuan Life Line Malaysia



Media Sponsor:



马来西亚生命线协会 (1803/93)
Life Line Association Malaysia
Persatuan Life Line Malaysia



LISTEN Campaign

Listen...

*The greatest gift you can give another
Is the purity of your attention.*

Life Line Association Malaysia (LLAM) started conceptualise LISTEN Campaign since November 2014, and it started running by April 2015.

The senior counselling volunteers travelled to schools, associations and organisations around Malaysia, sharing with teachers, parent and students how to practice active listening skills in daily life, especially listen to friends and family members who suffering from mental illness. Hopefully this can help in rise up the

level of mental health, and achieve the target of depression and suicide prevention.

LISTEN Campaign received encouraging responses from the public. LLAM has successfully organised 65 tour talks at Peninsular Malaysia within 9 months, and benefited 10,000 people.

Thanks for the responses and support that has been given from all parties.

We will strive for a better "LISTEN" Campaign in year 2016!



Book, Theme Song and Seminar

The Launching of LISTEN Campaign

Life Line Association Malaysia (LLAM) launched its brand new LISTEN Campaign at HGH Convention Centre Galaxy Banquet Hall on 30 July 2015. The event has successfully attracted more than 300 attendants including teachers, parents and general public, coming to learn "How to being a good listener?"

The launching ceremony was officiated by the representative of Deputy Minister of Education Y.B. Senator Chong Sin Woon, Mr. Lee Choong Yew from Kuala Lumpur Federal Territory Education Department.

The ringing phone in the launching gimmick symbolic the core service provided by LLAM — telephone counselling. At the same time, bring out the meaning of LISTEN Campaign, which is sharing the basic skill of counselling "listening" to all over Malaysia, encourage everyone practice listening in daily life, especially listen to friends and family members who suffering from mental illness.

During the launching ceremony, LLAM has also launched its second book 〈LISTEN〉 written by the counselling volunteers. The President Soh Ban Aun said "With the publication of this LISTEN book, we hope to spread the awareness and skills of listening to wider area, especially outskirt area that lack of learning resources. This is also an effort of building caring society that willing and knows how to listen."

The ambassador of LISTEN Campaign Jin Se who sang the campaign theme song during the ceremony, has cheer up the audience.

The ceremony ending with a forum presented by three volunteer speakers cum book authors Yee Yen Yeng, Wong Su Zane and Ong Lian Bing. The speakers shared their own experience in listening, and some short and meaningful stories, to convey a message "Listening brings our hearts closer".



LISTEN Campaign 2.0

2016 Tour Talk Topics and Workshop

The successful of LISTEN Campaign in 2015, has encouraged Life Line Association Malaysia (LLAM) to go further in year 2016.

As requested, LLAM introduces brand new "LISTEN" Workshop which let participants learn and practice listening skills with the guidance of our trainer.

Besides some highly requested topics, we have added in a few new topics.

Below is the list of topics available, we have topic that suited to different audience group, including students, teachers, parent or general public.

No. Topic

- 1. "LISTEN" Workshop (half day / one day)
- 2. Friend of Stress (FOS) Workshop
- 3. Listening to the strength of life instead of problem
- 4. Suicide prevention, start from listening

- 5. Turn pressure into power, start from listening to ourselves
- 6. Become a happy teacher (parent), start from listening to ourselves
- 7. Become a happy student, start from listening to ourselves
- 8. The last is not the least – How to listen to children's problem, and listen to their strength underneath the problem?
- 9. What is my strength? Listen to our shining point
- 10. Playing brings us closer - Understand play therapy
- 11. Listen to the children with different gender identities and sexual orientations
- 12. Looking at the rainbow underneath the emotions
- 13. Sex education – The difference between men and women

For more details, organise or sponsor LISTEN Campaign, kindly contact Admin Department at 03-4266 6195 or email to event@lifeline.org.my.



2016 生命线 专题会刊



8 Apr : IOI Group



10 Apr : Chung Hua Middle School, PD



11 Apr : SJK(C) Kung Man, Serdang



19 June : SJK (C) Chiao Nan, KL



22 June : SJK (C) Chung Wah, Pasir Panjang



1 July : SMJK Chong Hwa, KL



30 Aug : Taiwan Education Center Malaysia



14 Sep : SJK (C) Chong Hwa, Setapak



17 Sep : SJK (C) Tun Tan Cheng Lock, Subang



26 Oct : SJK (C) Jinjang Utara



28 Oct : SJK (C) Mun Yee, Setapak



8 Nov : Life Line Association Malaysia



9 May : SJK (C) Chung Wah, Sasaran



19 May : SJK (C) Kong Hoe, Klang



26 May : SJK (C) Nan Yik, KL



23 July : SJK (C) Hai Ping, Sungai Besar



22 Aug : SM Chong Hwa, Kuantan



26 Aug : SJK (C) Chio Chiao, Pekan Salak



20 Sep : Shambala Kidz Leadership Pre-school



29 Sep : SJK (C) Khe Beng, Klang



16 Oct : SJK (C) Sin Hwa, Parit Buntar



15 Nov : SMJK Chung Hwa Wei Sin, K. Terengganu



15 Nov : Chung Hwa Independent High School, Kelantan



LISTEN Campaign Theme Song

I LISTEN You

Songwriter : Andrew Low
Singer : Jin Se

Life is the most wonderful journey
Along the way there will be obstacles
But there is always someone supporting you

Someday you will pass through the difficulties
You have to love yourself more
Hopes and miracles awaits you

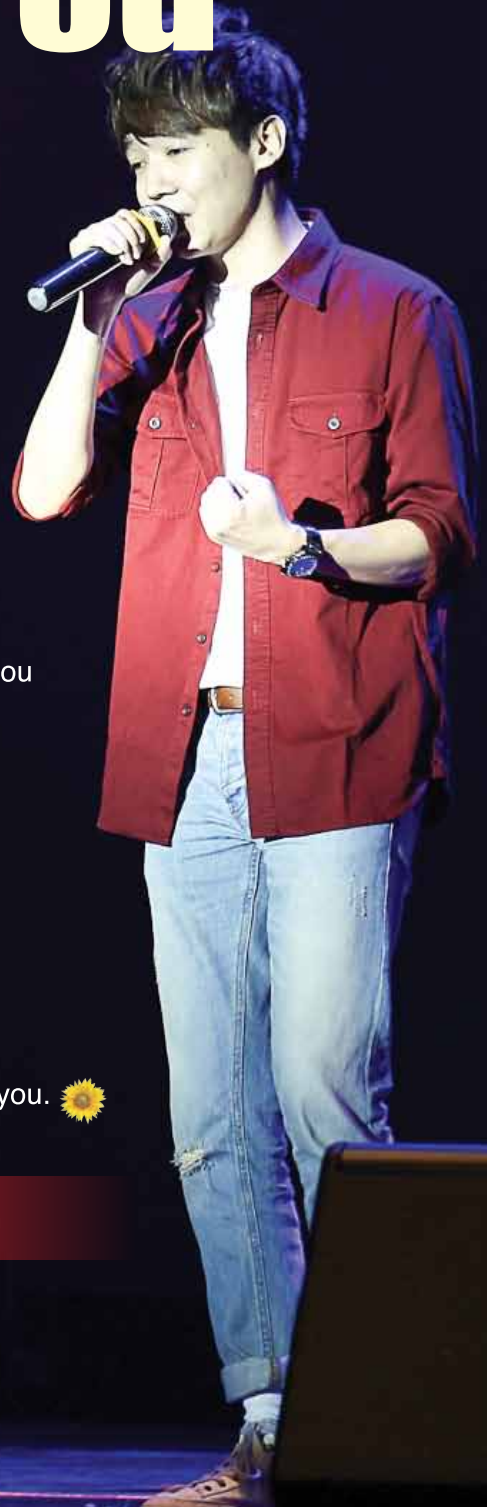
With heartbeats and breathing, the blessings still with you
Love gives us courage, to look forward for future

I 'LISTEN' (hear) you, the voice in you
Let it closer the distance between us
Let it heal your pain and stop your tears

I 'LISTEN' (hear) you, your true voice
Never say 'give up'
Let us work together through the difficulties

With our smile, we will accept the imperfect
Surely someone will understand you, let us LISTEN to you. 🌻

Click on the link below to listen...
<https://www.youtube.com/watch?v=HAi3maOIZfE>



The Making of Music Video I LISTEN U

『2017生命線』
專題合刊



Actor audition



Song recording



Props : Sunflowers



Start shooting



Dear Volunteers

Volunteers are the most precious asset of Life Line Association Malaysia (LLAM).

23 years ago, LLAM established because of a group of volunteers.
They have been gone through the most difficult times,
Even when LLAM faced financial problem, they are still there to support.

Eventually, LLAM move into a comfortable activity space,
Volunteers are still actively involved.
Besides providing services and organising activities,
They strive to train new volunteers, encourage the younger generation to join.

At LLAM, our volunteers contribute without expecting a reward.
The support and encouragement between each other,
Has written down so many touching stories.

This is LLAM,
A place where people can touch the heart,
A place where people can explore inner self and found the life value.

Thanks to our volunteers,
Who contribute to the achievement LLAM gained today.





Counselling volunteers training programme.

Volunteers Group 1

Counselling Group

Counselling Group is formed by a group of volunteers who have been trained professionally. The group mainly provides counselling service to those in need through telephone, face-to-face and email.

The main problems that client encountered including family problem, living & life, marital relationship, romance, interpersonal relationship, psychological etc. Most of the counselling sessions are conducted one-to-one. We create a safe and comfortable environment, to enable clients express their emotions and problem with ease of mind. And the counselling volunteers listen, accompany and provide mental support to them.

"Help is as close as the telephone", we believe that by listening and response appropriately, clients would feel they are being heard, understood, and accepted. Eventually, it encourages them to face the problem bravely and find the solution actively.

Internal Training, Keep on Growing

Counselling volunteers stand at the front line to provide counselling services. In order to serve clients effectively, Life Line Association Malaysia (LLAM) emphasize on strengthening volunteers' professional skills and personal growth.

We organise at least 4 times of internal training annually which included case studies, experience sharing sessions and seminars. At


the same time, LLAM also invites speakers and trainers from oversea to train the volunteers.

Besides, at LLAM we have a supervision system where the senior volunteers with certain years of experience will be promoted as supervisor. A supervisor is responsible to a numbers of volunteers, provides guidance, support and experience sharing to them. This system is to ensure the precious experience can be passed on, and new volunteer is always under guidance.

Recruit the Volunteers

Since established, LLAM has trained 17 batches of volunteers and we always welcome those with passionate to contribute and service society joining us.

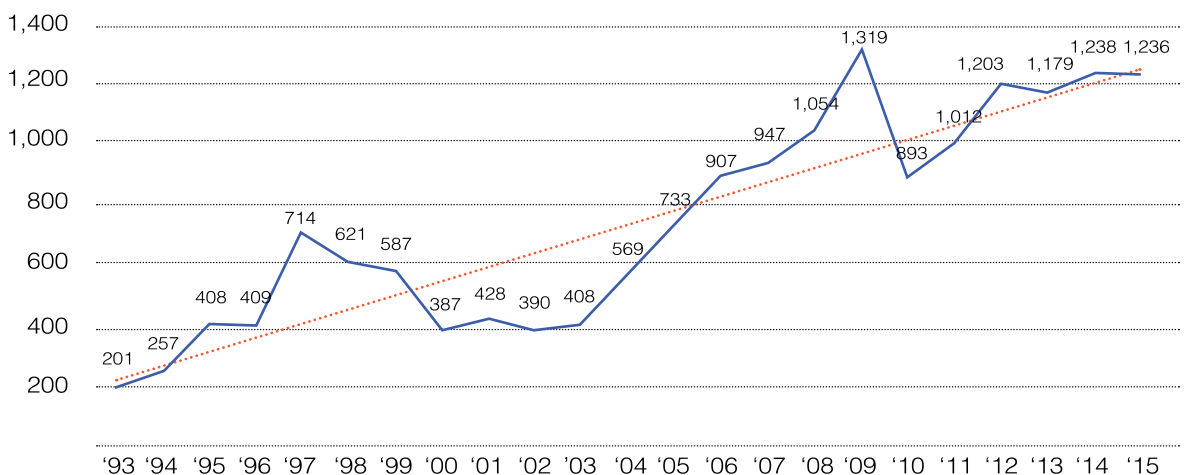
There are 3 stages of volunteers training programme. First stage, self-development programme; second, counselling theory and skills; and third, practical and cases studies training. It takes about one year to complete the 3 stages. And after the completion of each stage, participants need to attend an interview. This is a screening process to ensure only suitable person will be invited to continue the next stage.

After completion of all 3 stages, participant will become counselling volunteer trainee, and after one year of probation then officially become a counselling volunteer. 



Counselling Statistic

Total Number of Cases 1993–2015



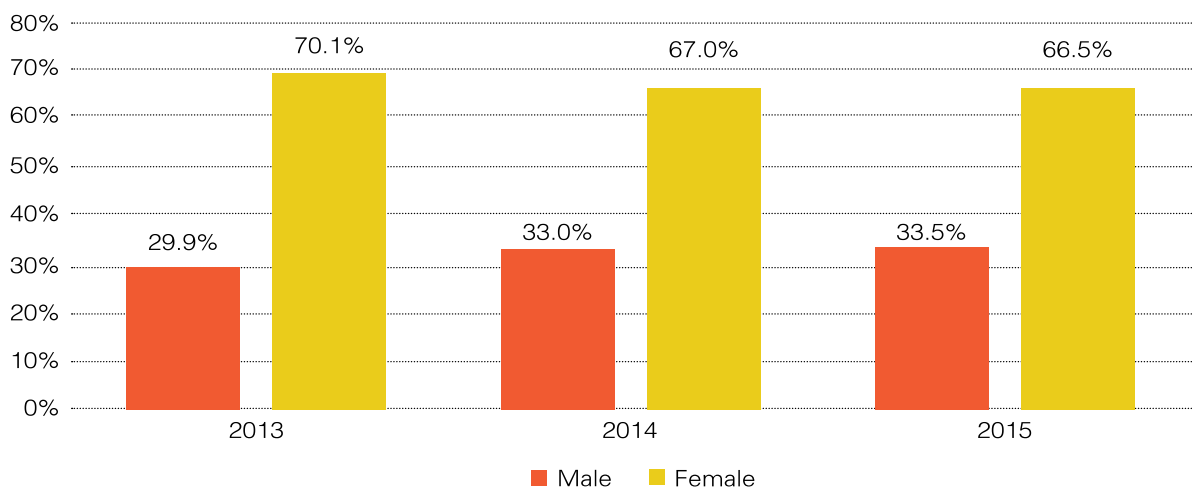


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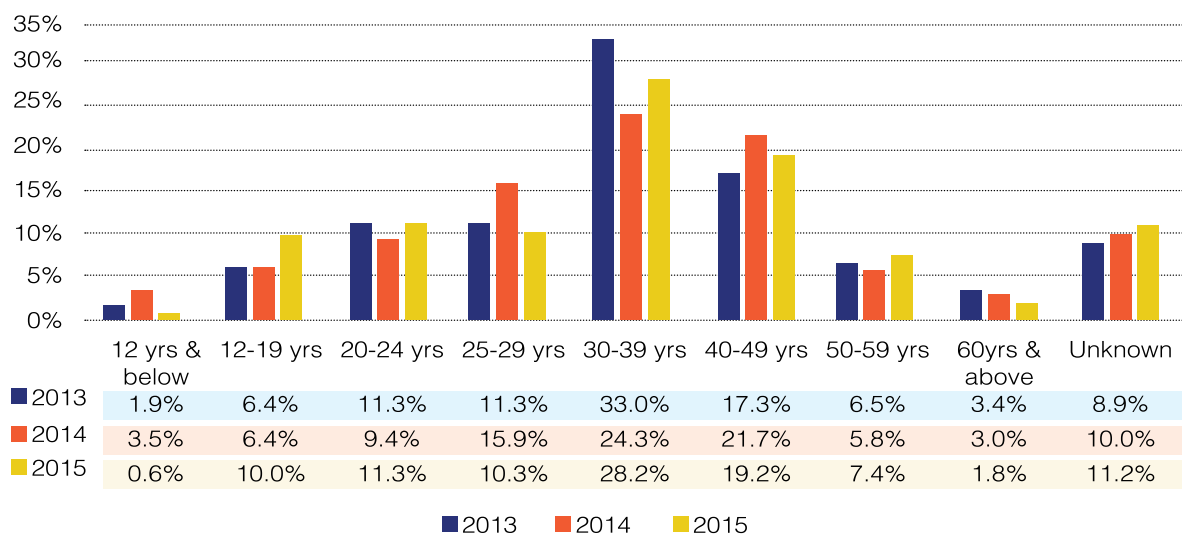
2016
生命线

专题会刊

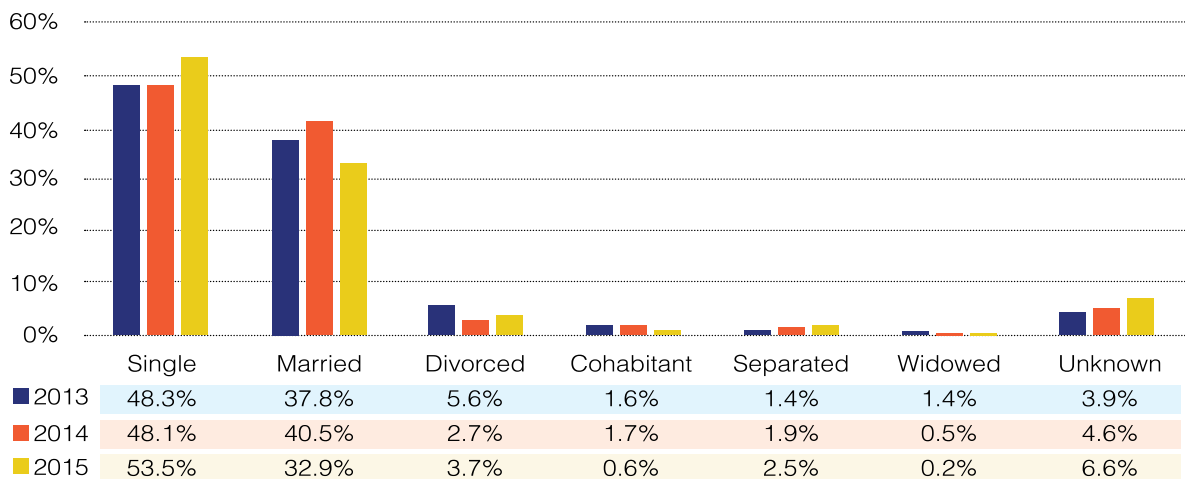
Clients' Profile Comparison 2013–2015 Gender Comparison



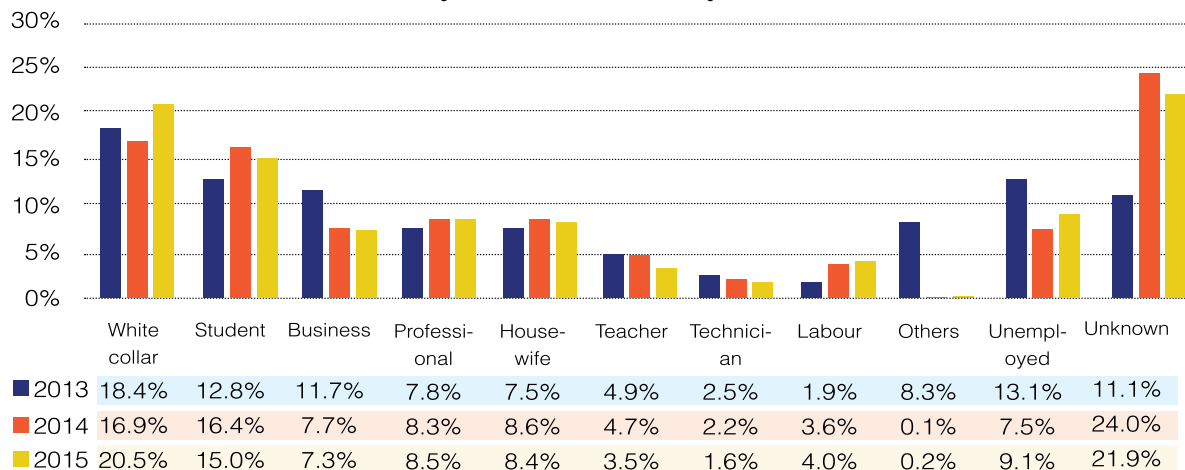
Age Group Comparison



Marital Status Comparison



Occupation Comparison

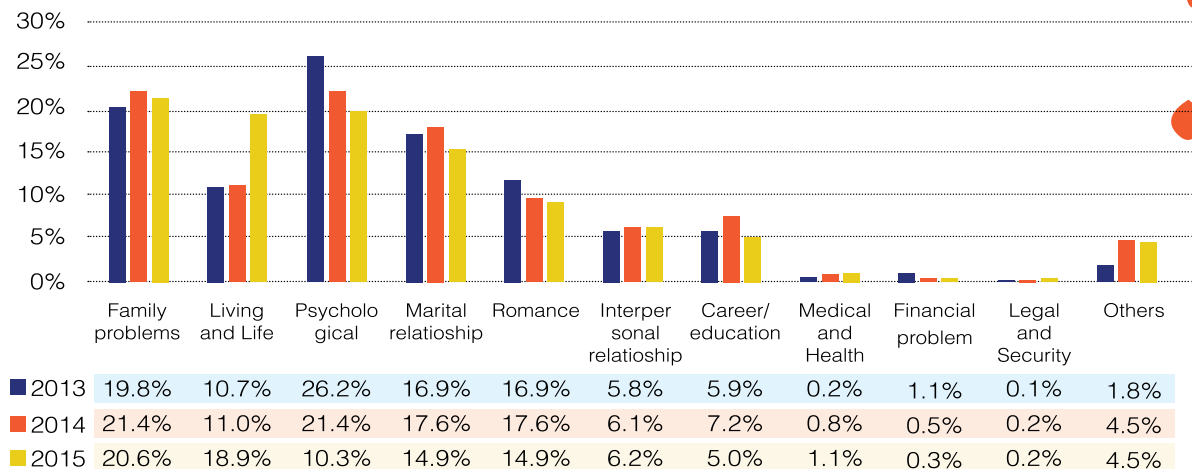




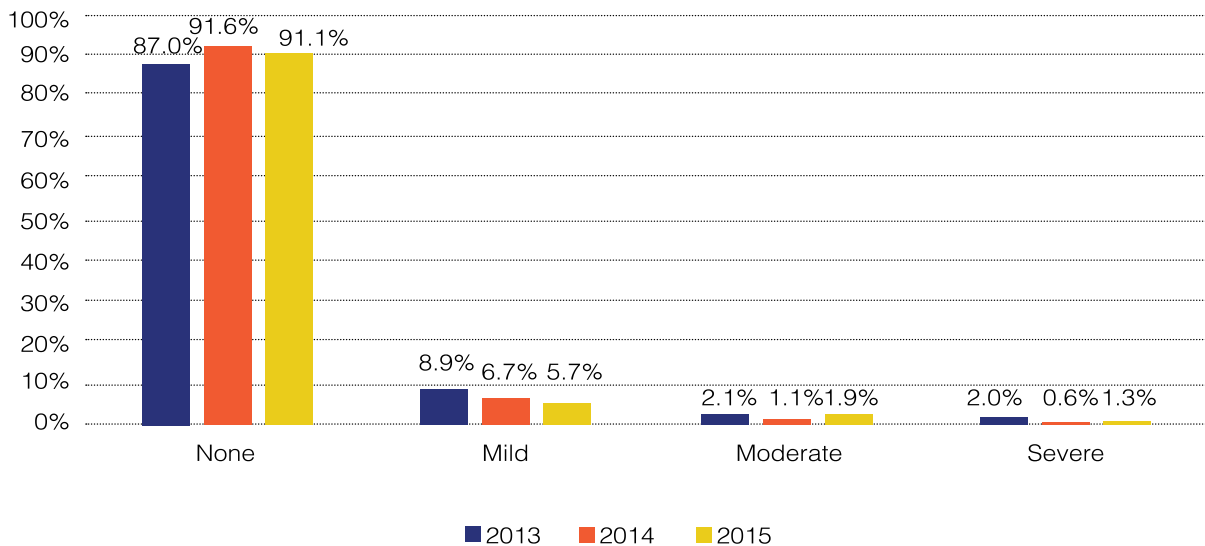
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2016
生命线
专题会刊

Problem Type Comparison



Suicidal Ideation Comparison



Volunteers Group 2

Social Care Group

Social Care Group established at December 2001 with the mission and vision of 'Giving care, pass on the love'. We accompany children in the journey of aware and understand self-changing; let children learned to accept and adapt to the self-changing; and let children learned how to express themselves and found self-esteem.


Social Care volunteers provide service to orphanage and Youth Renewal Life Centre. Since year 2002, Social Care volunteers service at Youth Renewal Life Centre once a month, bring warmth to the vulnerable, particularly the younger generation where the kids and teenagers are allowed to express their emotion and build up confidence through various types of activities.

In year 2014, Social Care Group has collaborated with AsiaWorks Foundation to provide six month's services in an orphanage located at Rawang. The volunteers plan a series of activities for the children who come from domestic violence and broken family, and guide the children who have dropped out from school or having behavioral problem to learn about self-awareness, a better way to express emotion and communicate with others. By doing this, children learn how to manage emotions and slowly build



up self-esteem.

Besides, Social Care Group organises teenager or leadership camp by school's invitation. We tailor made activities that suited to the students' need.

In 17 – 18 July 2015, Social Care Group has successfully organised 72 ♥ Growth Camp which has attracted 80 teenagers from different areas to participate. Through a series of activity, we let children experienced the beautiful changing that happen during their ages, and learn how to express and understand themselves, how to communicate and collaborate with others etc. 





Volunteers Group 3

Play Therapy Group

LLAM and WAO's MoU signing ceremony, witnessed by Kakama from Unicef (middle)

In year 2012, our former president Lilian Goh and management committee invited Dr. Cheng Ju-an, a professional in structured play therapy from Taiwan, coming to Malaysia for Play Therapy Workshop training. This started our journey of play therapy.


Busy parents and lonely children is the reality of today's society. On one side, parents struggling hard to give a respectable living to themselves and their children; on another hand, a lonely child with all riches and facilities, but no one to share his moments of happiness or sorrow.

How to utilize the limited time together with children, at the same time maintain a positive parent-child relationship? Play therapist believes "spending quality time to play with children can raise a happy child".

Besides, play therapy is an effective treatment for children who experienced a wide variety of social, emotional and behavioral problem. It is also an excellent way to help children recover and heal from stressful, abused or traumatic experiences.

This is the fourth year Life Line Association Malaysia (LLAM) involved in play therapy, we saw fruitful results. We have built up a team of play therapy volunteers, set up a play therapy room at

our centre; we also published our first book that introduces the theories and practical of structured play therapy. The most important part is, we have raise up the awareness among parents on how important to spend time playing with children.

In addition, LLAM and Women's Aid Organisation (WAO) has signed a Memorandum of Understanding on 18 September 2015 to provide play therapy for all children living in the WAO Refuge and Child Care Centre. Under this partnership, LLAM will provide up to 900 one-to-one play therapy sessions for children at WAO and it is fully supported by KPMG. 



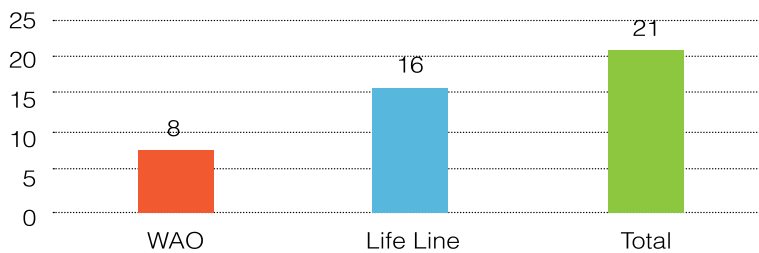
Play therapy training workshop

Play Therapy Statistic

Besides providing play therapy service at our centre, we are also providing play therapy service for children at Women's Aid Organisation (WAO).

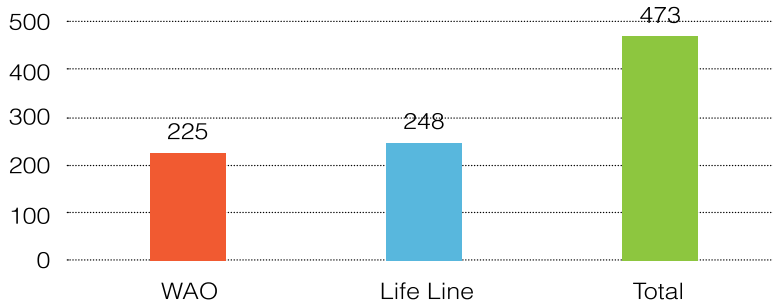
The charts below showed statistic of play therapy sessions conducted by our volunteers from June 2015 to December 2015. 🌻

Number of Play Therapy Volunteers

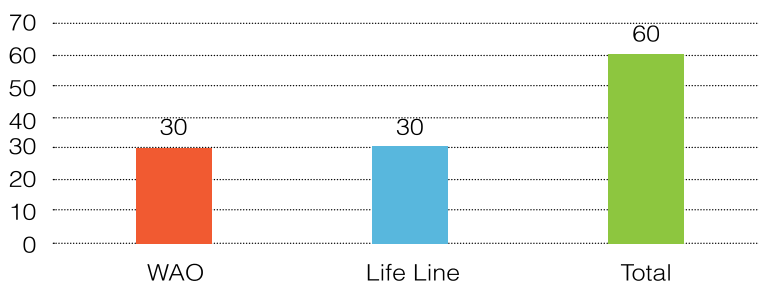


** There are 3 volunteers service at both WAO and Life Line.

Total Number of Sessions Conducted



Total Number of Clients

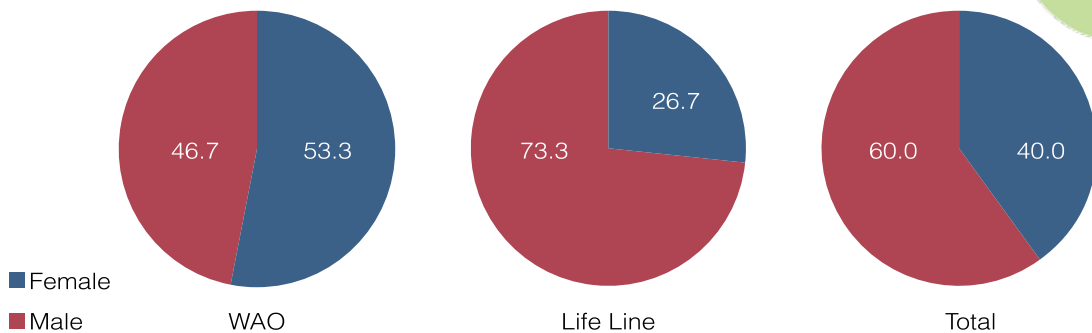




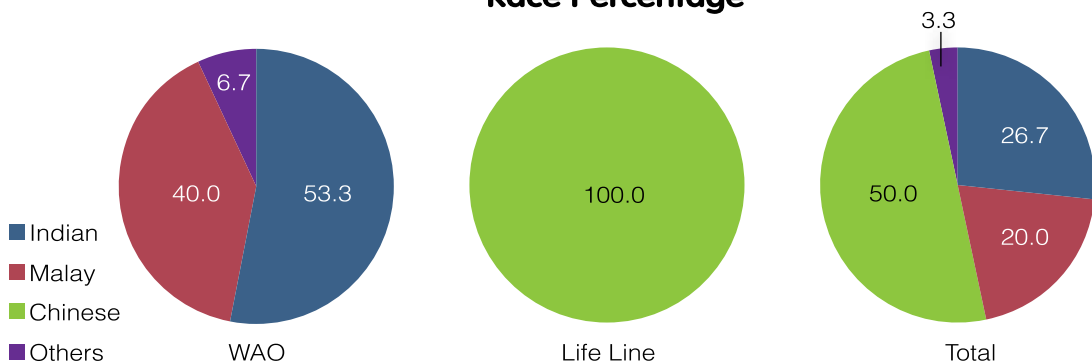
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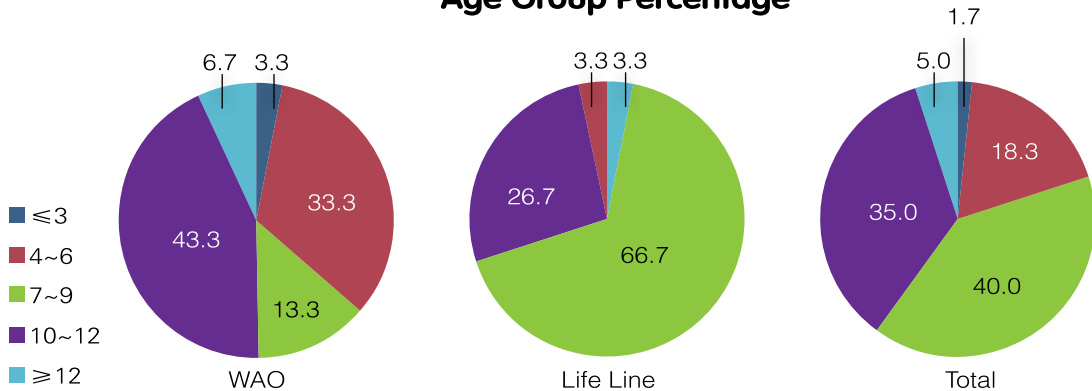
Gender Percentage



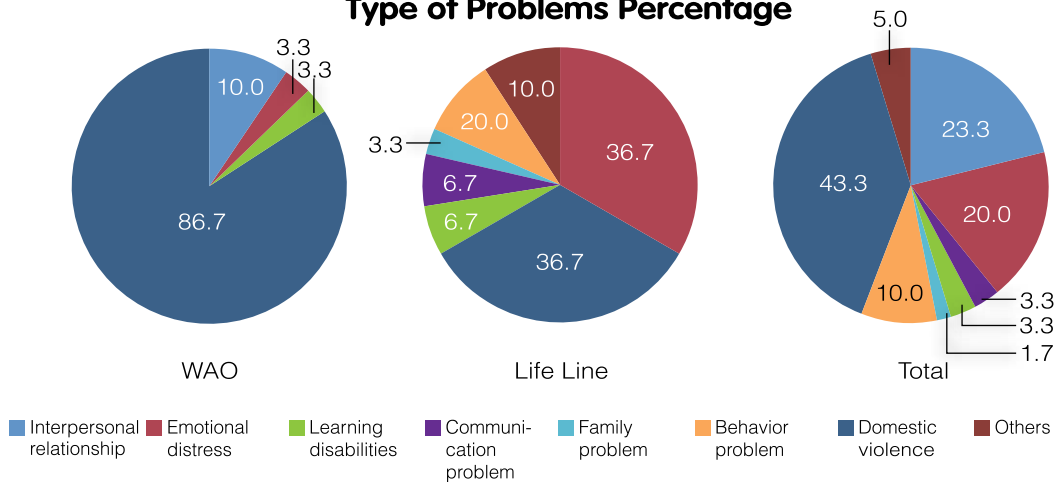
Race Percentage



Age Group Percentage



Type of Problems Percentage





Volunteers Group 4

Environmental care activity at Broga Hill.

Community Service Group

Community Service Group focuses in social welfare activities including old folk's home visit, environmental care activity, blood and organ donation campaign and some learning courses.

The group established in year 2000, started from an idea of 'Go into community, combined social resources to benefit general public'. From there we started working with National Blood Bank Malaysia, shopping centers, and social welfare organisation to organise charity activity such as Blood and Organ Donation Campaign.

In addition, Community Service volunteers visit old folk's home regularly for cleaning works and accompany the elders. The volunteers spend a few hours to clean the environment, to create a better living space for elders, and also bring some food for them. This is a way to show our love and care to the elders.

Besides, Community Service Group organises environmental care activity at some places nearby

Klang Valley, such as Broga Hill, Sungai Tua etc. This activity is also opened to public. Under the guidance of our volunteers, we bring public close to the nature. It is a kind of morning exercise, at the same time clean up the rubbish and wastes. This activity helps to create awareness to take care and cherish the beauty of nature. 🌻



Blood and organ donation campaign.



2016 生命線

專題公刊

Volunteers Group 5

Public Awareness Group



Art and Soul Camp.

With the belief of 'Prevention is better than cure', Public Awareness Group organises various talks, camps and seminars to the society, to improve mental health of general public.

Public Awareness Group organises seminars, workshops and activities annually with different topics such as mental health, self-development, emotion management, self-awareness, stress management, premarital education etc to increase public awareness of psychology and counselling.

In year 2015, the group launches LISTEN Campaign and received good responses from the public. Our senior volunteers travelled to schools, associations and organisations around Malaysia, sharing with teachers, parent and children how to practice active listening skills in daily life, especially listen to friends and family members

who suffering from mental illness. The objective of this campaign is to rise up the level of mental health, and achieve the target of depression and suicide prevention.

In addition, with the collaboration of Dasein Academy of Art, Public Awareness Group organises 4th Art and Soul Camp on 21-23 December 2015 at Rockbund Fishing Chalet Resort, Marina Island.

The camp has attracted 97 teenagers from different areas of Peninsular Malaysia to participate. The volunteers plan a series of activity that combined the element of art and counselling, to enhance teenagers' creativity, interpersonal skills, teamwork spirit, self-awareness and to discover their strength and potential. 🌻



LISTEN Campaign tour talk.



Our Highly Appreciation to
The Spo
and all the friends who were there



KIWANIS CLUB OF BANGSAR

nsors

with us in the year of 2015



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Soh Kong Wah

Sponsorship Opportunity*

Life Line Association Malaysia is pleased to invite your organisation to be part of the 11th MCCC. As a Sponsor, you will enjoy the great benefits for an extensive reach-out of a targeted audience, accessing greater mileage while communicating your organisation's values.

Don't miss your marketing and promotion opportunities here at this Conference for an experience of optimum exposure! Sign up today to become a Sponsor at the 11th MCCC and to continue to support Life Line Association Malaysia to provide community services to Malaysian society at large.

CATEGORY	SUNFLOWER	COUNSELLING	LOVING	CARING	FRIEND OF LIFE LINE
Sponsorship value	RM100,000	RM50,000	RM30,000	RM10,000	RM5,000
Conference Benefits					
Media release, including newspapers & radio					
Placement of logo on buntings & banners†					
Acknowledgement in all marketing collaterals, including flyers, posters & EDMs†	Logo	Logo	Logo	Text	
Conference website/facebook -hyperlink to corporate website	Logo & company profile	Logo & company profile	Logo	Text	Text
Placement of logo on T-shirt					
Placement of logo on merchandise items					
Placement of logo on conference's backdrop†					
Promotional information in registration bag					
Programme book	1-page message by chairman of sponsor & Full colour page advertisement of back cover	Full colour page advertisement of inner page	Half page advertisement of inner page	Acknowledgement	Acknowledgement
Complimentary exhibition space in publicity campaign, when applicable					
Number of Life Line seminars sponsored in the counselling tour	15	7	5	3	1
LLAM Publicity Benefits					
Life Line website/facebook -hyperlink to corporate website	Logo & company profile	Logo & company profile	Logo	Text	Text
Life Line newsletters	Full colour page advertisement of back cover	Full colour page advertisement of inner page	Half page advertisement of inner page	Acknowledgement	Acknowledgement

* All donations to Life Line Association Malaysia are **TAX EXEMPTED** vide LHDN.01/35/42/51/179-6.5851 Subseksyen 44(6) Akta Cukai Pendapatan 1967.

† Prominence given based on sponsorship category.

凡支持本会之善款捐赠，
皆可获扣税
All Donation Is Tax Exempted

Rujukan: LHDN. 01/35/42/51/179-6.5851

11th MCCC Sponsorship Form

Please tick (V) where applicable.

I would like to confirm the below sponsorship package:

- | | |
|---|-----------|
| <input type="checkbox"/> SUNFLOWER AMBASSADOR | RM100,000 |
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| <input type="checkbox"/> LOVING AMBASSADOR | RM30,000 |
| <input type="checkbox"/> CARING AMBASSADOR | RM10,000 |
| <input type="checkbox"/> FRIEND OF LIFE LINE | RM5,000 |

Enclosed please find a cheque/bank draft no./remittance advice _____ for the sum of RM _____ (Ringgit Malaysia: _____) payable to “Persatuan Life Line Malaysia” (Hong Leong Bank Current Account No. 24001000342) to confirm our sponsorship.

SPONSOR'S DETAILS

Name			
Address			
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Email the completed Sponsorship Form and proof of payment (remittance advice) to Mr. Stanley Chia at stanleyc.lifeline@gmail.com; or fax to (603) 42666195.

QUESTIONS?

Call (603)42666195 or email stanleyc.lifeline@gmail.com.

For more information, visit www.lifeline.org.my or Facebook Page “Life Line Association Malaysia”.

Life Line Association Malaysia
No. 1-3, 3rd Floor, Jalan Jelatek 1,
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Admin Tel/Fax: 03-4266 6195 Counseling Hotline: 03-4265 7995
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Life Line Association Malaysia Sponsorship Form

Please tick (V) where applicable.

I would like to confirm the below sponsorship package:

Sponsorship for office administration

☐ RM _____ per month/year for _____ years started from year _____.

Sponsorship for seminars of "Listen" Campaign

☐ RM _____, no. of seminars: _____ (RM1000/seminar)

Sponsorship for complimentary books to students with financial needs

☐ _____ sets of 《我聽見了你》 *Listen to You* (each set RM250/10books)

☐ _____ sets of 《陪伴·傾聽·了解》 *Accompany, Listen, Understand* (each set RM250/10books)

Enclosed please find a cheque/bank draft no./remittance advice _____ for the sum of RM _____ (Ringgit Malaysia: _____) payable to "Persatuan Life Line Malaysia" (Hong Leong Bank Current Account No. 24001000342) to confirm our sponsorship.

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Admin Tel/Fax: 03-4266 6195 Counseling Hotline: 03-4265 7995

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Bina Puri Holdings Bhd is a public listed company on the Main Board of Bursa Malaysia with 40 years of work experience in civil and building construction both locally and internationally. The Group's diverse business activities include investment holdings, civil and building engineering management, property development, highway concession, quarry operations, manufacturing of construction materials, utilities and hospitality management.

Bina Puri has successfully completed projects such as roads and highways, bridges and interchanges, waterworks, land reclamation works, residential and commercial buildings, hotels, hospitals, airports and government complexes.

The Group has international presence in that it has undertaken projects in Cambodia, China, United Arab Emirates, Saudi Arabia, Pakistan, Brunei Darussalam, Indonesia and Thailand. Our notable list of investment portfolios include the 33km toll highway linking KL- Kuala Selangor, the Main Place Residence and Mall at USJ 21 and Power Plants in Indonesia.



The Malaysian Construction Industry Excellence Awards (MCIEA) 2012 - Major Project Award



BrandLaureate Corporate Award for Best Brand in Construction 2011-2012



International Achievement Award awarded by CIDB for Malaysian Construction Industry Excellence Awards (MCIEA) 2011



International Achievement Award by CIDB for Malaysian Construction Industry Excellence Awards (MCIEA) 2008



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Prominent Player Award to the Group Managing Director, Y.Bhg Tan Sri Datuk Tee Hock Seng, JP by CIDB for Malaysian Construction Industry Excellence Awards (MCIEA) 2005

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Dewan Undangan Negeri Sarawak

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Main Entrance Event
Signage By LED
Waterfall Fire Work On Stage
Auditorium

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货物升降机
手扶电梯
停车场接驳车
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银星宴会厅



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51000 Kuala Lumpur

Tel: 03-40456166

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email: info@hghconvention.com

website: www.hghconvention.com