

Dr. Anthony TONG

Dr. Anthony Tong graduated from the University of Toronto and has over 20 years of clinical experience as a clinical psychologist. He is now working in the Department of Psychiatry, United Christian Hospital and is the founder and chairman of the United Centre of Emotional Health and Positive Living. He is also an Honorary Associate Professor in the Department of Psychology and Department of Social Work and Social Administration, University of Hong Kong. He is a clinical supervisor of the two local clinical psychology master programs in the University of Hong Kong and the Chinese University of Hong Kong respectively. Dr. Tong has extensive experiences in psychotherapy with various mood disorders and anxiety disorders, including post-traumatic stress disorder. He has been actively involved in public mental health education as well as professional training in the healthcare communities. He is particularly interested in promoting psychological self-help and integration of spirituality and psychology.