

Dr Gloria Kong – Counsellor, Psychotherapist, Educators

MA Counselling; Registered Counsellor (SAC)

PhD Education; MSc Cognitive Science; PGDip Psychology; BA (Hons) Education



Dr Gloria Kong is passionate about empowering individuals to live an adaptive, effective, and contented life. Started her career as a schoolteacher, she was fervent in shaping the minds of children and adolescents in their earlier years of education. Intrigued by psychology and particularly in how the mind works – both the conscious and subconscious processes, Gloria pursued her learning passion in Cognitive Science, Educational Psychology, Counselling, and Psychotherapy – gaining a more comprehensive understanding of human life-span development and functioning. She has more than two decades of experience in teaching, training, and coaching adults especially those in education, human resource, and social services.

As a psychotherapist, Gloria is attuned to trauma-informed approach. She has worked with individuals of various ages and social backgrounds. She uses a wide range of therapeutic modalities, including and not limited to Brainspotting Therapy, Psychodynamic Therapy, Cognitive Behavioural Therapy, and Person-Focused Therapy. She is a certified practitioner for [Cogmed Working Memory Training](#), Prepare-Enrich (for couples), and Life Coaching. She is a certified [Brainspotting](#) practitioner and Consultant.

She offers psychotherapy on a broad range of psychological issues including stress, anger management, anxiety, OCD, and depression; psychosocial issues, such as self-concept and self-esteem development and repair, growth mind set for effective living, and assertiveness; and life events such as role adjustment, transitional issues, adolescence related issues, parenting, and loss and trauma. She tailors each client's treatment according to their needs, helping them meet their resources and motivate them to go through changes and confront their problems with fortitude and resilience. Gloria employs a neuro-experiential, client-centred, collaborative therapeutic approach and believes therapy should empower clients to create the life they aspire. She sees her role in the counselling process as that of an active guide, who will help and support her clients through any issue they may face, focusing on the past, present and future, as she believes they all have a part to play in the present self.

Gloria is an avid lifelong learner and continues to impact life in and outside the counselling room. As an educator, she had published a book entitled "Critical Thinking for Effective Teaching and Learning." She has many years' experience in supervising and training educators. She is also a lecturer at the tertiary level in the subject of "human life- span development." Her areas of interest include motivation, cognitive restructuring, optimising potential in human throughout the lifespan, and application of neuro-plasticity in daily life.