

Dr Gloria Kong



- ⇒ Founder & Clinical Director of Gloriousruin Counseling and Psychotherapy, Psychotherapist
- ⇒ Clinical Member; Registered Counsellor of SAC
- ⇒ Clinical Supervisor; Brainspotting Consultant
- ⇒ Qualifications: MA (Counselling); PhD (Edu-Psych); MSc (Cognitive Science); Postgrad Dip (Psych); BA (Edu)
- ⇒ Besides counselling, currently an Associate Faculty Member at SUSS, lecturing in Human Lifespan Development (undergraduate & master's level)
- ⇒ A mother of 3 boys, 2 young adults, and 1 teenager.

Dr Gloria Kong is passionate about empowering individuals to live an adaptive, effective, and contented life. She has a lot of experience in teaching, training, and coaching youths and adults, especially those in education, human resource, and social services.

As psychotherapist, she works with individuals of different ages and social backgrounds. She employs a wide range of therapeutic modalities, particularly attuned 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), Life Coaching, and a Certified Brainspotting practitioner and Consultant. Besides client works, Gloria also provides clinical supervision, both general case consultation as well as Brainspotting specific case.

A trauma-informed practitioner, Gloria offers counselling on various mental health issues - psychological (e.g., stress, anger management, anxiety, depression, OCD); psychosocial (e.g., self-concept/self-esteem development and repair, growth mind set, assertiveness, etc); and life events (e.g., role adjustment, transitional issues, adolescence related issues, parenting, loss and trauma, etc). She customises clients' intervention according to their needs, by helping them discover their resources and motivating them to meet life's challenges with fortitude and resilience. Gloria employs a client-centred, collaborative therapeutic approach; believing therapy should empower clients to create the life they aspire. She sees herself as an active guide, helping and supporting clients through issues they face, focusing on their past, present and future, believing all these have a part to play in clients' present self.

As an avid lifelong learner, she continues to change and impact life in and outside the counselling room. She published a book entitled "Critical Thinking for Effective Teaching and Learning" and has many years' experience supervising and training educators. She lectures part time at a local university on "Human Life-span Development." Her areas of interest include motivation, cognitive restructuring, optimising potential in human beings throughout their lifespan, and application of neuro plasticity into daily life.

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