

Vincent K. Wong – St John's Cathedral Counselling Service

 sjccs.hk/about/teams/vincent-k-wong

Master of Arts in Counselling Psychology, Distinction (Yorkville University, Canada)

Master of Business Administration (University of Newcastle, Australia)

Bachelor of Arts in Economics (University of Toronto, Canada)

Mediator

Parenting Coordinator for High Conflict Couples (AFCC)

Gottman Method Couples Therapy Level 1 & 2

Family Therapy (Asian Academy of Family Therapy)

Member of Canadian Counselling and Psychotherapy Association

Associate Member of Hong Kong Mediation Centre

Vincent is a dedicated psychotherapist with a Master of Arts in Counselling Psychology from Yorkville University, Canada. He completed his clinical training at St. John's Cathedral Counselling Service in Hong Kong, where he developed a strong focus on helping young adults and adults navigate trauma, career stress, relationship challenges, and financial anxiety.

Vincent's therapeutic approach integrates Acceptance and Commitment Therapy (ACT) and Emotionally Focused Therapy (EFT). He is trained in Gottman Method Couples Therapy (Levels 1 & 2), Discernment Counselling, and Family Therapy through the Asian Academy of Family Therapy. He also serves as a General Mediator, Parenting Coordinator, and Psychology of Financial Planning Specialist™.

Before entering the mental health field, Vincent spent 27 years as a Managing Director in global investment banking, working across New York, Singapore, and Hong Kong. He holds an MBA from the University of Newcastle and a BA in Economics from the University of Toronto.

Vincent specializes in occupational psychology, financial psychology, and couples therapy, offering culturally attuned support in English, Cantonese, and Putonghua. His unique blend of psychological insight and corporate experience allows him to help clients manage high-stakes stress, emotional crises, and relational conflicts with clarity and compassion.