



Beatrice Ng-Kessler

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- Founder of Mindfully
- Registered Clinical Psychologist (Hong Kong Institute of Clinical Psychologist, Department of Health accredited)(Hong Kong Psychological Society)
- Chartered Psychologist (The British Psychological Society)
- Certified Mindfulness Trainer(The Centre for Mindfulness Studies, Toronto Canada)
- International Affiliate, Psychologist (American Psychological Association)
- Advance Certified Schema Therapist (International Society of Schema Therapy)

Beatrice has over 10 years clinical experience. She worked in hospitals & NGO before she established her own company Mindfully in 2016. She has extensive experience in treating complicated cases, such as Trauma, Eating Disorder, PTSD, DID, Personality Disorders, OCD, and Mood Disorders. She is particularly experienced in treating people with pervasively negative life patterns, which applies to both individual and couple therapy.

In the past, she has worked in diversified settings, including dying patients and those fighting or recovering from serious illnesses like cancer, working with patients and their family members suffering from depression and anxiety. She is also part of the Supporting team at Hong Kong Integrated Oncology Centre.

She specializes in the use of mindfulness to support well-being. She has completed a series of teacher training and was a Certified Mindfulness Teacher from Canada. She has run workshops on Mindfulness and different mental health topics, and is a frequent speaker for trainings in the government departments, corporations and NGOs.

Even while witnessing immense emotional and physical suffering, as well as death, Beatrice developed a strong faith in each individual's potential for healing and growth. For more information of her background and treatment approach, please visit her company website: www.mindfully.hk.