

服務預約及查詢
Service Appointment & Enquiry

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女士健康中心網站
Women Health Centre Website

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臨床心理學服務
Clinical Psychology Service



地點 Location



香港中文大學醫院
女士健康中心

CUHK Medical Centre
Women Health Centre



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愛與關懷在世代中承遞

對大部份的家庭來說，懷孕意味著喜悅、希望、愛和人生新篇章。與此同時，兩夫婦，特別是女性，在生育方面承擔沉重的壓力。在備孕、妊娠期和生產後，女性的內分泌和免疫系統出現重大的變化，大腦的運作也因而有所轉變[1]，以致她們更容易受到壓力的影響。母體的壓力有可能通過多條途徑傳遞給下一代，例如子宮內環境和母嬰互動等等[2]。

即使是健康的懷孕也會對婦女構成一定的精神壓力，更何況是一些經歷不育和流產問題的婦女。儘管投放大量的精力和金錢在生育治療上，並非所有婦女都能如願以常成為母親。每一個治療過程和每一次的失敗經歷都有機會加劇她們對壓力的反應，她們的壓力反應亦有機會增加不育和流產的風險，形成惡性循環。更值得我們關注的是，壓力反應有機會傳遞給下一代，使下一代增加患上壓力相關症狀的風險[3]。

因此，孕前和妊娠期間是調節婦女心理健康的關鍵時間點。我們的團隊在這裡提供量身定制的諮詢、指導和心理治療，旨在阻斷壓力在世代中傳播，並轉變為愛和關懷的傳遞。



Intergenerational Inheritance and transmission of love and care

Pregnancy means joy, hope, love, and a new chapter for most families. At the same time, couples, especially women, bear heavy pressure on childbearing. Women's endocrine and immune systems have substantial changes before, during, and after pregnancy. These biological changes have a profound impact on women's brains, making them more susceptible to stress [1]. Maternal stress can be transmitted to the next generation through multiple pathways, such as the intrauterine environment and mother-infant interaction etc [2].

Women experience a certain amount of stress in a healthy pregnancy, not to mention women with infertility and miscarriage. Some women invest every ounce of themselves physically, emotionally, and often financially into fertility treatment. Nonetheless, not all women can become mothers. Each fertility treatment process and treatment failure can exacerbate women's stress response, and their stress response may viciously increase the risk of reproductive failure. Notably, the maternal stress response can be passed to the next generation leading them to have a higher risk of developing stress-related symptoms [3].

Hence, pre-conception and pregnancy are critical time points to promote women's mental health. We are here to provide tailor-made consultation, coaching and psychotherapy to reverse the intergenerational transmission of stress to the transmission of love and care.



服務對象 Our Clientele

我們現時主要的服務對象是經歷生育壓力的夫婦。如有服務需要，請先諮詢你的婦產科醫生。

Our current service targets clients with fertility stress. Please approach your case doctor if you are interested in our service.



服務收費 Consultation fee

請聯絡我們查詢收費詳情。

Please contact us for the detail.

參考文獻 References

1. Hoekzema, E., et al., Pregnancy leads to long-lasting changes in human brain structure. Nat Neurosci. 2017. 20(2): p. 287-296.
2. Toepfer, P., et al., Oxytocin pathways in the intergenerational transmission of maternal early life stress. Neurosci Biobehav Rev. 2017. 73: p. 293-308.
3. Monk, C., C. Lugo-Candelas, and C. Trumpff, Prenatal Developmental Origins of Future Psychopathology: Mechanisms and Pathways. Annu Rev Clin Psychol. 2019. 15: p. 317-344.