



## Dr. Agnes Ip, BTh, Ph.D., LMFT

(California Licensed Marriage & Family Therapist: MFC #41365)

Dr. Agnes Ip is the Founder and President of [Presence](#) and a California licensed marriage and family therapist. She graduated from Alliance Bible Seminary and received her Masters in Clinical Psychology at Azusa Pacific University and Alliant International University (AIU). She received her Ph.D. in Clinical Psychology at AIU with an emphasis in multicultural community clinical psychology. In her earlier years, she was a church minister in Hong Kong and later served as a mental health therapist for government subsidized outpatient clinics. In recent years, Agnes has provided clinical guidance for marriage & family therapist trainees and interns from various universities.

Agnes also served as an intern psychologist at local public schools, domestic violence shelters, and drug addiction rehabilitation centers in the U.S. She also performed psychological assessments for abused children at a government hospital. Agnes is also a very well-received speaker; often interviewed by the media, she has been referred to as the "[Blessings Therapist](#)" by Good TV in Taiwan.

Over the past ten years, she has developed an assertive communication training curriculum for parents and children. She has published three training books on the topic. She has also produced a booklet for families entitled, "Essential Concepts of Wise Parenting," and acts as the Editorial Director for the [Presence Family Magazine](#), in which she frequently writes articles on mental health, family values, youth and culture. For CD, DVD and online versions of her speaking materials, visit [www.presencequotient.org](http://www.presencequotient.org).

**City and state of residence:** *Diamond Bar, CA*

**Language:** *Cantonese, Mandarin, English*



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<u>Parenting Workshops (P)</u>	<u>親子講座(P)</u>
<p>P1. The four basic principles every Christian parent needs for training up their child</p> <p>P2. Understanding the iGeneration</p> <p>P3. Helping Your Teen Stay Christian in College/University</p> <p>P4. Online Gaming Addiction: Exploring the Truth about Video Games – Educational, Recreational or Detrimental?</p> <p>P5. Understanding gender issues in youth</p> <p>P6. Two-Generation Communication</p> <p>P7. How to improve children's learning interests and abilities: 8 areas of intelligence and learning styles</p> <p>P8. Essential Concepts of Wise Parenting</p> <p>P9. Enhancing children's self-esteem</p> <p>P10. Motivating children to work effectively</p> <p>P11. Teaching children about sex</p> <p>P12. Getting children to listen without yelling or hitting</p> <p>P13. Psychological and Emotional Needs of Adolescents</p> <p>P14. Dealing with Rebellious Teens / How to Communicate with Rebellious Youth</p> <p>P15. How to Talk to Teens About Sex, Emotions and Other Issues</p> <p>P16. How to Handle Your Children's Stress</p>	<p>P1. 基督徒父母為孩子奠定的四大教育基礎</p> <p>P2. 認識 "i" 世代 /了解今天的校園文化</p> <p>P3. 如何預備你的青少年上大學後仍然持守他的信仰</p> <p>P4. 網絡成癮的原因與治療</p> <p>P5. 青少年的性別認同</p> <p>P6. 兩代之間親子溝通</p> <p>P7. 如何提高孩子的學習興趣與能力/ 八大多元智能和孩子學習風格</p> <p>P8. 健康家庭須有的基本心理概念</p> <p>P9. 如何提高孩子的自尊心</p> <p>P10. 如何培養孩子愛做事</p> <p>P11. 與孩子談性</p> <p>P12. 不打不罵使孩子聽話/ 培養有志氣又聽話孩子的六大要訣</p> <p>P13. 認識青少年的心理需要</p> <p>P14. 與叛逆的青少年相處</p> <p>P15. 如何與青少年談性和情感問題</p> <p>P16. 如何處理孩子的壓力</p>



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<p>P17. How to Handle Your Children's anger</p> <p>P18. Age 0-5 Parenting Skills</p> <p>P19. Raising Chinese Kids in an American Culture</p> <p>P20. Enhancing children's MQ</p> <p>P21. Enhancing children's AQ</p> <p>Pre-P1. Pre-parenting Training Course</p>	<p>P17. 如何處理孩子的憤怒</p> <p>P18. 0-5歲育兒技巧</p> <p>P19. 在美國文化培育中國孩子</p> <p>P20. 如何提高孩子的MQ</p> <p>P21. 如何提高孩子的 AQ</p> <p>Pre-P1. 活現準爸媽訓練課程</p>
<b><u>Life Stages and Transitions workshops (L)</u></b>	<b><u>人生階段講座 (L)</u></b>
<p>L1. Living Creatively in the Golden Age</p> <p>L2. Growing out of the Stagnant Life</p> <p>L3. How to Live a Life of Contentment (for singles and mature adults)</p> <p>L4. Practical Advice for Christian Dating</p> <p>L5. Spiritual Life in Financial Tsunami</p> <p>L6. Understanding gender issue</p> <p>L7. From courtship to marriage</p>	<p>L1. 創意黃金歲月—由中年走進老年</p> <p>L2. 生命的成就與停滯</p> <p>L3. 做個滿足快樂人 (給單身和成熟成年人)</p> <p>L4. 實用的基督徒約會觀</p> <p>L5. 金融海嘯中的靈性生活</p> <p>L6. 認識性別迷思</p> <p>L7. 戀愛到婚姻</p>
<b><u>Interpersonal Relationships and Leadership (I)</u></b>	<b><u>人際關係及領導 (I)</u></b>
<p>I1. Skills for Comforting People</p> <p>I2. Unraveling the Knot: Love-Hate Relationships</p> <p>I3. Understanding Emotions and Effective Listening Skills</p> <p>I4. Breaking Out of The Clique Mentality/ (Small Group Bias)</p>	<p>I1. 安慰人的技巧</p> <p>I2. 如何處理好愛與恨的關係</p> <p>I3. 了解情緒及有效傾聽的技巧</p> <p>I4. 同聲同氣——小圈子背後的成因和解決/ 群體與偏見(DVD and CD recorded)</p>



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<p>I5. Male and Female Relationship &amp; Separation</p> <p>I6. Understanding Differences &amp; Resolving Conflicts</p> <p>I7. Interpersonal Relationship &amp; Peer Counseling</p> <p>I8. Preventing Sexual Harassment in Church (Pastors Training)</p> <p>I9. Understanding Gender and Cultural Issues (Pastors Training)</p> <p>I10. Personal Bias, Faith, and Interpersonal dynamics (Sunday school 8-12 classes)</p>	<p>I5. 男女關係與分手處理</p> <p>I6. 了解人與人之間的差異及衝突處理</p> <p>I7. 人際關係及朋輩輔導</p> <p>I8. 教牧訓練：如何防範和面對教會發生性騷擾事件</p> <p>I9. 教牧訓練：了解性別認同的議題</p> <p>I10. 個人偏見，信仰，和人際關係動力學(主日學8-12班)</p>
<p><b><u>Couples workshops (C)</u></b></p>	<p><b><u>夫婦講座 (C)</u></b></p>
<p>C1. Conflict-Resolution</p> <p>C2. 16 Personalities in Couple Relationships</p> <p>C3. Understanding the Differences Between Men and Women</p> <p>C4. Cognitive Behavioral Therapy for Couples</p> <p>C5. Developing Relational Intimacy</p> <p>C6. Defense of Marriage</p> <p>C7. Improving the Marriage Relationship</p> <p>C8. How to Handle Hard Times</p> <p>C9. Marriage Camp – Becoming Spiritual Soul Mates in Marriage</p>	<p>C1. 夫婦衝突處理</p> <p>C2. 16種性格分析與夫婦相處之道</p> <p>C3. 男女有別與溝通</p> <p>C4. 認知行為療法與夫婦關係</p> <p>C5. 親密關係的發展</p> <p>C6. 婚姻保衛戰</p> <p>C7. 改善婚姻關係</p> <p>C8. 如何處理困難時期</p> <p>C9. 婚姻訓練營 - 在婚姻中成為靈魂伴侶</p>



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<u>Mental Health workshops (M)</u>	<u>情緒健康講座 (M)</u>
<p>M1. Cognitive Behavioral Therapy for Mild Depression and Anxiety (Self-Help Training)</p> <p>M2. Understanding Depression: Causes and Treatments</p> <p>M3. Understanding Bipolar Disorder: Causes and Treatments</p> <p>M4. Helping Family Members Struggling with Personality Disorders</p> <p>M5. Mental Health Issues in Youth</p> <p>M6. Coping with Stress</p>	<p>M1. 認知行為療法--給輕度抑鬱和焦慮者的自助訓練</p> <p>M2. 認識憂鬱症和治療方法</p> <p>M3. 認識躁鬱性和治療</p> <p>M4. 認識人格障礙與家人相處之道</p> <p>M5. 青少年的心理健康</p> <p>M6. 壓力應對</p>
<u>Self-Growth Training Program (Day Camp) (G)</u>	<u>活現自我成長課程 (Day Camp) (G)</u>
<p>G1. Self-Growth for Caring Ministry Workers</p> <p>G2. Seven Seasons of Manhood (for couples)</p>	<p>G1. 給關懷事工者的自我成長訓練: :生命成長歷史. 依附的模式. 人際互動界線</p> <p>G2. 男人的七個成長季節 (給夫婦的訓練)</p>
<u>Sunday Sermons (S)</u>	<u>主日講道 (S)</u>
<p>S1. Become a church that are blessed with healthy families</p> <p>S2. Blessings from Father</p> <p>S3. Tips of becoming a devoted mother</p> <p>S4. Serving in the “i”Generation (Youth Ministry)</p>	<p>S1. 成為健康家庭的教會</p> <p>S2. 父親的祝福</p> <p>S3. 虔誠母親的秘訣</p> <p>S4. i 世代的服事 (青少年事工)</p>



<u>For Youth Only (Y) - English</u>	
<p>Y1. Skills for Comforting People: Understanding Emotions and Effective Listening Skills</p> <p>Y2. Unraveling the Knot: Love-Hate Relationships</p> <p>Y3. Breaking Out of The Clique Mentality</p> <p>Y4. Practical Advice for Christian Dating</p> <p>Y5. Boundaries in Dating</p> <p>Y6. How to Handle Break-Ups</p> <p>Y7. Understanding The Differences Between Genders</p> <p>Y8. Conflict Resolution</p> <p>Y9. Peer Counseling</p> <p>Y10. Coping with Stress</p> <p>Y11. Maintaining a Healthy Emotional Life: Dealing with Depression and Anxiety</p> <p>Y12. Understanding Sexual Identity and Gender Issues</p>	

