

Mindora Counselling Establishes Itself as a Leading Therapy Practice for Men's Mental Health in Hong Kong

Founder William Ferrell pairs 20 years in global corporate roles with clinical training to reach men who don't see themselves in traditional therapy.

HONG KONG, HONG KONG, August 19, 2026 /EINPresswire.com/ -- Hong Kong's always-on work culture and traditional expectations of masculinity leave many men without anywhere to put down what they're carrying. Mindora Counselling, a private therapy practice based in Central, says that dynamic is driving a steady rise in male clients seeking a space to talk that doesn't ask them to perform strength first.

Mindora Counselling's men's issues service focuses on building emotional resilience, strengthening relationships, exploring masculinity, managing stress, deepening intimacy and navigating major life transitions — delivered, the practice says, without the clinical distance or vague language that keeps many men from ever booking a first session.

"I have extensive experience working with men and understand the unique pressures, expectations and challenges we often face," said William Ferrell, M.Couns., founder of Mindora Counselling. "Therapy offers a space where you can speak openly, explore what's going on, and make sense of things without judgment. My focus is to support you in a way that feels straightforward, respectful and genuinely helpful."

What Mindora points to as its differentiator is Ferrell's own background: 20 years in consumer insights and marketing roles across the United States, Europe, Japan, Australia and Hong Kong before he became a therapist. The practice says that career gives Ferrell a working understanding of the pressures many of his male clients are navigating firsthand — "always on" work culture, digital overload and high-stakes professional relationships — rather than a purely academic view of them.

Sessions draw on Cognitive Behavioural Therapy, Narrative Therapy, Mindfulness and Acceptance & Commitment Therapy, and are available online or in person at Mindora's Central office. Every new client is offered a complimentary, confidential 20-minute consultation before committing to therapy.

Ryan, an APAC technology consultant and Mindora client, said: "I reached out to Wil because I felt

stuck and didn't know the next move ... By understanding the patterns I'd been repeating for years, I've been able to make better decisions and move forward with more confidence."

Ferrell holds a Master of Counselling from Monash University, a Master of Arts in Media Management from Columbia College Chicago, and a Bachelor of Science in Business Administration from the University of Alabama. He is Level 1 & 2 Gottman Couples Therapy certified and a member of the Hong Kong Professional Counselling Association (HKPCA), the Greater Bay Psychology & Counselling Association (GBPCA), the Australian Counselling Association (ACA), and the Psychotherapy and Counselling Federation of Australia (PACFA).

About Mindora Counselling

Mindora Counselling (Mindora Wellness LLC) is a private counselling practice based in Central, Hong Kong, founded by William Ferrell, M.Couns. The practice offers evidence-based, in-person and online therapy for adults and adolescents across seven specialty areas: men's issues, addiction and recovery, anxiety and depression, sexual health and wellbeing, LGBTQIA+ support, sex worker support, and adolescent support. Every new client is offered a complimentary, confidential 20-minute consultation. [Learn more at Mindora Counselling.](#)

William Ferrell

Mindora Counselling

+852 5506 4414

[email us here](#)

Visit us on social media:

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