

Two-Day Training Workshop on "Healing Trauma through Arts"

By Dr. Fiona CHANG, REAT, RSW, Certified Supervisor (ACA)
M. Soc. Sc. (Family Therapy and Healthcare, HKU), PhD (CUHK)



CE20210114

WORKSHOP DESCRIPTION

This training workshop introduces the conceptual foundation and therapeutic facilitation of Person-Centered Expressive Arts for healing psychosocial wounds and trauma. Content includes the working principles of applying arts in trauma recovery, emotional healing and personal transformation. This workshop is a practice-based professional training of multi-modal expressive arts to enhance counseling, group work and self-care. The arts modalities, including visual art, music, sounding, dramatic exercises, body movement, writing and mindfulness practice, will be integrated in the learning process.

Expressive arts are empowering tools for expression, catharsis, self-understanding, communication, actualization of potentials and transformation. This creative practice is person-centered, engagement-oriented and process-focused. The workshop is designed for any helping professional who is interested in exploring the power of arts to advance their professional practice and pursuing expressive arts as a professional path. Participants will have opportunity to experiment the use of arts for creative self-awareness so that they can synthesize their hands-on experience with conceptual learning.



OBJECTIVES

On completion of this workshop, participants should be able to:

- Understand the evolving principles of using arts for trauma and recovery;
- Develop a person-centered being, skills and sensitivity for applying multi-modal of expressive arts in clinical practice with cultural and ethical consideration;
- Understand the person-centered expressive arts process in understanding and healing trauma.

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TRAINER

Dr. Fiona Chang is a Registered Social Worker and a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA). She is currently the Vice-chairperson of "Art in Hospital", the Founding President of the Expressive Arts Therapy Association of Hong Kong, a part-lecturer of the social work departments of The University of Hong Kong and The Chinese University of Hong Kong, the advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair and board member of IEATA. She pioneered the Patient Resource Centre in public hospitals. She received the H.K. International Cancer Congress Young Investigators' Award, Outstanding Staff Award of Hospital Authority, Distinguished Social Work Alumni of HKU and the Shining Star Award of IEATA.

She initiated expressive arts project with Orphans with HIV in Cambodia, a Wellness CD project for cancer patients and hosted the IEATA Conference in Hong Kong in 2015. She wrote several chapters on expressive arts therapy for internationally and locally published books, including "The Creative Connection for Groups: Person-centered Expressive Arts for Healing & Social Change", "Art Therapy in Asia: To the bone or Wrapped in Silk", "Art Therapy and Health Care", "Mindfulness and the arts therapies", "Psychosocial Oncology and Palliative Care in Hong Kong: The first decade" and "Group Case book" (千帆並舉 - 社會工作小組新貌 in Chinese). Her Chinese book "Expression · Arts · Therapy" (表達 · 藝術 · 治療 in Chinese) was published in 2015.



FORMAT

- Hands-on creative activities
- Live demonstration of therapeutic facilitation
- Video learning
- Reflective sharing

TARGET

Social Workers /
Helping professionals

WORKSHOP DETAILS

Course Code : CE20210114
Course Name : Two-day Workshop on "Healing Trauma through Arts"
Date : Jan 14 & 15, 2021
Time : 9:30 am - 5:30 pm
Venue : The Chinese University of Hong Kong
Language : Cantonese (supplement with English)
Class Size : 24 participants
Course Fee : HK\$ 2,800
CPE Points for Registered Social Workers: 14

Discount Scheme (on or before Nov 19, 2020)

- **10%** (HK\$2,520) discount for Early Bird Registration
- **20%** (HK\$2,240) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members)
[20% discount is applicable by POST only]

Application Deadline: Dec 30, 2020

Application Methods

1. Send the following **application form with a crossed cheque payable to 'The Chinese University of Hong Kong'** to CPE, Department of Social Work, CUHK, Shatin, N.T. Hong Kong.
OR
2. Register the workshop online via our website:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

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Application Form

Full Name: (English) # Mr/Ms: _____ (中文): _____
Name of Organization: _____ Position: _____ Field: _____
Email: _____ Tel. No.: _____
Academic training background: _____ Highest educational level obtained: _____
RSW number (if applicable): _____

Payment Information

Please tick (V) appropriate boxes

Please delete as appropriate

Cheque No. : _____ Bank name : _____ Amount : # HK\$2,800/ HK\$2,520/ HK\$2,240

Membership : No Yes, if Yes, #Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.: _____

Important Terms and Conditions

I acknowledge that I have read and agree to the above terms and conditions.

1. Application will be accepted on a first-come-first-served basis.
2. Email notification on application status will be sent to you only when application and payment have been received by the Division of Continuing Professional Education (CPE), please contact us if you do not receive any notification after 7 days.
3. Application is regarded as successful only after a confirmation email is issued to you.
4. Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
5. Course fee is non-refundable or non-transferable to another course once application is confirmed.
6. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are prepared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
8. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
9. Certificate of Attendance will be given to participants who have attained at least 75% attendance of the course.
10. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal or the announcement of "extreme condition" by the Government after super typhoons is issued by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
11. Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to swkcpe@cuhk.edu.hk.
12. The right of interpretation and amendment of the above terms belong to CPE.

Enquiry : 3943 1704 Email : swkcpe@cuhk.edu.hk Website: <http://www.cuhk.edu.hk/swk>