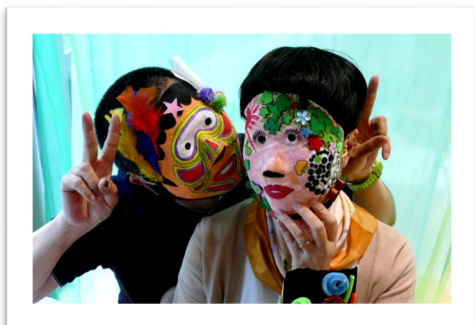


# Two-day Workshop on The Use of Mask in Groups

By Ms Fiona M.Y. Chang

PhD Candidate, REAT, RSW. M. Soc. Sc. (Family Therapy & Health Care),  
Prof. D in Creative Photography

## Course Description



Expressive Arts Therapy is a creative blending of expressive arts and psychotherapy. It is an integrated use of multimodal discipline of arts as a form of therapy to enhance personal growth. People can connect with their body, emotion, thoughts and spirits through the creative healing process. Mask-making is a popular means in expressive arts. Mask serves the function of symbolizing our persona, our ability to change and to transform. It empowers us to reveal what has been hidden and brings to see our true selves.

Mindfulness and Person-centered Expressive Arts share similar thoughts of the moment to moment awareness of our present experience without judgment. Their combined effort in mask exploration can deepen self-understanding. When we are mindful in focusing on the expressive arts process for self-exploration, we can truly be open to the creative exploratory process and fully present to what we are thinking, experiencing, feeling and doing at any moment. Mask is a safe and well-contained tool for personal transformation.

In this workshop, each individual participates fully in the process through creating, meditating, doing, observing, feeling and saying in a mindful way. Participants can gain first-hand experience on the systematic steps of facilitation and learn the integrated methods of using expressive arts and mindfulness in practice. Listening, compassion and positive regards are also stimulated when seeing and touching the mask.

## Trainer

Fiona is a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association - IEATA and a Registered Social Worker. She became accomplished at Person-centered Expressive Arts Approach with the founder Dr. Natalie Rogers at Saybrook University in the U.S.A.. She has been integrating multimodal expressive arts processes in a variety of groups for nearly 25 years. She was the Founder/Program Director of the Three-year Expressive Arts Therapy Training Program of the Centre on Behavioral Health of the University of Hong Kong. She wrote several chapters on expressive arts therapy for internationally and locally published books.



She is the Vice-chairperson of "Art in Hospital", the Founding President of the Expressive Arts Therapy Association of Hong Kong - EATA HK, an advisor of the "Art Therapy Without Borders", an advisor of the South Western College in Santa Fe and the past Executive Co-chair of IEATA. She was the Pioneer of the Patient Resource Centre in public hospitals. She received many awards, including Hong Kong International Cancer Congress Young Investigators' Award, Outstanding Staff of Hospital Authority and Distinguished Social Work Alumni. She is an international trainer, amateur artist, unpaid photographer and full-time mother.

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CE20190321

## Objectives

On completion of this course students should be able to:

- ✓ Experience the creative exploratory process of mask-making for individual and collective empowerment;
- ✓ Develop a person-centered being, skills and sensitivity for using masks in group work practice with cultural consideration;
- ✓ Understand each struggles, rediscover innate creativity, and new aspects of self.



## Format

- ✓ Mindful mirror exploration
- ✓ Hands-on mask-making: A tailor-made mould mask
- ✓ Self-exploratory and group learning
- ✓ Facilitation demonstration
- ✓ Reflective sharing of clinical experiences

## Target participants

Social work graduates, social workers, counsellors, creative arts therapists, and helping professionals

## Content

1. Concepts and therapeutic elements of applying masks in groups
2. Application of masks in a variety of settings
3. Use of different creative modalities for mask exploration
4. Person-centered facilitation: Roles of the facilitator

## Handouts & Readings

- ✓ Participants are required to read articles beforehand
- ✓ Participants will receive handouts on "Use of Masks in Group"

## Remarks

The hours can be collected to apply for the professional registration of being a REAT (Registered Expressive Arts Therapist)/REACE (Registered Expressive Arts Consultant/Educator) with the International Expressive Arts Therapy Association (IEATA).

## WORKSHOP DETAILS

Course Code : CE20190321  
Course Name : Two-day Workshop on The Use of Mask in Groups  
Date : Mar 21 & 22, 2019 (Thu, Fri)  
Time : 9:15 am - 6:15 pm (16 hours)  
Venue : The Chinese University of Hong Kong  
Language : Cantonese  
Class Size : 24 participants  
Course Fee : HK\$ 2,600 (Art materials included)

### Discount Scheme

(on or before Jan 30, 2019)

- **10%** (HK\$2,340) discount for Early Bird Registration
- **20%** (HK\$2,080) 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: Feb 27, 2019**

### Application Methods

1. Send the following **application form with a crossed cheque payable to 'The Chinese University of Hong Kong' to CPE, the 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>

## Two-day Workshop on The Use of Mask in Groups

CE20190321

### Application Form

Full Name: (English) # Mr/Ms: \_\_\_\_\_ (中文): \_\_\_\_\_  
Name of Organization: \_\_\_\_\_ Position: \_\_\_\_\_ Service Field: \_\_\_\_\_  
Email: \_\_\_\_\_ Tel. No.: \_\_\_\_\_  
Academic training background: \_\_\_\_\_ Highest educational level obtained: \_\_\_\_\_

### Payment Information

# Please delete as appropriate

☐ Please tick appropriate boxes

Cheque No. : \_\_\_\_\_ Bank name : \_\_\_\_\_ Amount : # HK\$2,600/ HK\$2,340/ HK\$2,080

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

### Important 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 working 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 90% attendance of the course.
10. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted 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 [cpe@swk.cuhk.edu.hk](mailto:cpe@swk.cuhk.edu.hk).
12. The right of interpretation and amendment of the above terms belong to CPE.

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

Enquiry: 39431704 Email: [cpe@swk.cuhk.edu.hk](mailto:cpe@swk.cuhk.edu.hk) Website: <http://www.cuhk.edu.hk/swk>