



# 敘事繪畫治療基礎課程 **Foundation Course on Narrative Drawing Intervention (FNDI)**

— Oct 3 & 10, 2019 —

**Trainer: Dr. Monica Wong**  
 PsyD, MA, MCoun, BA, BSocSc,  
 Certified Trauma Specialist and  
 Trainer, Registered Art Therapist

## **WHAT IS NDI?**

Narrative Drawing Intervention (NDI) is a brand new clinical psychotherapeutic model that combines two effective psychotherapeutic interventions – Narrative Intervention and Art Therapy. This model is developed by Clinical Psychologist, Certified Trauma Specialist and Registered Art Therapist, Dr. Monica Wong, through a decade of clinical practice and intensive research.

## **WHERE IS NDI USED?**

The broad application of NDI includes: trauma relief, improvement of psychological wellbeing, facilitation of emotional self-regulation, strengthening of interpersonal relationships, personal growth, prevention of psychological turbulences and enhancement of mental health.

## **STYLE OF LEARNING**

Theory, experiential learning, live demonstration, hands-on practice.

## **COURSE CONTENT**

- Acquiring knowledge about the probable meanings of symbols in drawings
- Introduction to application of drawing in different therapeutic context
- Techniques and guidelines in establishing therapeutic relationships, performing goal settings and engaging in therapeutic conversations

## **WHAT TO EXPECT**

- How to define and establish therapeutic relationships with clients
- How to pinpoint important messages from client's narratives and address their needs
- How to start engaging in therapeutic conversations with clients
- The importance of goal setting in an NDI session

## **TARGET PARTICIPANTS**

Psychologists, social workers, psychiatrists and staff in mental health services, counsellors, therapists, teachers, trainers, parents and individuals who are interested in psychology





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— Jun 11 & 18, 2019 —

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### BRIEF RATIONALE BEHIND

NDI combines the use of drawings and the narratives that clients give about the drawings, in order to bring unconscious feelings and beliefs into conscious.

The first step of a typical NDI session involves goal setting, establishing of therapeutic relationships and engaging in therapeutic conversations. Through narratives of the story behind client's drawings, intrinsic meaning of 'subconscious symbols' can be externalized to a conscious level, which grants helping professionals the opportunity to observe and understand the inner self of clients. When clients are able to understand themselves, they can start to accept themselves and to finally play out their potentials to fullest. As such, we aim to draw out inner strengths and core values of clients, explore their external resources and support systems and ultimately to increase self-acceptance and resilience, in order to replace unconscious defense mechanism with positive conscious coping strategies, where self-confidence and hopes of the clients can be harvested.

### TRAINER'S BIOGRAPHY

**Dr. Monica Wong, PsyD.** (黃曉紅) is an author, clinical psychologist, registered art therapist, regional representative of Asia for the Australian Creative Arts Therapies Association, the first trauma therapist and trainer in Asia certified by the National Institute for Trauma and Loss in Children (USA), founder of the Psycho-Art Therapy Association, advisor of the Eugene Group, academic director of the Hong Kong Institute for Counseling Professionals and the Psycho-Adventure Training Center, and founder of the Society for Junior Writers of Hong Kong. Dr. Wong has been a professional trainer delivering courses on NDI (formerly known as Projective Drawing), Enneagram, and Storytelling for the CUHK regularly since 2006. Besides, she is often invited to conduct seminars and workshops for universities and colleges, secondary and primary schools, hospitals, governmental departments, enterprises and non-profit organizations.

Graduated from Philosophy in CUHK, Dr. Wong has performed attentive research in psychology and psychotherapies in recent years and obtained her master's degree in counselling from Monash University in Australia and her doctoral degree in clinical psychology from California School of Professional Psychology, AIU (USA). She has been to Australia to follow the world-class psychotherapy master, Mr. Michael White for studying Narrative Therapy. She has been supervised by internationally renowned art therapy masters Dr. Cathy Malchiodi and Ms. Cornelia Elbrecht in Art Therapy. She is one of the authors and hosts of Stories from Afar (尋找他鄉的故事) and Success Stories Series (傑出華人系列), both large-scale televised documentaries. She is also the co-author of best-seller books, Open the Locks of the Hearts – Enneagram (打開心鎖的密碼—九型人格心理學), Draw the Feelings out from Your Heart - Projective Drawing (畫出心中情), and the author of Walking Through the Ruin of the Hearts - Case study of Projective Drawing and Narrative Therapy (走出心靈的廢墟—投射繪畫與敘事治療實錄) and Happiness Is Around the Corner of Life (快樂在生命轉彎處). She has newly developed her own clinical model: Narrative Drawing Intervention (NDI) and presented it in a number of international conferences, universities and hospitals in the United States of America, Australia, Mexico, Singapore, the mainland China, Hong Kong and Macau. More than ten thousand of helping professionals have been trained over the decade. Dr. Wong has led 14 volunteer teams to earthquake-hit areas in Sichuan since 2008, and has been leading another helping professional team to provide psychotherapies to school teachers and students who are under great pressure in Hong Kong since 2015. She has also hosted an international conference on art therapy in China in 2013 and another one in Hong Kong in 2016.

## COURSE DETAILS

|                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |                 |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------|
| Date                                          | Oct 3 & 10, 2019                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Course Code | CE20191003      |
| Venue                                         | CUHK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Time        | 9:30am - 5:30pm |
| Language                                      | Cantonese (Supplemented with English)                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Class Size  | 33 participants |
| Regular Fee                                   | HK\$1,800                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |             |                 |
| Discount Scheme<br>(on or before Aug 8, 2019) | 10% (HK\$1,620) discount for Early Bird Registration<br>20% (HK\$1,440) discount for CUHK Department of Social Work's members (Current SWK staff, current SWK students, SWK Alumni Association members, or CPE members)<br>[20% discount is applicable by POST only]                                                                                                                                                                                                                          |             |                 |
| Application Methods                           | (email notification on application status will be sent for application received by CPE, please contact us if you do not receive any notification)<br>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.<br>OR<br>2. Register the workshop online via our website: <a href="http://web.swk.cuhk.edu.hk/Forthcoming">http://web.swk.cuhk.edu.hk/Forthcoming</a> |             |                 |
| Application Deadline                          | Sep 5, 2019                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |                 |

## Foundation Course on Narrative Drawing Intervention (FNDI)

CE20191003

### Application Form—CE20190611

Full Name: (English) # Mr/Ms \_\_\_\_\_ (中文) \_\_\_\_\_

Organization: \_\_\_\_\_ Position: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_ Service Field: \_\_\_\_\_

Academic training background: \_\_\_\_\_ Highest educational level: \_\_\_\_\_

#### Payment Information

Cheque No. : \_\_\_\_\_ Bank name : \_\_\_\_\_ Amount : ☐ HK\$1,800 ☐ HK\$ 1,620 ☐ HK\$1,440

Membership : ☐ No ☐ Yes, if Yes, # Staff ID/ Student ID/ Alumni 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 only when application and payment have been received by CPE, please contact us if you do not receive any notification after 7 days.
3. Application will be regarded as successful only when confirmation email has been issued.
4. Cancellation of courses 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 other course once the enrollment is confirmed.
6. Receipt of application fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. The training materials of the program, including its lecture notes, worksheets, power-point slides, and demonstration videotapes, were prepared by the trainer and all materials contained therein are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and Continuing Professional Education (CPE).
8. No form of recording, including audio- or video-recording, during the training program is allowed without prior permission by the trainer and the Continuing Professional Education, Department of Social Work, The Chinese University of Hong Kong.
9. Certificate of Attendance will be given to participants who have attended at least 75% of the course.
10. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted by 7am, the lesson will be cancelled. Details of postponement or other arrangements will be announced afterwards.
11. Personal data provided on application forms are used only for enrollment, course administration and future promotion purposes. All personal data collected will be treated as strictly confidential. 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 written requests to CPE by email to [cpe@swk.cuhk.edu.hk](mailto:cpe@swk.cuhk.edu.hk).
12. All changes and amendments are subject to the respective course and the final decision of organizer.

☐ I acknowledge that I have read and agree to the above Terms and Conditions.

☎ Enquiry : 3943 1704 ✉ Email : [cpe@swk.cuhk.edu.hk](mailto:cpe@swk.cuhk.edu.hk) 🌐 Website: <http://www.cuhk.edu.hk/swk>