



# Two-Day Workshop on “The Use of Story-telling in Counseling and Conducting Therapeutic Groups”

**Dr. Monica Wong**

PsyD, MA, MCoun, BA, BSocSc,  
Certified Trauma Specialist and Trainer, Registered Art Therapist

## *Introduction*

How can story-telling lead you into experiences which you have never encountered before? How can story-telling help you discover a new self? How can story-telling make you feel at most ease when sharing your feelings and emotions with the therapeutic group? How the ending of a story can bring you unexpected sensations and strengths? You will find the answers to all these questions in the workshop.

The workshop covers the discovery of the subconscious, skills of story-telling and the use of metaphors in a variety of therapeutic settings. The all-embracing feature of story-telling makes it a perfect companion with other methods of psychological interventions such as projective drawing, play, art, music, and drama therapies as well as solution focused, hypnotic and cognitive-behavioral approaches.

In the workshop, through live demonstrations by the trainer and group discussions, participants will not only apprehend the power of story-telling in effective communication and psychotherapy, but will also witness the magical moment of realization of the subconscious through the story-telling of live demonstrators. Besides, participants will also learn that story-telling embraces many important characteristics.

## *Content*

1. The magic of metaphor
2. Guidance for effective story-telling
3. How stories heal?
4. A journey with an animal
5. Animal kingdom
6. My story 1: family of origin
7. My story 2: the hero's journey
8. A journey into your inner world

## *Target Participants*

Any person in the field of Social Work or people who are interested in Psychology.



## *About the Trainer*

**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 specialist 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 Counselling 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 Story-telling 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.

CE20200422



The Chinese University of Hong Kong  
Department of Social Work  
Continuing Professional Education

## WORKSHOP DETAILS

Date	Apr 22 & 29, 2020	Course Code	CE20200422
Venue	CUHK	Time	9:30am - 5:30pm
Language	Cantonese (Supplemented with English)	Class Size	33 participants
Regular Fee	HK\$1,800		
Discount Scheme (on or before Feb 19, 2020)	<ul style="list-style-type: none"><li>◆ 10% (HK\$1,620) discount for Early Bird Registration</li><li>◆ 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) [20% discount is applicable by POST only]</li></ul>		
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) <ol style="list-style-type: none"><li>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</li><li>2. Register the workshop online via our website: <a href="https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information">https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information</a>.</li></ol>		
Application Deadline	Apr 1, 2020		

### Two-Day Workshop on "The Use of Story-telling in Counseling and Conducting Therapeutic Groups" Application Form

CE20200422

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

#### Payment Information

# delete as appropriate

☐ tick as appropriate

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

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.

- Application will be accepted on a first-come-first-served basis.
- 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 working days.
- Application will be regarded as successful only when confirmation email has been issued.
- 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.
- Course Fee is non-refundable or non-transferable to other course once the enrollment is confirmed.
- Receipt of application fee will be issued on the first day of the course and payment method will be indicated on the receipt.
- 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).
- 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.
- Certificate of Attendance will be given to participants who have attended at least 75% of the course.
- 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.
- 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).
- All changes and amendments are subject to the respective course and the final decision of organizer.

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