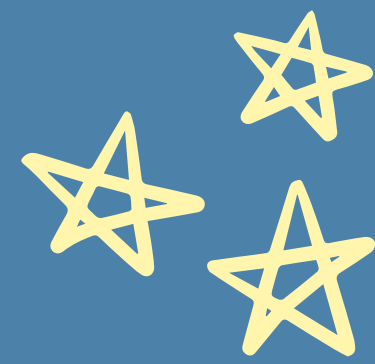


# Person-centered EXPRESSIVE ARTS



## Arts and Practicum Course I: Expressive Arts in Action

### Description



The goal of the practicum courses is to give learners the opportunity to create and facilitate arts-based group sessions with a Person-Centered approach. With the guidance of trainers and coaches, learners design and facilitate brief workshops for their peers, while keeping in mind the needs of participants during the program. Learners "go behind the scenes" of Person-Centered facilitation to learn how group dynamics influences group design and expressive arts facilitation. Learning to give and receive honest, supportive feedback helps learners reflect on their strengths and growing edges. Observing sessions offers a more objective learning position regarding group dynamics. Learners are encouraged to explore their personal styles, theoretical orientation and working philosophy throughout the Practicum Courses.

Group dynamics and group development are studied through reading, planning, and facilitating expressive arts sessions, discussing our own process, and debriefing the group process. This week gives learners a second opportunity to design and facilitate a session with peer feedback. This strengthens the learner's skills in creating a positive, nurturing environment for others. Particular attention is paid to the application of PCEA with various populations such as people with health and mental concerns, palliative care, children with special needs, family counseling, people with trauma experience, educational and personal growth groups. Learners can further develop their personal styles and working approaches.

To learn about the different approaches of expressive arts therapy, consultation, education, and community arts, our expressive arts elders, masters and teachers are invited to share their practice wisdom with us in each practicum course. Our students can review the unique elements of person-centered expressive arts practice in comparison with other approaches.

### Target Participants

- Participants who have attended 'Creative Connection for Group Transformation'

Becoming a Registered Expressive Arts Therapist (REAT) / Registered Expressive Arts Consultant/Educator (REACE) under the International Expressive Arts Therapy Association (IEATA), one should have specific hours of expressive art education and training. For details, please visit [ieata.org](http://ieata.org). There are other requirements for becoming a REAT / REACE, please visit IEATA website for details.

# Person-centered EXPRESSIVE ARTS



## Arts and Practicum Course I: Expressive Arts in Action

### Trainer's Biography

**Fiona Chang, Ph.D., (CUHK), M. Soc. Sc. (Family Therapy and Healthcare, HKU), REAT, RSW, Certified Supervisor (ACA)**, is a PCEA full faculty, a Registered Social Worker and a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA). She founded the Three-Year Expressive Arts Therapy Program in Person-Centered Approach at the Centre on Behavioral Health of The University of Hong Kong (HKU) in 2011. She is currently the Vice-chairperson of "Art in Hospital", the Founding President of the Expressive Arts Therapy Association of Hong Kong (EATA HK), a part-time lecturer of the social work departments of HKU and The Chinese University of Hong Kong (CUHK). She is the advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair of IEATA. 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.



**Terri Goslin-Jones, Ph.D., REACE, PMP**, serves as Psychology/Creativity Studies faculty at Saybrook University. She is co-author of *Weaving Ourselves Whole, A Guide to forming a Transformational Expressive Arts Circle*. She believes that every person has a creative, unique spirit, and that expressive arts is a process that helps us meet life's challenges and experience growth with an awakened and compassionate heart. She supervises doctoral student research in creativity, expressive arts, and art-based inquiry. Terri is a PCEA/REACE practitioner, mindfulness facilitator, and Institute of Poetic Medicine facilitator. She has a passion for exploring humanistic/ transpersonal psychology, world religions, and multi-cultural worldviews.



# Person-centered EXPRESSIVE ARTS



## Arts and Practicum Course I: Expressive Arts in Action

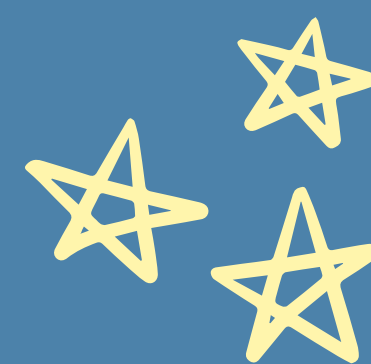
### Trainer's Biography

**Mitchell Kossak, Ph.D., LMHC, REAT**, is a Professor in Expressive Therapies and Counseling at Lesley University, Cambridge, Massachusetts. He is the Past President of the International Expressive Arts Therapy Association and recipient of the *Shining Star*, lifetime achievement award. He is also the Associate Editor of the Journal of Applied Arts and Health. He is the author of *Attunement in expressive arts therapy: Toward an understanding of embodied empathy*. In 2019 he helped to create *Voces Arts and Healing*, to work with asylum seekers in Juarez Mexico. He is also a professional musician, performing for the past 40 years in the Boston area.



**Evelynna Liang, DFA (RMIT), MFA (RMIT), BA (UBC)**, is one of the pioneers of community art in Hong Kong. She had founded the "Art in the Camp" project in the late 80's, bringing all sorts of art activities in the Vietnamese detention Camp, providing proper Art Education for the Vietnamese Camp children, and enlighten the depressive situation of the prison like camp with arts and color. In the early 90's, Evelynna founded the "Art in Hospital" in Hong Kong, and brought forward the idea of Art and Health in all communities. "Art in Hospital" also organized different levels of therapeutic arts project to bring closer the relationship between health care personnel, social services, staff, patients and artists alike. In 2002, she founded "Art for All" in 2002, a charitable Community Art organization, aiming to use Art to empower all, for a better, harmonious society, to respect oneself and for all.

# Person-centered EXPRESSIVE ARTS



## Arts and Practicum Course I: Expressive Arts in Action

### Tutor's Biography

**Ng Pui-wah, Meko, REAT, RSW, MSSc (CUHK)**, is a registered social worker and registered expressive arts therapist with the IEATA. She is now an acting supervisor of a crisis intervention centre, working with survivors of sexual violence, domestic violence and elder abuse. She is a part-time teaching assistant in a master course at the Department of Social Work of CUHK. She has been working with people with trauma and mental health challenge for over 15 years. She was the former Co-chair of the EATA HK and the former Regional Co-ordinator of IEATA. She conducts professional trainings for both local and overseas organizations.




**Fung Wing-yan, Winnie, RSW, REAT, MSSc (HKBU), B.S.W. (CUHK)**, is a registered social worker and registered expressive arts therapist, mainly working with LGBTQs, people with drug addictions, young mothers, youths and adults with emotional disturbance, youths at the margin, people with traumas etc. She finished the study in Somatic Experiencing (SE), a trauma-related approach, and provide trainings and services about Trauma-informed Care and Expressive Arts Therapy in the recent years. She was the former Co-chair of EATA HK and the former Regional Co-chair of IEATA.

**Tang Chi-shan, Melanie, CCoun, MSSc (Youth Counselling, HKBU)**, is a HKPCA certified counsellor and a Person-Centered Expressive Arts Facilitator who completed the Certificate in Expressive Arts for Healing and Social Change: A Person-Centered Approach at The Person-Centered Expressive Arts Institute (Sonoma, California). She is now a private practice counsellor and PCEA facilitator, founded Hope & Light Expressive Arts & Counselling Center to offer counselling services and expressive arts facilitation to support personal growth and promote overall psychological wellness among individual and groups at commercial organizations, NGOs and schools etc. She is currently the Student & New Professional Co-Chair of IEATA.





Course Code CE20240123  
Course Name Arts and Practicum Course I: Expressive Arts in Action  
Date Jan 23, 24, 25, & 26, 2024 (Tue, Wed, Thur, Fri)  
Time 9:00 am - 6:00 pm (32 teaching hours)  
Venue The Chinese University of Hong Kong\*  
Language Cantonese & English  
Class Size 24 participants  
Course Fee HK\$ 7,760 (Non-refundable discount scheme)  
Application Deadline December 17, 2023

 \*Depending on actual operational need, training may adopt face-to-face or online teaching, or both.

Application Methods



Register via our website:  
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>



Send the following application form to CPE,  
Department of Social Work, CUHK, Shatin, N.T.  
Hong Kong with a crossed cheque payable to  
*The Chinese University of Hong Kong*

Arts and Practicum Course I:  
Expressive Arts in Action  
Application Form

CE20240123

Full Name (English) ☐ Mr  
☐ Ms

(中文)

Name of Organization:

Position:

Field:

Phone No.:

E-mail:

Academic Training Background:

Highest Educational Level obtained:

**Prerequisite (Please attach a copy of the attendance certificate from course)**

Creative Connection for Group Transformation

Date (mm/yy):

Course code:

Payment Information

Cheque No.:

Bank name :

Amount (HK\$): ☐ \$7,760

☐

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

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). It is suggested to first try checking your junk or spam email folders for the missing emails. If they are not there, 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 pre-pared 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 or the announcement of “extreme condition” by the Government after super typhoons is hoisted at 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](mailto:swkcpe@cuhk.edu.hk).
12. The right of interpretation and amendment of the above terms belong to CPE.



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