

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

## 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.

## Target Participants

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

## About the Trainer

**Dr. Monica Wong, PsyD. (黃曉紅博士)** is an author, clinical psychologist, registered art therapist, founder of Narrative Drawing Intervention®, the first Trauma Specialist and Trainer in Asia certified by The National Institute for Trauma and Loss in Children, Professional Member of the ANZACATA, Certified Expressive Art Therapy Consultant in The United States, Academic Director of Narrative Drawing Intervention® Institute, Chairperson of the Psycho-Art Therapy Association, Founder of the "By Your Side" psychological support program, Chairperson of the four International Conferences on Art Therapy in 2013-2023..

Dr. Wong studied Narrative Therapy with psychotherapy master Michael White, and art therapy with famous art therapists Dr. Cathy Malchiodi and Cornelia Elbrecht. She has been a guest lecturer of the Chinese University of Hong Kong since 2006, regular workshops conducted include: The Use of Projective Drawing, Narrative Drawing Intervention® (Foundation, Practicum and Supervision courses), Enneagram and Storytelling, which were all full-house popular courses. Besides, she was often invited to conduct seminars and workshops for universities and colleges, secondary and primary schools, hospitals, government 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).

In the past decade, Dr. Wong developed her own clinical model: Narrative Drawing Intervention® (NDI®) and presented it in numerous international conferences, universities and hospitals in the United States of America, Australia, Mexico, Singapore, India, Nepal, Indonesia, the mainland China, Hong Kong and Macau. More than ten thousand of helping professionals have been trained over the decade.


Since 2008, Dr. Wong has led 18 volunteer teams to provide psychological support to victims of earthquakes in Sichuan, as well as victims of tsunamis and human trafficking in Indonesia, India and Nepal, and has been leading another helping professional team to provide psychotherapies to school teachers and students who were under great pressure in Hong Kong since 2015. She has also hosted four charitable International Conferences on Art Therapy in 2013-2023, to continue to promote cultural exchange in the field of art therapy with an international perspective.



## 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

Course Code	CE20240312
Course Name	Two-Day Workshop on "The Use of Story-telling in Counseling and Conducting Therapeutic Groups"
Date	March 12 & 19, 2024 (Tuesdays)
Time	9:30 am - 5:30 pm (14 contact hours)
Venue	The Chinese University of Hong Kong
Language	Cantonese (Supplemented with English)
Class Size	30 participants
Course Fee	HK\$ 2,940
Application Deadline	February 26, 2024



### Application

Register online 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*

CPD Points for  
Registered  
Social Workers: 14

**Discount Scheme (on or before January 15, 2024)**

- 10% (HK\$2,650) discount for Early Bird Registration
- 20% (HK\$2,360) 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]**

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

Application Form

CE20240312

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Full Name (English)  Mr  Ms (中文)

Name of Organization: \_\_\_\_\_ Position: \_\_\_\_\_ Field: \_\_\_\_\_

Phone No.: \_\_\_\_\_ E-mail: \_\_\_\_\_

Academic Training Background: \_\_\_\_\_ Highest Educational Level obtained: \_\_\_\_\_

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*Payment Information*

Cheque No.: \_\_\_\_\_ Bank name : \_\_\_\_\_ Amount (HK\$): \$2,940 \$2,650 \$2,360

Membership  Yes  No;

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

  **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-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 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.