



# Practicum Course on The Use of Narrative Drawing Intervention® Based Storytelling in Counselling

## Course objectives

Upon completion of the foundation course on The Use of Storytelling in Counselling and Conducting Therapeutic Groups, the participants would have gained a basic knowledge on the use of NDI® Based Storytelling, namely guidance for effective storytelling, how stories heal, Animal Kingdom, My Story on family of origin and The Hero's Journey, and most importantly, the use of metaphors.

This course focuses on the practicum on NDI® Based Storytelling – the techniques and activities of building rapport with clients, establishing trusting therapeutic relationships and conducting therapeutic conversations. Participants will learn how to conduct counselling sessions with real clients. The trainer will provide feedback and critique on each participant's in-class practice and recorded sessions. This enriched learning experience enables an exponential learning curve in the application of NDI® Based Storytelling in providing counselling services to different clients.

## Style of Learning

Experiential learning, live demonstration, participant case presentations and analyses.

## Target Participants

Participants who have successfully completed the course on The Use of Storytelling in Counselling and Conducting Therapeutic Groups, who aim at gaining further knowledge, techniques and experiences on the application of NDI® Based Storytelling in their fieldwork.

## Course features

- Development of professional attitudes and approach to NDI® Based Storytelling in counselling through case presentations and analyses. Each participant is required to conduct two counselling sessions and prepare two case reports for practicum purposes, one of those will be the observer's report on in-class triad practice.
- Full scale live demonstration and elaboration of NDI® Based Storytelling concepts by trainer, allowing participants to gain a clear understanding of the essence of NDI® Based Storytelling and its applications.
- Therapeutic strategies for clients of different age groups.
- Techniques in capturing key words in different art forms, narratives and body language such as micro expressions and unconscious gestures of clients, and asking effective questions for achieving therapeutic outcomes.
- Reiteration of the importance of sincere and curious communications with the clients in fostering therapeutic relationships and helping clients to embark on their “NDI Three Journeys” and rediscover their “NDI Three Treasures” through reciprocal storytelling.
- Gaining an in-depth understanding in the application of different art forms for facilitating the therapeutic conversations.
- Consolidating techniques and guidelines in conceptualising the cases.

## Course structure

### DAY 1 AM

- Rationale behind the use of NDI® Based Storytelling
- Trainer case sharing
- Concepts of deconstruction and reconstruction of clients' stories with the use of NDI® Based Storytelling
- Factors that lead to successful therapeutic journeys
- Live case demonstration
- Understanding of the Art and Science of NDI® Based Storytelling
- Understanding of therapeutic goals setting and the process of achieving them

### DAY 1 PM - DAY 2 AM

- Counselling triads and presentations

### DAY 2 PM

- Video-recorded case presentations
- Participant and trainer feedback
- Establishment of therapeutic relationship
- Effective integration of art forms, narratives and body language
- Tips on effective therapeutic conversations
- Positioning & qualities of an NDI® Therapist using Storytelling

### DAY 3

- Video-recorded case presentations

## Trainer's Biography



**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 Arts Therapy Consultant in The United States, Academic Director of Narrative Drawing Intervention® Institute, President of the Psycho-Art Therapy Association, Professor of Psychology and Doctoral Supervisor of Shinawatra University, Registered Psychologist (Australian Health Practitioner Regulation Agency), Registered Clinical Psychologist (Hong Kong Association of Doctors in Clinical Psychology), Associate Fellow (The Hong Kong Psychological Society), Founder of the "By Your Side" psychological support program, Chairperson of four International Conferences on Art Therapy in 2013-2023, as well as The 9th Anniversary of Narrative Drawing Intervention® 2024 International Conference & Festival of Expressive Arts Therapy.

Dr. Wong studied Narrative Therapy with psychotherapy master Michael White, and art therapy with world renowned art therapy masters 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: Narrative Drawing Intervention® (Foundation, Practicum and Supervision courses), and The Use of NDI® x Storytelling in Counselling and Conducting Therapeutic Groups, which were all full-house popular courses. Besides, she is 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 master's and doctoral degrees in clinical psychology from California School of Professional Psychology, AIU (USA).

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

Since 2008, Dr. Wong has led 18 volunteer teams to provide psychological support to victims of earthquakes in Sichuan, as well as trauma victims of natural disasters, deprivation 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 and academic exchange in the field of art therapy with an international perspective. Scholars and clinicians from over 20 countries were invited to Hong Kong, Beijing and Shenzhen to share their abundant knowledge, theories, experiences and research findings with Chinese helping professionals.

In March 2024, Dr. Wong and Professor Zhu Yanguang co-convened and initiated the "Harmony – Peace Angels Global Project" which is jointly organised by Psycho-Art Therapy Association and Narrative Drawing Intervention® International Society. Through conducting collaborative art activities, we can send our love and blessings to children who are suffering from war and allow participants to see their inner strengths in their creations, find external resources that exist among each other, and hope that comes from the heart. More importantly, this project brings invaluable life education to children and adolescents who are living in peace.

In May 2024, Dr. Wong has presented the findings of NDI® research at the 35th Annual Boston International Trauma Conference and given workshops to graduate students at Lesley University in Boston, United States and the Central Academy of Fine Arts in China.

In October 2024, the Narrative Drawing Intervention® Institute, Sichuan University, the Central Academy of Fine Arts, the Expressive Arts Branch of the Chinese Population Culture Promotion Association, etc. jointly organised the "I See You - the 9th Anniversary of Narrative Drawing Intervention® International Conference & 2024 Festival of Expressive Arts Therapy.

Dr. Wong served as the chairperson of the above conference which has included 38 keynote speeches, presentations and workshops, showcasing the latest theoretical and practical advances in expressive arts therapy and Narrative Drawing Intervention®, and has attracted more than 10,000 participants from all over the world. Dr. Wong was subsequently invited by the Central Academy of Fine Arts to serve as the academic moderator of the "Special Theme" section at the 2024 Art Therapists Conference.

Course Code	CE20250307
Course Name	Practicum Course on The Use of Narrative Drawing Intervention® Based Storytelling in Counselling
Date & Time	March 7, 2025 (Friday) 9:30 am - 6:30 pm March 14, 2025 (Friday) 9:30 am - 6:30 pm March 21, 2025 (Friday) 9:30 am - 5:30 pm
Venue	The Chinese University of Hong Kong
Language	Cantonese (Supplemented with English)
Class Size	21 participants
Course Fee	HK\$ 5,980
Application Deadline	February 20, 2025

**Discount Scheme (on or before January 9, 2025)**

- 10% (HK\$5,390) discount for Early Bird Registration
- 20% (HK\$4,790) 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

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

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

CPD Points for Registered Social Workers: 23

**Practicum Course on The Use of Narrative Drawing Intervention® Based Storytelling in Counselling**

Application Form

Full Name (English)  Mr

*Please tick (V) appropriate boxes*  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)**

The Use of Storytelling in Counselling and Conducting Therapeutic Groups

Date (mm/yy): \_\_\_\_\_ Course code: \_\_\_\_\_

*Payment Information*

Cheque No.: \_\_\_\_\_ Bank name : \_\_\_\_\_ Amount (HK\$):  \$5,980  \$5,390  \$4,790  
 SWK Member  No  Yes if Yes, #Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.: \_\_\_\_\_

*# Please delete as appropriate*

CE20250307

**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 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.
12. The right of interpretation and amendment of the above terms belong to CPE.



3943 1704

swkcpe@cuhk.edu.hk

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