

Person-centered EXPRESSIVE ARTS



Arts and Practicum Course V: 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 'Arts and Practicum Course IV'

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. There are other requirements for becoming a REAT / REACE, please visit IEATA website for details.

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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.

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Trainer's Biography

Sue Ann Herron, Ph.D., Humanistic and Transpersonal Psychology, M.A., Psychology, Distinguished Faculty, Person-Centered Expressive Arts Therapy, is the President of the Person-Centered Expressive Arts Institute and Executive Faculty of the PCEAT program. She taught the 2-year PCEAT programs at Saybrook, Sofia, and Meridian Universities. Sue Ann worked with Natalie Rogers for 13 years collaborating, designing, and co-facilitating the 2-year PCEAT program for psychology students, social workers, educators, counselors, and healthcare professionals from around the world. She also completed a year-and-a-half clinical post-doctoral fellowship specializing in eldercare. Sue Ann's PCEAT work has been published in 6 textbooks and her biography of Natalie Rogers is forthcoming.



Karen Estrella, Ph.D., REAT, LMHC, ATR-BC, MT-BC, is a Professor in the Department of Expressive Therapies at Lesley University. Karen's work focuses on developing expressive arts therapy theory and practice. Her work includes an integrated arts approach to counseling and psychotherapy, and she has spent much of the past 20 years developing competencies and integrating theory in Expressive Arts Therapy. In addition to Expressive Arts Therapy as a unique specialization and discipline, Karen's research interests include issues of professional development and cultural identity for Counselors and Expressive Therapists. Karen has an interest in training, clinical practice, and supervision of Expressive Therapies; multicultural approaches to Expressive Therapies; arts-based and narrative research; psychodynamic psychotherapy and supervision and its applications to Expressive Therapies; and social action and activism through the arts, particularly when integrated with therapeutic practice.

Chan Tsz-kwan, Diana, MCMT (WSU), BA (Music, CUHK), NRMT, RMT, is a Nordoff-Robbins Music Therapist, a Registered Music Therapist under Australian Music Therapy Association and a clinical supervisor, mainly working with persons with mental health challenges and special needs at a spectrum of ages, abilities and needs. She is trained in Nordoff-Robbins approach and received clinical supervision and post-Masters training in Nordoff-Robbins Music Therapy Center in New York University Steinhardt with Dr. Alan Turry. She is a clinical supervisor for music therapy students at the Western Sydney University and the University of Melbourne. She also co-founded Music Psychotherapy Alliance HK to provide ongoing group and individual supervisions and trainings for music therapists. Her trainings in Nordoff-Robbins and her music background have led her a focus on the use of clinical improvisation in her practice with music-centered and client-centered approach.



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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 assistance 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 CE20250429
Course Name Arts and Practicum Course V: Expressive Arts in Action
Date April 29, 30, May 1 & 2, 2025 (Tue, Wed, Thur, Fri)
Time 9:00 am - 7:00 pm (36 teaching hours)
Venue The Chinese University of Hong Kong*
Language Cantonese & English
Class Size 24 participants
Course Fee HK\$ 8,890 (Non-refundable discount scheme)
Application Deadline March 27, 2025



*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 V:
Expressive Arts in Action

Application Form

CE20250429

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)
Arts and Practicum Course IV**

Date (mm/yy):

Course code:

Payment Information

Cheque No.:

Bank name :

Amount (HK\$): ☐ \$8,890



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



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