

Person-centered EXPRESSIVE ARTS



Arts and Practicum Course VI: 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 V'

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.

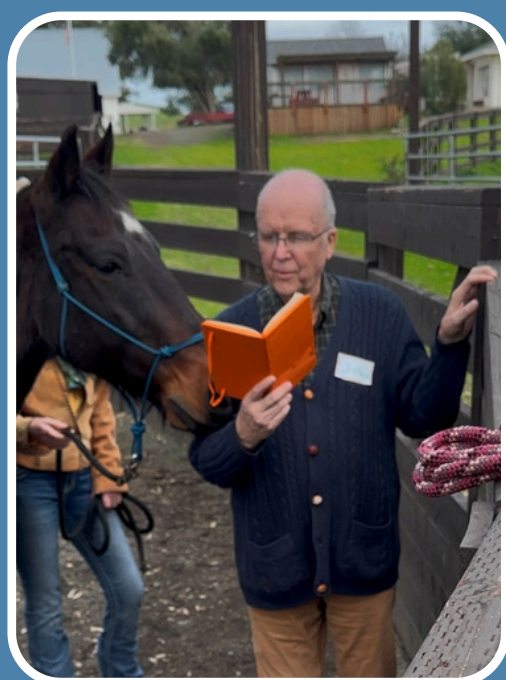
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Trainer's Biography

Kwong Man-kit, Aleck, REAT, AThR, AVPT is a Registered Expressive Arts Therapist (REAT) with the International Expressive Arts Therapy Association (IEATA) and a Registered Arts (Expressive Arts) Therapist (AThR) with the Australia, New Zealand and Asian Creative Arts Therapies Association (ANZACATA). He graduated with distinction from the Master of Expressive Arts Therapy program at the University of Hong Kong. Aleck has also completed depth psychology-based vocal psychotherapy training, earning the credential of Austin Vocal Psychotherapist (AVPT). Aleck specializes in supporting individuals with mood disorders, youth with special educational needs (SEN), trauma survivors, cancer survivors, caregivers, ethnic minorities, the LGBTQ+ community, and people living with HIV. Building on his prior work experience in investment banking and other financial institutions, he also conducts stress management and team building programs for corporate clients. Aleck teaches in expressive arts therapy programs, presents at international conferences, and contributes to academic journals and book chapters. He served as an IEATA board member from 2016 to 2024, chaired the 15th International Conference, and was honored with the IEATA Rising Star Award in 2022. In 2023, Aleck completed a Diploma in Creative Approaches to Supervision and now offers clinical supervision in both individual and group settings.



John Fox, Practitioner of Poetic Medicine (PPM), is a poet, educator, and author. He is the founder The Institute for Poetic Medicine (2005) a nonprofit offering experiential programs and trainings for people to bring poetry-as-healer into their communities and the world. John is an international leader in the movement of poetry therapy as an expressive art and medicine. John taught concurrently between 1993 - 2015 at the California Institute for Integral Studies, Sofia University formerly the Institute for Transpersonal Psychology, John F. Kennedy University and Holy Names University. He served on the Board of The National Association for Poetry Therapy from 1992-2005 and as NAPT President 2003-2005. Starting about 1997 John was designated as a mentor/supervisor. He left NAPT after his term of service 2005 and subsequently founded IPM that same year. In 2012, IPM began to offer a 3-year, 3-Phase graduate level training in which John has been the lead teacher. He is the author of *Finding What You Didn't Lose: Expressing Your Truth and Creativity Through Poem-Making* (1995) and *Poetic Medicine: The Healing Art of Poem-Making*. Both books are published by Jeremy P. Tarcher & G. P. Putnam and remain in print. A chapbook of his poem *the only gift* to bring was published in 2015 by Seasonings Press. His work is featured in the 2008 PBS documentary, *Healing Words: Poetry and Medicine*.

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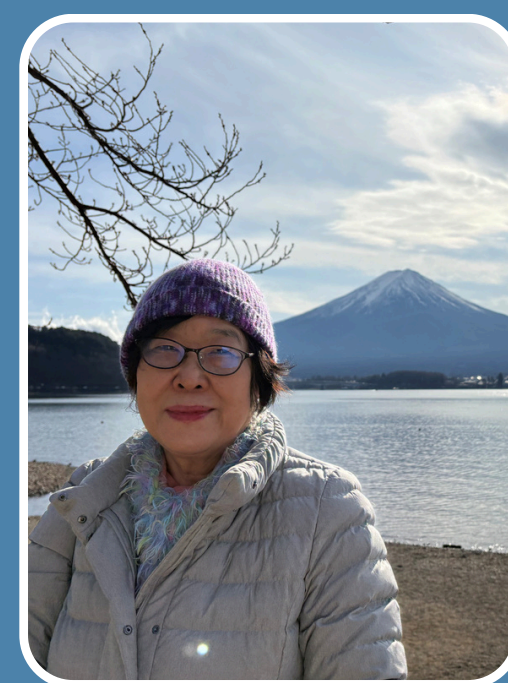


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Trainer's Biography

Kyoko Ono, a Clinical Psychologist and Certified Expressive Arts Therapist, is practicing Person-Centered expressive Arts Therapy over 30 years in Japan. She is a founder and director of Expressive Arts Therapy Institute, Tokyo and Artwork Japan. She also has been providing Person-Centered Expressive Arts Therapy training and also providing Art Integration facilitator training (in education) in Japan. She created Expressive Arts Therapy curriculum at Japan Women's University.

She is the author of *Introduction of Expressive Arts Therapy* (2005), *Expressive Arts Therapy Facilitates Healing and Psychological Growth* (2011) and *How To Apply Expressive Arts Therapy At Work* (2024). She translated Natalie Roger's book, *Creative Connection* and Shaun McNiff's book, *Arts and Psychotherapy*.




Tutor's Biography



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 CE20250630
Course Name Arts and Practicum Course VI: Expressive Arts in Action
Date June 30, July 1, 2 & 3, 2025 (Mon, Tue, Wed, Thur)
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 May 28, 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 VI:
Expressive Arts in Action
Application Form

CE20250630

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 V

Date (mm/yy):

Course code:

Payment Information

Cheque No.:

Bank name :

Amount (HK\$): ☐ \$8,890

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

Important Terms and Conditions

- Application will be accepted on a first-come-first-served basis.
- 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.
- Application is regarded as successful only after a confirmation email is issued to you.
- 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.
- Course fee is non-refundable or non-transferable to another course once application is confirmed.
- Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
- 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.
- No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
- Certificate of Attendance will be given to participants who have attained at least 90% attendance of the course.
- 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.
- 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.
- The right of interpretation and amendment of the above terms belong to CPE.



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