

NDI 怪獸 你好!® 工作坊

Workshop of NDI Hello Monster!®

怪獸
你好!®



TARGET PARTICIPANTS

Frontline helping professionals like social workers, psychologists, counsellors, teachers or anyone interested in psychology or expressive arts therapy



Does everyone have a monster inside? This monster could be an emotion, feeling, or thought.

When it breaks free, it can disrupt our mood, sleep, and daily life.



Narrative Drawing Intervention® (NDI®), inspired by expressive arts therapy, as well as Michael White and David Epston's narrative therapy, embraces the principle: "The person is not the problem. The problem is the problem." Through NDI®'s "Three Drawings / Expressions" — visual art, spoken words, and body language — participants embark on three transformative journeys: **1) Seeing yourself, 2) Accepting yourself, and 3) Empowering yourself.** Along the way, they discover inner strength, external resources, and hope, enabling them to live a meaningful and purposeful life.



OBJECTIVES

This creative group counselling workshop helps participants learn how to conduct NDI® activities. Through warm-ups, drawings, and narratives, participants unveil their hidden "monsters" using NDI® concepts and theories. The experience enhances self-expression, social skills, trust, and security, laying the groundwork for personal growth and other group counselling sessions such as the **NDI® Tree of Life**.

KEY TAKEAWAYS

Participants will learn to apply NDI® effectively in one-on-one or group counselling, gaining practical skills to implement the activity immediately in their work settings.

TRAINER'S BIOGRAPHY

Dr. Monica Wong, PsyD. (黃曉紅博士), author, clinical psychologist, registered art therapist, and founder of Narrative Drawing Intervention® (NDI®). She is Asia's first Trauma Specialist certified by the National Institute for Trauma and Loss in Children, Professional Member of the ANZACATA, member of American Psychological Association, associate fellow of Hong Kong Psychological Society and serves as Academic Director of the NDI® Institute. She's also the Professor of Psychology at Shinawatra University.

Dr. Wong studied Narrative Therapy with psychotherapy master Michael White and art therapy with Dr. Cathy Malchiodi and Cornelia Elbrecht. Since 2006, she has been a guest lecturer at the Chinese University of Hong Kong, offering popular courses on NDI® and therapeutic storytelling. She frequently conducts seminars for universities, schools, hospitals, government departments, and NGOs. She has trained over 10,000 professionals.

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, Japan, India, Nepal, Indonesia, Mongolia, Hong Kong, Macau and mainland China. She also chaired five international conferences on Art Therapy (2013-2024), fostering global exchange among professionals from over 20 countries.

Course Code

CE20251127

Course Name

Workshop of Hello Monster!®

Date

November 27, 2025 (Thursday)

Time

9:30 am - 5:30 pm (7 contact hours)

Venue

The Chinese University of Hong Kong

Language

Cantonese (Supplemented with English)

Class Size

33 participants

Course Fee

HK\$ 1,510

Application Deadline



November 12, 2025

Discount Scheme (on or before October 1, 2025)


• 10% (HK\$1,360) discount for Early Bird Registration

• 20% (HK\$1,210) 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]



OR



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: 7

Workshop of Hello Monster!®

Application Form

CE20251127

Full Name (English) ☐ Mr ☐ Ms (中文)

Name of Organization: Position: Field:

Phone No.: E-mail:


Academic Training Background: Highest Educational Level obtained:

Payment Information

Cheque No.: Bank name : Amount (HK\$): ☐\$3,010 ☐\$2,710 ☐\$2,410

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-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

<http://www.cuhk.edu.hk/swk>