

NDI® 生命樹工作坊

Workshop of NDI® Tree of Life

OBJECTIVES

This workshop trains participants to use Narrative Drawing Intervention® (NDI®) for facilitating “NDI® Tree of Life” group counselling. Through drawing and narrative, participants explore self-identity, uncover “Three Treasures of NDI®”— inner strength, external resources, and hope, and build resilience. Participants will guide group members through Three Transformative Journeys of NDI®: Seeing, Accepting, and Empowering themselves, enhancing resilience and optimism.

TARGET PARTICIPANTS

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



COURSE CONTENT

- Foundational Narrative Drawing Intervention® (NDI®)
- Tree Concepts
- Mindset and Group Facilitation
- Practical Techniques
- Addressing Challenges

NDI® TREE OF LIFE

KEY TAKEAWAYS

Participants will gain practical skills to implement “NDI® Tree of Life” in one-on-one or group counselling 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
Course Name
Date
Time
Venue
Language
Class Size
Course Fee
Application Deadline

CE20251219
NDI® Tree of Life
December 19, 2025 (Friday)
9:30 am - 5:30 pm (7 contact hours)
The Chinese University of Hong Kong
Cantonese (Supplemented with English)
30 participants
HK\$ 1,510
December 4, 2025


Discount Scheme (on or before October 23, 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

NDI® Tree of Life

Application Form

CE20251219

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>