

敘事繪畫治療法®基礎課程

Foundation Course on Narrative Drawing Intervention®

What is NDI®?

Narrative Drawing Intervention® (NDI®) is a clinical psychotherapeutic model which merges organically two effective psychotherapeutic interventions – Narrative Therapy and Art Therapy. This model was developed in 2015 by Dr. Monica Wong, Clinical Psychologist, Certified Trauma Specialist and Registered Art Therapist, through a decade of clinical practice and intensive research.

Where is NDI® used?

The broad application of NDI® includes: trauma relief, improvement of psychological wellbeing, facilitation of emotional self-regulation, strengthening of interpersonal relationships, personal growth, prevention of psychological turbulences and enhancement of mental health.

Style of learning

Theory, experiential learning, live demonstration, hands-on practice.

Course content

- Acquiring knowledge about the probable meanings of symbols in drawings
- Introduction to application of drawing in different therapeutic context
- Techniques and guidelines in establishing therapeutic relationships, emphasising on the importance of the “do no harm” principle and engaging in the process of NDI® - “3 treasures”, “3 drawings” and “3 journeys”

Target Participants

Psychologists, social workers, psychiatrists and staff in mental health services, counsellors, therapists, teachers, trainers, parents and individuals who are interested in psychology



What to expect

- How to read and understand the “maps” (different people’s drawings) of their inner world.
- How to define and establish therapeutic relationships with clients
- How to pinpoint important messages from client’s narratives and address their needs
- How to start engaging in therapeutic conversations with clients
- The importance of goal setting in an NDI® session

Brief Rationale Behind

NDI® merges organically the concepts of art therapy and the narratives that clients give about their drawings, as well as the therapeutic conversations between the client and therapist, in order to bring unconscious feelings and thoughts into conscious expressions. Once the unconscious becomes conscious, in one’s life, more choice will become possible. Hence, the problem-saturated story can be deconstructed and the preferred story can be reconstructed.

The first step of a typical NDI® session involves goal setting, establishing of therapeutic relationships and engaging in therapeutic conversations. Through narratives of the story behind client’s drawings, intrinsic meaning of ‘subconscious symbols’ can be externalized to a conscious level, which grants helping professionals the opportunity to observe and understand the inner self of clients. When clients are able to understand themselves, they can start to accept themselves and to finally play out their potentials to the fullest. As such, we aim to draw out inner strengths and core values of clients, explore their external resources and support systems and ultimately to increase self-acceptance and resilience, in order to replace unconscious defense mechanism with conscious positive coping strategies, where self-confidence and hopes of the clients can be harvested.

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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 Art Therapy Consultant in The United States, Academic Director of Narrative Drawing Intervention® Institute, Chairperson of the Psycho-Art Therapy Association, Founder of the "By Your Side" psychological support program, Chairperson of the four International Conferences on Art Therapy in 2013-2024, The 9th Anniversary of Narrative Drawing Intervention® 2024 International Conference & Festival of Expressive Arts Therapy, as well as "Symbiotic Trees" International Conference of Art Therapists and 『10 Years of Narrative Drawing Intervention®』 Global Tour in 2025.

Dr. Wong studied Narrative Therapy with psychotherapy master Michael White, and art therapy with famous art therapists 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-convoked 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 CE20260416
 Course Name Foundation Course on Narrative Drawing Intervention®
 Date April 16 & 23, 2026 (Thursdays)
 Time 9:30 am - 5:30 pm (14 contact hours)
 Venue The Chinese University of Hong Kong
 Language Cantonese (Supplemented with English)
 Class Size 30 participants
 Course Fee HK\$ 3,010
 Application Deadline April 1, 2026

Discount Scheme (on or before February 12, 2026)


- 10% (HK\$2,710) discount for Early Bird Registration
- 20% (HK\$2,410) 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>



OR



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: 14

Foundation Course on Narrative Drawing Intervention®

Application Form

CE20260416

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:

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.: _____

Please delete as appropriate



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 by 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.
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