

Workshop on Arts-based Couple Group Model

By Ms Fiona M.Y. Chang

PhD Candidate, REAT, RSW, M. Soc. Sc. (Family Therapy & Health Care),
Prof. D in Creative Photography



CE20201130

Course Description

This course combines the conceptual foundation and basic working principles of the arts-based couple group model. It is a practice-based professional training of applying solo-duet-group arts to enhance the therapeutic experiences of the group members at individual, couple and group level. The course is designed for any helping professional who is interested in applying arts in couple and family groups. Arts are creative tools for self-expression, catharsis, communication, dyadic understanding, love and intimacy, mutual support and group cohesion. This creative practice is person-centered, couple/family-oriented and process-focused. Participants will have the opportunity to experience the therapeutic use of arts so that they can synthesize their hands-on experience with conceptual learning.

Trainer:

Ms Fiona M.Y. Chang is a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association - IEATA and a Registered Social Worker. She became accomplished at Person-centered Expressive Arts Approach with the founder Dr. Natalie Rogers at Saybrook University in the U.S.A. She has been integrating multimodal expressive arts processes in a variety of groups for nearly 25 years. She was the Founder/Program Director of the Three-year Expressive Arts Therapy Training Program of the Centre on Behavioral Health of the University of Hong Kong. She wrote several chapters on expressive arts therapy for internationally and locally published books. Her PhD research is to develop a practice-based guide of the arts-based couple group model.

She is the Vice-chairperson of "Art in Hospital", the Founding President of the Expressive Arts Therapy Association of Hong Kong - EATA HK, an advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair of IEATA and a Pioneer of the Patient Resource Centre in public hospitals. She received many awards, including Hong Kong International Cancer Congress Young Investigators' Award, Outstanding Staff of Hospital Authority, HKU Distinguished Social Work Alumni and the IEATA Shining Star Award.



Content:

Concepts and therapeutic elements of arts-based couple group model
Therapeutic art activities: From individual to couple and group design
Person-centered facilitation: Roles of the facilitator

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Objectives

On completion of this course students should be able to:

- Understand the working approaches and basic principles of arts-based couple group model;
- Experience the therapeutic elements of the arts-based couple work for individual, relational and group development;
- Develop a person-centered being, skills and sensitivity for applying arts in couple and family groups;
- Understand the person-centered expressive arts process in couple group facilitation.

Format:

Interactive lectures
Hands-on arts-based couple / family activities
Facilitation demonstration

Target participants:

Social work graduates, Social workers, Family therapists,
Counsellors, Creative arts therapists, and
Helping professionals

Handouts & preparation:

Participants are required to read articles and
prepare simple art materials beforehand
Participants will receive handouts on
"Arts-Based Couple Group Model"



Remarks:

The hours can be collected to apply for the professional registration of being a REAT (Registered Expressive Arts Therapist) / REACE (Registered Expressive Arts Consultant /Educator) with the International Expressive Arts Therapy Association (IEATA).

WORKSHOP DETAILS

Course Code : CE20201130
Course Name : Arts-based Couple Group Model
Date : Nov 30 & Dec 7, 2020 (Mondays)
Time : 9:30 am - 5:00 pm (12 hours)
Venue : CUHK
Language : Cantonese
Class Size : 24 participants
Course Fee : HK\$ 2,000 (Participants are required to prepare some art materials)
CPD Points for Registered Social Workers: 12

If face-to-face teaching is suspended according to University's policy, arrangement will be revised as below:
Date: Nov 30, Dec 7, 14 & 21, 2020 (Mondays)
Time: 9:30 am - 12:30 pm (12 hours)
Venue: Online teaching using Zoom

Discount Scheme

(on or before Sep 29, 2020)

- 10% (HK\$1,800) discount for Early Bird Registration
- 20% (HK\$1,600) 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 Deadline: Nov 9, 2020

Application Methods

1. Send the following **application form with a crossed cheque payable to 'The Chinese University of Hong Kong'** to CPE, Department of Social Work, CUHK, Shatin, N.T. Hong Kong. OR
2. Register the workshop online via our website: <https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

Arts-based Couple Group Model Application Form

CE20201130

Full Name: (English) # Mr/Ms: _____

(中文): _____

Name of Organization: _____

Position: _____ Field: _____

Email: _____

Tel. No.: _____

Academic training background: _____

Highest educational level obtained: _____

Payment Information Please tick (V) appropriate boxes

Please delete as appropriate

Cheque No. : _____ Bank name : _____

Amount : # HK\$2,000/ HK\$1,800/ HK\$1,600

Membership : No Yes, if Yes, # Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.: _____

Important Terms and Conditions

I acknowledge that I have read and agree to the above 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), 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 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 swkcp@cuhk.edu.hk.
12. The right of interpretation and amendment of the above terms belong to CPE.