



EXPRESSIVE ARTS FOR LETTING GO AND HEALING

By Dr. Fiona CHANG, REAT, RSW, Certified Supervisor (ACA)
M. Soc. Sc. (Family Therapy and Healthcare, HKU), PhD (CUHK)

Workshop Objectives

On completion of this workshop participants should be able to:

- understand the fashionable approaches of using arts to empower those in need to cope with life challenges.
- grasp the concepts and practical skills of letting go through arts.
- taste the process of clearing the space, self-understanding, letting go, emotional healing and self-love.

Format

- Mini-lecture
- Hands-on arts-inspired activities
- Live facilitation and demonstration
- Individual and collective exploration
- "Be water" learning process in collaboration with the participants

Target

- Social Workers
- Helping professionals

Remarks:

The hours are recognized for the application for being a Registered Expressive Arts Therapist and Registered Expressive Arts Consultant/Educator with the IEATA.



CE20210607

Workshop Description

Tidying up is a therapeutic practice of making room in life and treasuring what we have to cope with life challenges. Expressive arts are applied as an imaginative rehearsal of the tidying up and letting go process. In the arts, families with life challenges creatively explore their excessive objects, psychological weed, residual past, relationship issues, desires and attachments. They listen to their creative wisdom. They learn to express, organize, prioritize, let go and embrace. Letting go is a creative process of making space for healing, growth and renewal.

This workshop is a practice-based training of applying multi-modal expressive arts to enhance the quality of life of people with life challenge. It is designed for helping professional and volunteers who are interested in applying arts in their clinical practice and direct service. Arts for letting go and healing will be taught through mini-lecture, case sharing and experiential activities.

Conceptual knowledge will be explained in integration with practice through experiential exercises and sharing of reflections. The arts modalities, including visual art, music, sounding, dramatic exercises, body movement, writing and creative activities will be explored. This creative practice is person-centered, engagement-oriented and process-focused.

Trainer

Dr. Fiona Chang is a Registered Social Worker and a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA). She is currently the Vice-chairperson of "Art in Hospital", the Founding President of the Expressive Arts Therapy Association of Hong Kong, a part-lecturer of the social work departments of The University of Hong Kong and The Chinese University of Hong Kong, the advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair and board member of IEATA. She pioneered the Patient Resource Centre in public hospitals. 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.



She initiated expressive arts project with Orphans with HIV in Cambodia, a Wellness CD project for cancer patients and hosted the IEATA Conference in Hong Kong in 2015. She wrote several chapters on expressive arts therapy for internationally and locally published books, including "The Creative Connection for Groups: Person-centered Expressive Arts for Healing & Social Change", "Art Therapy in Asia: To the bone or Wrapped in Silk", "Art Therapy and Health Care", "Mindfulness and the arts therapies", "Psychosocial Oncology and Palliative Care in Hong Kong: The first decade" and "Group Case book" (千帆並舉 - 社會工作小組新貌 in Chinese). Her Chinese book "Expression · Arts · Therapy" (表達 · 藝術 · 治療 in Chinese) was published in 2015.

WORKSHOP

Course Code : CE20210607
Course Name : Expressive Arts for Letting Go and Healing
Date : Jun 7 & 8, 2021
Time : 9:30 am - 5:30 pm
Venue : The Chinese University of Hong Kong
Language : Cantonese (supplement with English)
Class Size : 24 participants
Course Fee : HK\$ 2,800

CPE Points for Registered Social Workers: 14

If face-to-face teaching is suspended according to University's policy, arrangement will be revised as below:
Date: Jun 7 & 8, 2021
Time: 9:30 am - 5:30 pm
Venue: Online teaching using Zoom

Discount Scheme (on or before Apr 9, 2021)

- 10% (HK\$2,520) discount for Early Bird Registration
 - 20% (HK\$2,240) 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: May 21, 2021

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>

Expressive Arts for Letting Go and Healing Application Form

CE20210607

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

(中文): _____

Name of Organization: _____

Position: _____ Field: _____

Email: _____

Tel. No.: _____

Academic training background: _____

Highest educational level obtained: _____

RSW number (if applicable): _____

Payment Information

Please tick (V) appropriate boxes

Please delete as appropriate

Cheque No. : _____ Bank name : _____

Amount : # HK\$2,800/ HK\$2,520/ HK\$2,240

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 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 prepared 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 issued 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.
12. The right of interpretation and amendment of the above terms belong to CPE.

Enquiry : 3943 1704 Email : swkcpe@cuhk.edu.hk Website: <http://www.cuhk.edu.hk/swk>