

# 戲劇治療兩天工作坊

導師：陳凌軒小姐

美國註冊戲劇治療師、輔導心理學碩士  
(主修戲劇治療)、北美洲戲劇治療協會認可導師

## 背景

戲劇治療體驗式工作坊會以戲劇治療五階段為藍本，介紹戲劇治療的基本概念，通過戲劇活動，讓參與者體驗戲劇治療的一些基本過程，體會角色扮演、即興創作等媒介如何帶給人們互動的喜悅，以及身心靈的整合。

戲劇治療五階段(Integrative Five Phase Model)，由美國戲劇治療之母，蕾妮·伊姆娜 (Renee Emunah) 所創。這五個階段闡釋了戲劇的多元性如何讓人溫和漸進地敞開心扉，觸碰自己，並帶著勇氣與自己相遇。這五個階段，先由互動式戲劇遊戲進入戲劇場景，再漸由真實事件的角色扮演，進入深層問題的心理演出，最後以儀式作結。

## 教學模式

以體驗為主，配以講解。  
(工作坊的活動會赤腳進行, 請參加者穿著舒適服裝出席)

## 對象

對戲劇治療有興趣  
並從事助人專業的人士

## 課程內容

- 戲劇治療的基本介紹  
(源流、治療因子、對象、個案分享)
- 戲劇遊戲在心理治療的應用
- 即興創作在心理治療的應用

## 導師 陳凌軒小姐

(MS. ADELINE CHAN)

美國註冊戲劇治療師，香港大學社會工作及社會行政學系名譽講師，輔導心理學碩士，北美洲戲劇治療協會認可導師。服務對象主要包括特殊需要兒童、癌症病患、精神病患、及受情緒困擾或壓力的成人。

憑《媽媽聲》獲2017年香港小劇場獎優秀女演員獎及香港舞台劇獎最佳女主角提名。2015開始為一路青空兒童互動劇場〈Pillow Talk〉擔任創作顧問。多次擔任香港學校戲劇節評判。廿年來曾參與多個不同劇團的演出。

譯有〈從換幕到真實：戲劇治療的歷程、技巧與演出〉(張老師出版)。著有《妖怪吃掉我的家》(獲第二屆香港出版雙年獎出版獎)、《搞搞震的白蝴蝶》、《13個人13種校園心情》及〈愛恨這一課〉等。早年畢業於香港中文大學新聞及傳播學系。

## 課程資料

課程編號 : CE20210628  
課程名稱 : 戲劇治療兩天工作坊  
日期 : 2021年6月28及30日  
時間 : 上午9時30分至下午5時30分  
地點 : 香港中文大學  
語言 : 廣東話  
人數 : 20 人  
課程費用 : 港幣 \$2,650元正 (不設退款)

註冊社會工作者  
持續專業發展分數: 14

### 優惠計劃 (2021年4月27日前)

- 九折優惠(港幣\$2,385) : 優惠期內報讀課程。
- 八折優惠(港幣\$2,120) : 凡為香港中文大學社會工作學系之成員(現任教職員、就讀學生、持續專業教育課程之會員或社會工作學系畢業同學會會員在優惠期內報讀課程。  
(此優惠只接受郵寄申請)

截止日期 2021年6月11日

申請方法(本部於收到報名後將發出電郵通知報名狀況，如七個工作天內未有收到任何通知請與本部聯絡)

1. 請填妥以下報名表格，連同一張「劃線支票」(支票抬頭註明「香港中文大學」)寄往「新界沙田香港中文大學社會工作學系持續專業教育部」
2. 於以下網址進行網上登記:  
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

### 戲劇治療兩天工作坊 報名表格

CE20210628

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

# Please delete as appropriate

Cheque No. boxes : \_\_\_\_\_ Bank name: \_\_\_\_\_

Amount : # HK\$2,650 / HK\$2,385 / HK\$2,120

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-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 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](mailto:swkcpe@cuhk.edu.hk).
12. The right of interpretation and amendment of the above terms belong to CPE.

☎ Enquiry: 39431704 ✉ Email: [swkcpe@cuhk.edu.hk](mailto:swkcpe@cuhk.edu.hk) 🌐 Website: <http://www.cuhk.edu.hk/swk>