

# Person-centered EXPRESSIVE ARTS



## Creative Connection for Healing and Counseling

### Description

In this course, emphasis is put on the practice of PCEA approach in individual and family counseling. Using expressive arts for healing, counseling and psychotherapy is taught via live demonstration, communications triads, individual process and practice sessions. Several qualities of empathy, openness, acceptance, congruence are highlighted. Deep listening and empathetic understanding of the expressive arts process are practiced and followed with theoretical presentations and discussion for consolidating these experiences. Readings, literature review, live demo, video of Natalie Rogers in counseling sessions, and discussions ground the experience in theory and concepts. Applications of expressive arts in counseling and professional ethics are studied.

### Format

Experiential activities, facilitation demonstration, experience sharing and group discussion



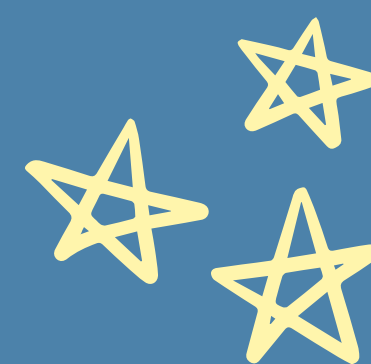
### Target Participants

- Participants who have attended 'Therapeutic Qualities of Different Art Modalities'



Becoming a Registered Expressive Arts Therapist (REAT) / Registered Expressive Arts Consultant/Educator (REACE) under the International Expressive Arts Therapy Association (IEATA), one should have specific hours of expressive art education and training. For details, please visit [ieata.org](http://ieata.org). There are other requirements for becoming a REAT / REACE, please visit IEATA website for details.

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### Trainer's Biography

**Fiona Chang, Ph.D., (CUHK), M. Soc. Sc. (Family Therapy and Healthcare, HKU), REAT, RSW, Certified Supervisor (ACA)**, is a PCEA full faculty, a Registered Social Worker and a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA). She founded the Three-Year Expressive Arts Therapy Program in Person-Centered Approach at the Centre on Behavioral Health of The University of Hong Kong (HKU) in 2011. She is currently the Vice-chairperson of "Art in Hospital", the Founding President of the Expressive Arts Therapy Association of Hong Kong (EATA HK), a part-time lecturer of the social work departments of HKU and The Chinese University of Hong Kong (CUHK). She is the advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair of IEATA. 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.




**Nina (Anin) Utigaard, MA, MFT, REAT**, is a licensed Marriage Family Therapist and Registered Expressive Arts Therapist. She was a founding Executive Co-Chair for the International Expressive Arts Therapy Association and continues to be an Advisory Council Member for the organization. Anin was a faculty member with Natalie Rogers' Person-Centered Expressive Therapy Institute for over ten years, and uses the person-centered approach in her work with clients and students. She has a fine arts and professional music background, which she combines with psychology and the humanistic approach in her psychotherapy practice. She believes that the arts are a transformative power that can change the world we live in.


**Ng Pui-wah, Meko, REAT, RSW, MSSc (CUHK)**, is a registered social worker and registered expressive arts therapist with the IEATA. She is now an assistant supervisor of a crisis intervention centre, working with survivors of sexual violence, domestic violence and elder abuse. She is a part-time teaching assistant in a master course at the Department of Social Work of CUHK. She has been working with people with trauma and mental health challenge for over 14 years. She was the former Co-chair of the EATA HK and the former Regional Co-ordinator of IEATA. She conducts professional trainings for both local and overseas organizations.




Course Code CE20230103  
 Course Name Creative Connection for Healing and Counseling  
 Date Jan 3 - 6, 2023 (Tuesday - Friday)  
 Time 9:00 am - 6:00 pm  
 Venue The Chinese University of Hong Kong\*  
 Language Cantonese & English  
 Class Size 24 participants  
 Course Fee HK\$ 7,280 (Non-refundable discount scheme)  
 Application Deadline Dec 9, 2022


 \*Depending on actual operational need, training may adopt face-to-face or online teaching, or both.

### Application Methods


 Register via our website:  
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>


 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

CPD Points for  
 Registered  
 Social Workers: 32

**Opening for Arts and  
 Nourishing the Soul**  
 Application Form

CE20230103

Full Name (English)  Mr  Ms  
 (中文)

Name of Organization: Position: Field:

Phone No.: E-mail:

Academic Training Background: Highest Educational Level obtained:

**Prerequisite (Please attach a copy of the attendance certificate from course)**  
 Therapeutic Qualities of Different Art Modalities  
 Date (mm/yy): Course code:

*Payment Information*

Cheque No.: Bank name : Amount (HK\$):  \$7,280

- I acknowledge that I have read and agree to the Terms and Conditions.
- I understand and agree to report whether I am fully vaccinated in order to gain entry to the University campus and facilities. If I cannot be vaccinated due to a valid medical reason, I understand I have to undergo weekly tests and submit the negative result for ongoing access to the University.

### 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-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 90% 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.
12. The right of interpretation and amendment of the above terms belong to CPE.