



## ***3-day Introductory Course*** ***on*** ***Expressive Arts Therapy***

<b>Date:</b>	<b>May 13, 20 &amp; 27, 2017 (Sat)</b>
<b>Time:</b>	<b>9:30 am to 5:30 pm</b>
<b>Venue:</b>	<b>2/F., 5 Sassoon Road, Pokfulam, Hong Kong</b>
<b>Language:</b>	<b>English</b>
<b>Fee:</b>	<b>HK\$2,500</b>
<b>Quota:</b>	<b>30 (first-come-first-served)</b>

### **Description**

Expressive Arts Therapy (EXAT) is a therapeutic modality, based on a multi-modal Integrative approach which promotes the integrated use of expressive channels entailing pre-verbal and verbal communication. EXAT uses methods and techniques of different art modalities and focuses on two aspects, the aesthetic experience and the body/somatic dimension, as healing instruments. This 3-day introductory course is designed for all those interested in exploring the expressive languages of the dance-movement (body improvisation, individual and group choreographies), the visual arts (painting, sculpture, installations), and drama, music and expressive writing.

### **Objectives**

EXAT integrates the body and motor experience with the visual art experience, with the aim of developing/ recognizing the creative resources and enriching personal skills in the expressive and relational field. Upon completion of the course, participants will be able to:

1. Acquire the general information about EXAT including the main figures, therapeutic approaches, historical aspects, etc.;
2. Demonstrate a basic understanding of verbal and nonverbal communication;
3. Understand how the creative process of various art forms informs the therapeutic process; and
4. Have a basic understanding of how EXAT can be applied in professional practice.

## **Course Content**

This 3-day course will be 21 hours in total, in the forms of lectures and experiential activities. Meetings are held in groups.

Day 1	What is Expressive Arts Therapy? A brief history of EXAT will be introduced. Participants will experience verbal and nonverbal communication through experiential activities.
Day 2	What is therapeutic process? Theories underlying the EXAT will be discussed. Participants will go through experiential activities.
Day 3	How does EXAT work? How it can be applied to clinical work and in different settings.

## **Participants**

The course is targeted for people working in the field of education, social and healthcare. Artists, musicians, dancers and those engaged in drama and performance, as well as those interested in research in the field of communication and creativity are also welcome.

## **Trainers**

### **Prof. Rainbow HO**

is the Director of the Centre on Behavioral Health (CBH), the Professor of the Department of Social Work and Social Administration (SWSA), and the Director of the Master of Expressive Arts Therapy and MSocSc (Behavioral Health) programs, HKU. She is a registered expressive arts therapy (IEATA), a registered arts therapist (ANZATA), a registered and board certified dance movement therapist (ADTA), a registered somatic movement therapist/ educator (ISMETA), a certified group psychotherapist (AGPA) and a certified movement analyst (LIMS). Prof. Ho has been working as a researcher, therapist, teacher and artist for many years. Her research focuses on creative and expressive arts therapy, psychophysiology, mind-body medicine, complementary and alternative therapy, spirituality, and physical activity for health and clinical populations for all ages. Prof. Ho received the Outstanding Achievement Award and Research Award from the American Dance Therapy Association and the Outstanding Teaching Award from the Faculty of Social Sciences, HKU in 2015; and received the Research and Development Award from the Australia and New Zealand Arts Therapy Association in 2016.

### **Dr. Joshua NAN**

is an Assistant Professor of the Department of SWSA, the Deputy Director of the Master of Expressive Arts Therapy program and the Honorary Research Associate of CBH. He is a registered

Art Therapist (AATA). His current research focuses on the application of arts therapies in the enhancement of psychological health. Dr. Nan is a registered art therapist and a registered social worker, and has extensive clinical experience in working with different populations in social and healthcare settings.

### **Ms. Julia BYRNE**

is a Lecturer in the Department of SWSA and CBH, and an academic advisor of the Master of Expressive Arts Therapy program. She is a registered arts therapist (ANZATA) and has extensive continuous experience working through various local organizations/ NGOs for over 22 years, piloting art therapy programs and providing treatment to a wide variety of client groups with depression, schizophrenia, special needs, geriatrics, rehabilitation, substance abuse, domestic violence, trauma survivors and self-injury. She also works with private clients (children, teenagers and adults) as well as families stemming from a psychodynamic framework to help resolve life issues. She also integrates other modalities such as CBT, Analytical, Gestalt, and uses Jungian psychology. Ms. Byrne is the founding president of The Hong Kong Association of Art Therapists (HKAAT).

### **Mr. Alessandro SECCI**

is a Lecturer in the Master of Expressive Arts Therapy program. He is a psychoanalytic psychotherapist and an art psychotherapist (BACP-APIART). He has been working extensively with clients who suffer from different disturbances in his public and private practices for 15 years. Mr. Secci is interested in psychoanalysis, psychotherapy, music, performances/ dance, art, writing, Taoism, life aspects, spiritual growth, Jungian psychology and religions.

### **Ms. Pandora LEE**

is a British trained art psychotherapist (BAAT and HCPC) and a registered arts therapist (ANZATA). Her clinical practice is best described as scientifically informed and psycho-dynamically oriented. Ms. Lee is the clinical coordinator of the Master of Expressive Arts Therapy program and works on various arts-based research projects. Her vision is to deliver and advocate the ethical and professional use of expressive arts therapy in local setting through evidence-based practice.

## Registration Form

3-day Introductory Course on Expressive Arts Therapy

Date : May 13, 20 & 27, 2017 (Sat)

Time : 9:30 am – 5:30 pm

Venue : 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.

Fee : HK\$2,500

Quota : 30 (first-come-first-served)

Please return the completed Registration Form with cheque payable to  
**“The University of Hong Kong”** by mail or in person to the following address:

Centre on Behavioral Health  
The University of Hong Kong  
2/F., 5 Sassoon Road,  
Pokfulam, Hong Kong.

Tel: 2831-5158 Fax: 2816-6710

\* Fee paid is not refundable

\* Please tick as appropriate

**Title:** \*  Prof.       Dr.       Mr.       Mrs.       Ms.

**First name:** \_\_\_\_\_ **Last name:** \_\_\_\_\_

**Correspondence address:** \_\_\_\_\_

**Tel:** \_\_\_\_\_ **Fax:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Organization:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**I know this program from:** \_\_\_\_\_

**I would like to learn the following from the courses:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_