

Registration form

2-day Workshop on Boxes for Facilitating Expressive Arts: Containers for Reflection, Contemplation, and Imagination by Dr. Jordan Potash

Date: May 30 & 31, 2018 (Wed & Thu)

Time: 9:30 am – 5:30 pm

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

Fee: 2-day Workshop – HK\$2,500

Please return the completed 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

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I would like to learn the following from this course:

1. _____

2. _____

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* Please tick as appropriate * Fee paid is not refundable

2-day Workshop

on

Boxes for Facilitating Expressive Arts: Containers for Reflection, Contemplation, and Imagination

by

Dr. Jordan Potash



**For further information,
please contact us:**

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Website: <http://cbh.hku.hk>



**Centre on Behavioral Health
The University of Hong Kong**

About the Trainer

Jordan S. Potash, PhD, ATR-BC, REAT, LCPAT (MD) LCAT (MD) is a registered, board certified, and licensed art therapist, as well as, registered expressive arts therapist (USA). He is Assistant Professor in the Art Therapy Graduate Program at The George Washington University in Washington, DC. He is also Honorary Assistant Professor at Centre on Behavioral Health and Department of Social Work and Social Administration, The University of Hong Kong. Jordan has taught coursework in Jungian, archetypal and imaginal psychology and expressive arts therapy in the U.S., Hong Kong and Israel. He has published several book chapters, and articles, as well as co-edited *Art Therapy in Asia: To the Bone or Wrapped in Silk* (Jessica Kingsley). Jordan is primarily interested in the applications of art and art therapy in the service of community development and social change, with an emphasis on reducing stigma, confronting discrimination and promoting cross-cultural relationships. For more information, view podcasts of past lectures, or to view his portfolio, please visit www.jordanpotash.com.

Description

The artist Joseph Cornell once described his sculptural boxes as “poetic theaters”. These pieces serve as micro-environments for a variety of symbolic purposes. The box form has defined outside and inside, as well as the possibility of opening and closing it. These qualities have allowed artists, healers, and expressive arts therapists to encourage box making for a number of therapeutic purposes. In exploring one’s *identity*, individuals reflect on what can be seen by others and what is private. By creating *worlds*, artists have the ability to re-create a past experience or create a fantastical space only accessible to those who possess the box. As a *container*, the box can hold precious objects or representations of psychological symbols. After experiencing a loss, a container can serve as a place to store and revisit *memories*. When needing a dedicated spot for reflection, a box opens to provide *meditation*. Whether for self-care or when working with clients, it can be useful to consider when a box might be a useful tool for promoting reflection, contemplation, and imagination.

Aims

In this two-day training, we will explore various uses and conceptions of boxes for therapeutic benefit whether in personal art making or when working with clients. Participants will be led in experiential activity that can be adapted to work in health, education, and community settings. Various expressive arts activities (visual arts, creative writing, movement, drama, sound) will be introduced and engaged.

Objectives

Particular practices will be discussed for applying the theoretical frameworks within creative and expressive arts therapy, arts for health workshops, arts education, wellness, and psychotherapy sessions. As a result of this workshop, participants will be able to:

1. Describe theoretic rationales for creating boxes in diverse health, education, and community settings.
2. Identify frameworks, uses, strategies, and rationale for creating boxes.
3. Evaluate applications and considerations of box making for use in one’s personal art making and professional setting.

Outline

Day 1: Techniques and Uses for Boxes

Overview of various historical and cultural uses of boxes that can be interpreted for therapeutic and health benefits. Creating and imaginative explorations.

Day 2: Reflections, Explorations, and Applications

Strategies and reflection tools for facilitating interpretation and meaning making in with individuals and groups.

Details of Workshop

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Language: English

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****Each participant should bring a box (The size is approximate, but not larger than 22cm x 11cm x 11cm) that can be altered using art materials.***