



Workshop Series on Creative Arts Therapy

Workshop 1:

Psychodrama and Drama Therapy Workshop by Dr. Phillip Speiser

Workshop Details

Date : January 29, 2018 (Monday)
Time : 9:30 am – 5:30 pm
Venue : 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.
Fee : HK\$1,600

Workshop Description

This workshop will provide a theoretical and skills-based overview of the uses of psychodrama and drama therapy and how they are applied in working therapeutically with a range of populations and psychological issues. We will examine the basic concepts and philosophy originating with J.L. Moreno, the founder of psychodrama, as well as other drama therapy pioneers in order to better understand the process and complexities of action-based psychotherapeutic modalities. In addition psychodrama and drama therapeutic perspectives will be explored within the framework of individual, group, family, creative arts therapy and community healing applications. This is an experiential, action-based class which combines theoretical and practical considerations of what psychodrama offers within the therapeutic encounter.

Learning Objectives

1. This workshop will provide a psychological, social, and philosophical overview of basic concepts and theories of drama therapy & psychodrama as they relate to adult and child/adolescent counseling and psychotherapy.
2. Participants will examine the ways in which multiple variables such as loss, trauma and abuse impact upon family systems, children and adults.
3. Participants will learn about specific psychodramatic and drama therapy interventions appropriate for different populations.
4. Participants will explore, practice and learn how to apply a variety of drama/psychodrama and action method approaches to both adults and children. This includes: social atom, play back theater, role training, warm-up, enactment, role-reversal, doubling, and various creative arts therapy activities.



About the Instructor

Phillip Speiser, PhD, REAT, RDT/BC is an expressive arts educator/therapist, drama & music therapist, and psychodramatist who has developed and implemented integrated arts therapy and educational programs for over three decades. He is currently Director of Arbour Counseling Partial Hospitalization Program in Norwell, MA. He has worked and developed programs with individuals and groups in conflict around the globe, including South Africa, Zimbabwe, Swaziland and the Middle East. He is well known in the Boston area for his ongoing commitment and work with violence prevention through the use of the arts. After 9/11 he developed and implemented arts based 'trauma recovery/prevention' programs in Boston and New York City. During the 1980's he lived in Sweden and founded the field of Expressive Arts Therapy in Scandinavia. He is adjunct Professor at Cambridge College, Cambridge MA and has taught at numerous colleges and universities in the U.S. and abroad. He is the former chairperson of Very Special Arts Sweden and has worked extensively within the fields of mental health, education, arts and medicine/health/disabilities and conflict resolution.



**Workshop 2:
Authentic Movement as a Meditative Practice in Dance-Movement Therapy
by Prof. Vivien Speiser**

Workshop Details

Date : January 30, 2018 (Tuesday)
Time : 9:30 am – 5:30 pm
Venue : 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.
Fee : HK\$1,600

Workshop Description

Authentic movement is a disciplined movement form where there is at least one mover and one witness. The form can be practiced collectively in dyads and in groups and it is the combined inner and outer experience of the mover/s and witness/es that creates the holding environment or container which is the form of authentic movement.

This workshop is based upon the work in authentic movement of Mary Whitehouse, who was one of the early dance movement therapy pioneers and the form as further developed by Janet Adler. It is further conceptualized as a movement into transitional space as defined by Winnicott (1986) as the space of “cultural experience” which starts as play and leads on to the whole area of man’s inheritance, including the arts, the myths of history, the slow march of philosophical thought and the mysteries of mathematics, and of group management and religion.

Witnessing the empty space in the circle is the beginning of entering the space of infinite possibilities and unlimited potential. Learning to surrender to the process in authentic movement involves learning to let go and allowing for the emergence of whatever will emerge, without judgement, as the heart of the matter.

Learning Objectives

1. Working in dyads and working in the collective circle, participants will learn the skills of moving with eyes closed, forming inner sensations, thoughts, ideas and feelings into movement.
2. Participants will learn the skills of witnessing with eyes open while at the same time processing internal sensations, thoughts, feelings, ideas, kinesthetic and transferential responses.
3. Participants will learn to move and witness in the collective space which engenders a shift in consciousness into the transpersonal realm which includes all of the emotional aspects of the human condition.



4. Participants will learn about moving in the transitional space in which exists enormous potential for healing, transformation and change. This movement into transitional space is what holds and contains the projections and feelings of all the group members.
5. Participants will learn to distinguish between the actual and transference responses of both movers and witnesses.

About the Instructor

Vivien Marcow Speiser, Ph.D. LMHC, REAT, BC-DMT, is a Professor and Director of the Institute for Arts and Health in The Graduate School of Arts and Social Sciences, Lesley University. Prof. Speiser is a licensed mental health counselor, a dance therapist and an expressive arts therapist and educator. She has developed and implemented numerous arts based programs throughout the U.S and Israel. As former founder and director of the Arts Institute Project in Israel, she has been influential in the development of Expressive Arts Therapy in that country. She has taught and lectured extensively throughout Scandinavia, Israel, South Africa and the United States. She is a former chair of the New England Dance Therapy Association (NEADTA), and former co-chair of the credentials committee of the International Expressive Arts Therapy Association (IEATA). In addition she was the chair of the Massachusetts Coalition of Creative Arts Therapists (MCCAT) which was influential in the licensure of Creative Arts Therapists as Licensed Mental Health Counselor's (LMHC).

Prof. Speiser has taught throughout the world and believes in the use of the arts as a way of communicating across borders and across cultures. She believes in the power of the arts to create the conditions for personal and social change and transformation. Her interests and expertise lie in the areas of working with communities under duress through an integrated arts approach. Many of her publications are grounded in her work with trauma and cross-cultural conflict resolution through the arts. In addition, she is an expert in the creation and performance of 'rites of passage rituals' and in the use of performance in expressive therapy practice. Her contributions to the field have made her an international leader in dance and expressive therapy, and most recently earned her the 2014 Distinguished Fellows Award from the Global Alliance for Arts and Health and a 2015 Honorary Fellow Lifetime Achievement award from the Israeli Expressive and Creative Arts Therapy Association (ICET)

Her current interests are in generating community training and research partnerships and cross-cultural conflict resolution through the arts She is a co-editor of *The Arts, Education and Social Change: Little Signs of Hope*, published by Peter Lang. She is also a co-author of *The Arts and Social Change: The Lesley University Experience in Israel*. In Israel she has organized such events as: *The Imagine Conference: An Arts Approach to Working with Conflict*, which brought together Palestinians and Israelis to envision a healed future, Tel Aviv April 2006. She is the author of many articles and books addressing trauma such as *An Arts Approach to Working with Cross Cultural Conflicts*, *The Journal of Humanistic Psychology*; *The Use of the Arts in Working with Fear and Stress*, *The Art of Healthcare, Volume 3:13*



Workshop Fee:

Workshop 1 : HK\$1,600

Workshop 2 : HK\$1,600

Workshop 1 + 2 : HK\$2,600

For details and registration, please visit our website: <http://cbh.hku.hk/>

Enquiry: 2831 5163 (Amy Choi) or email: bhealth@hku.hk



Registration Form

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
2/F., 5 Sassoon Road, Hong Kong.
Tel : 2831 5163 Fax: 2816 6710

Workshop 1 : Psychodrama and Drama Therapy Workshop by Dr. Phillip Speiser/January 29, 2018 (Mon)

**Workshop 2 : Authentic Movement as a Meditative Practice in Dance-Movement Therapy
by Prof. Vivien Speiser / January 30, 2018 (Tue)**

* Workshop 1 : HK\$1,600 Workshop 2 : HK\$1,600 Workshop 1 + 2 : HK\$2,600

Title:* Professor Dr. Mr. Mrs. Ms.

First Name: _____

Last Name: _____

Correspondence Address: _____

Tel: _____ Fax: _____

Email: _____

Organization: _____

Position: _____

I know this programme from: _____

I would like to learn the following from this course:

1. _____

2. _____

3. _____

Date: _____ Signature: _____

*Please tick as appropriate

^Fee paid is not refundable