

Parent Workshop

Art Therapy Workshop for Parents of Gifted Child

Date and Time	Target Group
17 and 24 May 2014 (Sat) 10:00 a.m. – 12:00 p.m.	Parents of gifted child

Venue : Room 303
The Hong Kong Academy for Gifted Education,
Sha Kok Estate, Shatin, New Territories, Hong Kong
(Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)

Speaker : Ms. Monica Wong
Author, psychotherapist, registered art therapist, registered professional counselor, clinical supervisor

Course Introduction : In individual counselling and therapeutic groups, art therapy plays a vital and potent role. Target audiences not only include children, but also adolescents and adults. Art therapy helps us develop the skills to survive multitudinous life situations, especially through our hard times. In many clinical cases, the clients are so distressed that they are unable to tell their experiences directly. However, art therapy provides an effective means of communicating what clients might not want to discuss directly so that the therapeutic process can begin.

How does an art piece take you into experiences you have never encountered before? How do you discover a new self in the process? How do you express yourself freely in a comfortable state of mind? How can your artwork bring you unexpected feelings and power? You will find the answers to all these questions in the workshop.

The workshop covers the discovery of the sub-conscious mind, skills of art facilitation and the application of metaphors in different therapeutic settings. In the workshop, through live demonstrations by the instructor, you will understand the power of art in effective communication and psychotherapy. You will also witness the magical moment when sub-consciousness becomes conscious through the group discussion.

Course Content :

1. To discover the sub-conscious minds of gifted children by art therapy
2. The application of metaphors with adults and children
3. How does art become an effective tool of communication?
4. To apply positive parenting skills to the communication with gifted children.

Course Objectives : Upon completion of this workshop, parents should be able to know more about:

1. The magic of metaphor
2. Guidance for effective communication
3. How arts heal



Course Outline : Outline

Session 1: Theory: Art therapy and the sub-conscious mind
Creation: Me and my significant others

Session 2: Theory: Art therapy and metaphors
Creation: My animal kingdom

Format

Workshop activities include lectures, live demonstrations, and interactive discussion and sharing.

Medium of Instruction : Cantonese

Course Fee : HKD 200

Registration Method : Parents should apply through the online registration system on our website
<http://ge.hkage.org.hk/en/parent-programme/upcoming-events>

Deadline for Registration : 7 May 2014 (Wed), 5 p.m.
Note:
1. Acceptance is on first-come-first-served basis.
2. Registrants will be notified of the outcome by 9 May 2014 (Fri) by email.

Enquiries : Phone: 3940 0104
Email: ps@hkage.org.hk



Introduction to the speaker:

Ms. Monica Wong

Author, psychotherapist, registered art therapist, registered professional counselor, clinical supervisor

Ms. Monica Wong is an author, psychotherapist, professional counsellor, art therapist, clinical supervisor, certified trauma therapy trainer, guest lecturer of the Chinese University of Hong Kong, President of the Psycho-Art Therapy Association, Academic Director of the Hong Kong Institute for Counselling Professionals and the Psycho-Adventure Training Center, and advisor of the Eugene parenting magazine. She has often been invited to conduct seminars and psychology courses for universities and colleges, secondary, primary schools and kindergartens, enterprises and non-profit organisations.

She has given psychology training to some well-known enterprises and organisations including HSBC, Prudential Assurance, Hong Kong government, Environment Protection Department, and Social Welfare Department. Participants of the relevant courses and seminars include senior executives, psychologists and social workers from China, Hong Kong, Macau, and Australia.

Having graduated from Philosophy in the Chinese University of Hong Kong, Ms. Wong subsequently received her Master's degree in Counselling from Monash University. She has done attentive research in psychotherapy and clinical psychology in recent years. She has been to Australia to follow the world-renowned psychotherapy master, Mr. Michael White, for studying Narrative Therapy. Besides, she has also followed well-known art therapists, Dr. Cathy Malchiodi and Ms. Cornelia Elbrecht, for studying Art Therapy. She is the co-author of the best-selling book, *Open the Locks of the Hearts – Enneagram* 《打開心鎖的密碼 - 九型人格心理學》 which has now been reprinted for nine times. Her newer books, *Walk Through the Ruin of Heart: Case Studies of Projective Drawing and Narrative Therapy* 《走出心靈的廢墟-投射繪畫與敘事心理治療》 and *Happiness is Around the Corner of Life: Case Studies of Psychotherapies* 《快樂在生命轉彎處》, have received credits from every commentators and are recommended by various television and radio programmes, newspapers and magazines.

At the moment, Ms. Wong is writing a series of books on everyday psychology. At the same time, she also leads colleagues of Psycho-Art Therapy Association to pay regular visits to Sichuan province and conduct long-lasting psychotherapeutic work for earthquake victims, as well as provide free psychotherapeutic services to those people in need in Hong Kong.