







賽馬會「知情達意育優才」計劃
Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme


“Show Yourself” – Knowing and Expressing Yourself through
Expressive Arts Therapy
(J1PG\$007W)

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| <p>Introduction</p> | <p>No matter how much you like arts, don't miss this chance to experience what Expressive Arts Therapy is. Let's see how arts could help you express your feelings, and let's experience how arts could help you regulate your emotions. Let's explore and reveal the mystery in arts altogether.</p> <p>This workshop explores the essence and functionality of expressive arts therapy in which students can experience from various art forms, such as drawing and playing musical instruments. With evidence-based research, Expressive Arts Therapy is well-known as one of the psychotherapy approaches. Besides, it could serve as the functions of emotional regulatory and strengthening self-awareness.</p> |
| <p>Programme Type / Level</p> | <p>Workshop / Introductory (Token-required)</p> |
| <p>Instructor(s)</p> | <p>TBC Ms. Beryl Chan (Expressive Arts Therapist & Director) – The Gifted Studio Limited</p> |
| <p>Target Participants</p> | <p> <ul style="list-style-type: none"> ➤ S1 to S3 HKAGE student members ➤ Class size: 25 </p> |
| <p>Medium of Instruction</p> | <p>Cantonese with Chinese / English handouts</p> |
| <p>Certificate</p> | <p> Certificate will be awarded to participants who have:</p> <ul style="list-style-type: none"> ❖ Attended at least 3 sessions; AND ❖ Completed all the assignments with satisfactory performance |
| <p>Intended Learning Outcomes</p> | <p>Upon completion of the programme, participants should be able to:</p> <p> <ol style="list-style-type: none"> 1. describe the concepts and functions of expressive arts therapy; 2. try to identify novel ways with art to explore oneself; 3. recognize expressive arts as a self-help tool to smoothen negative emotions and stress. </p> |
| <p>Screening</p> | <p> No selection needed. First-come-first-served.</p> |
| <p>Application Deadline</p> | <p>8 May 2021 (12 noon)</p> |
| <p>Application Result Release Date</p> | <p>10 May 2021 Please complete the confirmation slip and return it to the HKAGE by fax / email (jc@hkage.org.hk) / post within 3 working days of the application result release. (Late reply will be considered as withdrawal) If student members fail to submit the confirmation slip on time or withdraw from the programme after the Application Deadline, the token will be deducted.</p> |



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| Schedule  *The sessions may rescheduled and/or conducted online subject to the development of the coronavirus epidemic and EDB's latest announcement on face to face programmes. Please pay close attention to email notifications and announcements on the HKAGE website. | Session | Date | Time | Venue |
|---|--------------|-------------|--|--|
| | 1 | 14 May 2021 | 5:30pm — 7:30pm 6:30pm — 8:30pm | Room 404 203, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin |
| | 2 | 21 May 2021 | 5:30pm — 7:30pm 6:30pm — 8:30pm | Room 204, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin |
| | 3 | 28 May 2021 | 5:30pm — 7:30pm 6:30pm — 8:30pm | Room 404 G01, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin |
| | 4 | 4 Jun 2021 | 5:30pm — 7:30pm 6:30pm — 8:30pm | Room 204, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin |
| | Back-up date | 11 Jun 2021 | 5:30pm — 7:30pm 6:30pm — 8:30pm | Room 404, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin |

Enquiries


 For enquiries, please contact us at 3940 0513 / 3940 0518 or email to jc@hkage.org.hk.