

HKACS-Jockey Club “Walking Hand-in-Hand” Cancer Family Support Project

Capacity Building Workshop: Use of Expressive Arts to Cope with Cancer Challenge

Course Outline

Date	9 & 10 Sept 2020 (Wed and Thur)
Time & Duration	9:30am – 5:30pm
Trainer	Ms Fiona Chang Registered Expressive Arts Therapist International Expressive Arts Therapy Association (IEATA)
Target	Healthcare, social work, and allied health professionals
No. of participants	30 persons
Objective	<ul style="list-style-type: none"> ➤ Understand the fashionable approaches of using arts to empower the patients and their caregivers to cope with cancer. ➤ Taste the expressive arts process for self-expression, emotion healing and positive growth. ➤ Understand how the expressive arts practice enhances the medical treatment individually and collaboratively.
Language	Cantonese supplemented by English materials
Format	Online lecture with experience sharing via Webex Meetings (Participants have to install Webex Meetings application – https://www.webex.com/downloads.html in your computer or mobile phone)
Certificate	Awarded by HKACS for full attendance
Remarks	Learners to sign in at morning and afternoon session each day to monitor attendance

Day 1

Time	Tentative Outline
9:30	Welcoming Address
9:35 (Sign in)	- Brief introduction
Break : 11:00-11:15am	- Working approaches and concepts of using expressive arts in oncology psychosocial care
	- Therapeutic qualities of various expressive art modalities: visual art, music/sounding, dance/bodywork, dramatic play and writing

12:35	Lunch break
1:25(Sign in)	<ul style="list-style-type: none"> - Use of arts in oncology psychosocial care: impacts caused by the cancer treatment and meaning of cancer - Creative process and facilitation: identify the potentials of visual art in body-mind understanding - Closure: Learning of the day, personal and professional <p>Break: 3:30-3:45pm</p>
5: 30	End

Day 2

Time	Tentative Outline
9:30	Welcoming Address
9:35 (Sign in)	<ul style="list-style-type: none"> - Temperature reading - Warm-up the body-mind-soul - Person-centered Expressive Arts - Meeting between our conscious/unconscious parts, inner experience and outer reality <p>Break : 11:00-11:15am</p>
12:35	Lunch break
1:25 (Sign in) Break: 3:30-3:45pm	<ul style="list-style-type: none"> - Roles of facilitators in expressive arts practice - Person-centered Expressive Arts in Group - Closure: Consolidation of experience for personal/professional growth - Ending ritual: Saying goodbye and giving thanks
5: 00	<ul style="list-style-type: none"> -Presentation of Certificate -Evaluation Questionnaire
5:30	End

Reminder for the participants

You will attain the best effects from the course if you attend all sessions on time which will enable you to be fully involved in the group and your own process.

What to prepare

- find a private space for the online workshop
- very casual, comfortable clothes for doing art and moving
- any art/writing journal you have and 3-5 color fine ball pens
- glue stick/any liquid glue and a pair of scissors
- any old magazine with colorful images or collage images that speak to you of a felt sense to your emotion
- your favorite found materials for creation, such as buttons, shells, beads, fabric remnants or get some from the nature if possible
- any musical instruments or music you would like to use - a camera/cell phone with camera function to record your own work

Trainer's Biography

Fiona CHANG, REAT, RSW, Certified Supervisor (ACA), PhD Candidate, CUHK

- ✧ Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA), Certified Supervisor of the Australian Counseling Association (ACA), and a Registered Social Worker.
- ✧ Faculty of the Person-centered Expressive Arts founded by Dr. Natalie Rogers
- ✧ Founder of the Three-year Expressive Arts Therapy Training Program of the Centre on Behavioral Health of the University of Hong Kong and the Expressive Arts Therapy Association of Hong Kong.
- ✧ Vice-chairperson of "Art in Hospital" and an Former Executive Co-chair of IEATA, advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe.