

# Asian Professional Counselling and Psychology Association

亞洲專業輔導及心理協會

## Connecting with Self through Expressive Arts

– *An Experiential Workshop based on the teachings of Virginia Satir*

### About the workshop

**Virginia Satir** is a pioneer in family therapy and is often recognized as “mother of family therapy”. She believes that every individual is unique and has equal value. Her approach is growth-oriented, which emphasizes and taps the capacity for growth of human beings, and their connection with their own essence, so as to facilitate them to “become more fully human”. She also emphasizes the use of one’s various senses to enhance self-awareness and understanding.



In this workshop, participants will experience a deepened connection with themselves through expressive arts, such as drawing, music, movements and writing, as well as the Satir processes.



### About the facilitator:

**Doris Cheung** is a counselor at Green Pastures Whole Person Development Centre and had been an Internship Supervisor of Hong Kong Shue Yan University, Department of Counselling and Psychology for 8 years since 2007. She holds a master’s degree in Counselling from University of New England, Australia, a Post Graduate Certificate in Clinical Supervision of Counselling from Institute of Professional Education and Knowledge, as well as a Professional Counselling Certificate in Satir Systemic Individual & Family Therapy from Hong Kong Satir Center and Satir Institute of the Pacific. She continuously refreshes her learning and practice of Satir Growth Model at Green Pastures.

Doris has a keen interest in art as well as in applying art in counselling for enhancing personal growth. She completed a higher diploma programme in Western Art at The Chinese University of Hong Kong School of Continuous Education and has participated in various courses/workshops in art therapy, art facilitation and expressive arts therapy with local and overseas trainers. She has also run personal growth workshops using art as the medium, with Satir Growth Model as the basis.



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### Workshop details:

**Date:** 21 March 2016, Monday

**Time:** 7:00pm-9:00pm

**Venue:** Room101, Library Complex, Hong Kong Shue Yan University,  
12 Wai Tsui Crescent, Braemar Hill, North Point, HK.

**Targets:** People who are working in the helping profession: Psychologists, counsellors, psychiatrists, social workers, teachers, and/or people majoring in human related subjects.

**Language:** Cantonese

**Fee:** HK\$200 (APCPA members/ HKSYU current students)/HK\$350 (Non-APCPA members)  
Including artwork materials

**\*\* Discount for workshop will be given to those who join the membership on the day of workshop.**

Deadline of application: 15 March 2016 (postmark as reference)

### **Registration**

1. Complete the **enrollment form**, and settle payment by **Bank Transfer** OR **Crossed Cheque** to the following bank account:

**Payee:** "Asian Professional Counselling and Psychology Association Limited"

支票抬頭請寫「亞洲專業輔導及心理協會有限公司」

**Account No.:** HSBC 808-021620-001

2. Submit your application with **Enrollment Form** & **Bank Slip/Crossed Cheque** by post to:

Please mail to the Department of Counselling and Psychology, Hong Kong Shue Yan University, 10 Wai Tsui Crescent, Braemar Hill Road, North Point, Hong Kong.

連同申請表格寄至本會地址：香港北角寶馬山 10 號慧翠道香港樹仁大學，輔導及心理學系，轉交亞洲專業輔導及心理協會。

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### Remarks

1. Only application with COMPLETED ENROLLMENT FORM & BANK SLIP / CROSSED CHEQUE will be accepted.
2. Application will be accepted on FIRST-COME-FIRST-SERVED BASIS, confirmation will be sent by email.
3. Fees are non-refundable.
4. Receipt of application fee and Certificate of Attendance issued by “**Asian Professional Counselling and Psychology Association**” will be given to the participants at the end of the course.
5. If Tropical Cyclone Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is issued, the workshop will be cancelled. Details of postponement or other arrangements will be announced afterwards.

### Enquiries

Tel.: (852) 2806 7326 <Voicemail>

Email: [admin@apca-counselling.com](mailto:admin@apca-counselling.com)

Website: <http://www.apca-counselling.com>

### Enrollment Form

<b>OFFICE USE ONLY</b>	<input type="checkbox"/> HK\$ <input type="checkbox"/> Ref. No.:	<input type="checkbox"/> Date: <input type="checkbox"/> Receipt No.: <input type="checkbox"/> Cert No.:
<b>Course Name:</b> Please tick <input checked="" type="checkbox"/> to indicate your choice of the workshops.	<input type="checkbox"/> Connecting with Self through Expressive Arts	
<b>Salutation:</b>	Dr. / Prof. / Mr. / Mrs. / Ms. / Others: _____	
<b>Name:</b> (To be shown on Cert.)	English: _____	Chinese: _____
<b>APCA Membership:</b>	Membership No.: _____ <input type="checkbox"/> Non-member	
<b>Employer:</b>	_____	
<b>Type of Service:</b>	UID (for C&P students): _____	
<b>Correspondence Address:</b>	_____	
<b>Telephone:</b>	Mobile: _____	Office: _____
<b>Email:</b>	_____	
<b>Payment:</b>	<input type="checkbox"/> I hereby declare to pay HK\$ _____ for application to captioned workshop <input type="checkbox"/> BANK DEPOSIT      Date: _____      Ref. No.: _____ <input type="checkbox"/> CHEQUE      Bank: _____      Cheque No.: _____	