

Preventing Youth Suicide Series:
The Use of Expressive Arts in Enhancing Mental Wellness
預防學童自殺系列：藉表達藝術提升精神健康

Period 日期: 17 January 2018 (Wednesday) – 19 January 2018 (Friday)

Trainer 導師: Anin Utigaard (REAT, Co-Founder of IEATA)

Venue 地點: Caritas Institute of Higher Education (18 Chui Ling Road, Tseung Kwan O)

明愛專上學院 (將軍澳翠嶺路 18 號)

Program Series 活動系列：

The series include seminar, experiential workshops and community art program. Anin will share the universal challenges of adolescences in modern society, the importance of continued connection and communication with this population, and how the Person-centered Expressive Arts process when offered in a non-directive approach, without judgement, can provide a safe place for youth to express the emotions buried beneath, communicate and connect with others, and discover new solutions and outlets for the challenges going on in their lives.

這系列包括研討會、入門工作坊及體驗工作坊。Anin 將會分享青少年在現今社會面對的挑戰，和他們連繫和溝通的重要性，以及人本表達藝術如何以非指導、不帶批評的介入手法為青少年提供一個安全的空間去表達被埋藏的情緒，讓他們與別人連繫和溝通、為生活中的挑戰發掘新的解決方案和出口。

Date & Time 日期及時間	Theme and Content 主題及內容	Format 形式	Fees 費用
17/1/2018 (Wed) 10:00am – 1:00pm	The Use of Person-Centered Expressive Arts Approach in Enhancing Youth Mental Wellness <i>Content: Understand foundation and basics about Person-Centered Expressive Arts Therapy and how this method can be used with youth in trouble (mental illness, drugs, suicide, etc.).</i> 藉人本表達藝術提升青少年精神健康 <i>內容：認識人本表達藝術治療的理論基礎和原理，並探索在如何運用這個導向應用於青少年的問題上(如精神困擾、濫藥及自殺等)。</i>	Seminar 研討會	全免
17/1/2018 (Wed) 2:30pm – 5:30pm	Self-Exploration and Experiencing the Person-Centered Expressive Arts Approach <i>Content: Experience “Creative Connection with Multi-Art Modalities” and learn Person-Centered Expressive Arts Therapy through “Self-Exploration” in order to walk with those we support and work with.</i>	Introductory Workshop 入門工作坊	\$800 (\$700 : Early Bird 早鳥優惠)#

	人本表達藝術之自我探索與經歷 <i>內容：透過不同的藝術形式間的創意連結，領悟人本表達藝術治療的要旨和創造自我探索的經驗，學習如何支持服務對象並與之同行。</i>		
18/1/2018 (Thur) 10:00am – 5:30pm	Connecting with and Saving our Youth: EXA and the Person-Centered Approach as a Life-Saving Tool <i>Content: Adapt the “Non-Directive” approach as expressive arts processes to gain awareness and new understanding about the dilemma of our youth in modern society as well as possible solutions to address those challenges.</i> 人本表達藝術作為青少年之生命救贖工具 <i>內容：在表達藝術的過程中加入「非導向式」的取向，讓參加者增加自我察覺和對現今社會青少年的困境有另一角度的理解，一同為這挑戰找出可能的解決方法。</i>	Experiential Workshop 體驗工作坊	\$1,400 (\$1,200 : Early Bird 早鳥優惠)#
19/1/2018 (Fri) 10:00am – 5:30pm	More Self-Exploration and Experience with the Person-Centered Expressive Arts Approach and “Authentic Sounding” Process (Focus on Self-Care for Helping Professionals) <i>Content: Explore our personal issues through creative expression and sounding in a safe, accepting environment to find a balance in our lives that we can commit to.</i> 人本表達藝術與「真我發聲」過程作自我探索與經歷 (著重於助人專業者的自我照顧) <i>內容：在安全、和被接納的環境下透過創意表達及發聲元素進行個人內在探索，從而找出的生活中平衡。</i>	Experiential Workshop 體驗工作坊	\$1,400 (\$1,200 : Early Bird 早鳥優惠)#

Payment before 19/12/2017 can get early bird discount.
於 19/12/2017 前報名可享有早鳥優惠價。

* All rooms for Seminar and Workshops will be confirmed.
研究會及工作坊場地有待確定。

Registration and Enquiry 報名及查詢：

1. Please return the completed application form with cheque payable to "Bodywise Somatic Based Self Development Limited " by mail, or in person to the following address:
請把完成的報名表連同支票 (抬頭：Bodywise Somatic Based Self Development Limited) 以郵件或親自遞交到以下地址：

English Address:

Caritas Charrette Centre
3/F, 23-25 Man Lai Road,
Shatin, New Territories

中文地址：

新界沙田文禮路 23-25 號 3 樓
明愛感創中心

2. For enquiries, please contact Caritas Charrette Centre.
如有查詢，請聯絡明愛感創中心。
(Tel. 電話：2467 8455 / Fax 傳真：2467 3655 / E-mail 電郵: ycschctr@caritassws.org.hk)

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報名表

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Personal Information 個人資料

Name 姓名* :	English Name 英文姓名* :
	Chinese Name 中文姓名* :
Gender 性別 :	Contact Tel. 聯絡電話* :
Career 職業 :	Fax no. 傳真號碼 :
Organization/ Centre 機構/單位 :	
E-mail 電郵地址* :	

Date & Time 日期及時間	Seminar / Workshop 研討會 / 工作坊主題	Apply & Fee* 報名及費用
17/1/2018 (Wed) 10:00am – 1:00pm	The Use of Person-Centered Expressive Arts Approach in Enhancing Youth Mental Wellness 藉人本表達藝術提升青少年精神健康	<input type="checkbox"/> 全免
17/1/2018 (Wed) 2:30pm – 5:30pm	Self-Exploration and Experiencing the Person-Centered Expressive Arts Approach 人本表達藝術之自我探索與經歷	<input type="checkbox"/> \$800
		<input type="checkbox"/> \$700 [#]
18/1/2018 (Thur) 10:00am – 5:30pm	Connecting with and Saving our Youth: EXA and the Person-Centered Approach as a Life-Saving Tool 人本表達藝術作為青少年之生命救贖	<input type="checkbox"/> \$1400
		<input type="checkbox"/> \$1200 [#]
19/1/2018 (Fri) 10:00am – 5:30pm	More Self-Exploration and Experience with the Person-Centered Expressive Arts Approach and “Authentic Sounding” Process 人本表達藝術與「真我發聲」過程作自我探索與經歷	<input type="checkbox"/> \$1400
		<input type="checkbox"/> \$1200 [#]
Other Benefit 其他優惠	<input type="checkbox"/> \$100 Coupon Attached 附上\$100 優惠券	

* Must be filled out. 必須填寫。

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於 19/12/2017 前報名可享有早鳥優惠價。

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Shatin, New Territories

中文地址:

新界沙田文禮路 23-25 號 3 樓
明愛感創中心

Remarks 備註:

1. After receiving the application form and / or cheque, the organizer will confirm the application by email within 5 working days.
主辦單位在收到報名表格及/或支票後，將於五個工作天內以電郵確認報名。
2. Each session has limited quota. Applications will be handled on first-come first-served basis.
名額有限，報名以先到先得形式處理。
3. Application can only be confirmed by receiving effective cheque.
報名以確認收取支票為準。
4. Fee is non-refundable and non-transferrable after the application is confirmed.
確認報名後，收費不可退回或轉讓。
5. If the typhoon signal No. 8 or black rainstorm warning is hoisted 2 hours before the program, the activity will be cancelled.
如當天活動前兩小時懸掛八號颱風訊號或黑色暴雨警告，活動將會取消。
6. For enquiries, please contact Caritas Charrette Centre.
如有查詢，請聯絡明愛感創中心。
(Tel. 電話: 2467 8455 / Fax 傳真: 2467 3655 / E-mail 電郵: ycschctr@caritassws.org.hk)