

賽馬會「攜手同行」癌症患者支援計劃 Jockey Club Cancer Survivorship Care Project

Capacity Building Workshop for Social Workers, Nurses & Allied Healthcare Professionals on Rehabilitation and Survivorship

Popular Arts Activities in Oncology Care

Course Outline

Date	20 & 27 May 2022 (Fri) 2-day workshop
Time	9:30am – 5:30pm Morning session : 9:30am-1:00pm Afternoon session : 2:00pm-5:00pm
Trainer	Dr Fiona Chang Registered Expressive Arts Therapist International Expressive Arts Therapy Association (IEATA)
Target	Social workers, nurses, and allied health professionals
No. of participants	20 persons
Objective	➤ Understand the popular art activities to improve the wellbeing of cancer patients and their caregivers. ➤ Grasp the ideas and practical skills of facilitating art activities. ➤ Taste the fun and joy in the creative process.
Language	Cantonese supplemented by English materials
Format	Online platform-Lecture, experience sharing, creative art activities, individual and collaborative creation, group sharing in Zoom
Fee	Free (first-come, first-served basis)
Certificate	Awarded by HKACS for Full attendance (e-Cert only)
CNE point	12 points (Nursing Council of Hong Kong)
Remarks	1. Learners to sign in at morning and afternoon session. 2. 15-minute break in the morning and afternoon session

Day 1

Tentative Outline	
Time	Content
9:30am-1:00pm (15-minute break)	✧ Welcome the participants and introduce the workshop arrangement ✧ Create a safe space for creative exploration ✧ Popular warm-up activities: experiment the therapeutic qualities of art modalities in making initial contact
1:00pm	Lunch break
2:00-5:00pm (15-minute break)	✧ Selection of art modalities ✧ Creative art activities for personal growth: enhance self-understanding and self-awareness ✧ Understand the effect of different art activities

Day 2

Time	Content
9:30am-1:00pm (15-minute break)	✧ Reconnection to the group : dramatic play, free association talk about arts ✧ Person-centered environment for arts ✧ Taste the therapeutic environment for creative exploration ✧ Aware of our inner and outer responses to arts and reflect on the creative activity and small group sharing
1:00pm	Lunch break
2:00-5:00pm (15-minute break)	✧ Warm-up: music-assisted breathing ✧ Arts for healing and wellness : small group co-creation ✧ Insights about the use of arts ✧ Consolidation of experience for personal/ professional growth: creative representation of discovery

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.

Guidelines for attending the online course:

1. Please sign in with your Full name in English in Chat Room for our attendance record.
2. Please open your camera during the class.
3. All learners should need to complete the evaluation questionnaire at the end of the workshop.

What to prepare

- Please 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

Dr. Fiona CHANG

REAT, RSW, Certified Supervisor (ACA), PhD (CUHK)

Fiona is a Registered Social Worker and a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA). She is currently the Vice-chairperson of "Art in Hospital", the Co-Founder of Artzwell Creative Arts Therapy Centre, the Founding President of the Expressive Arts Therapy Association of Hong Kong, a part-time lecturer of the social work departments of The University of Hong Kong and The Chinese University of Hong Kong, the advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair and board member of IEATA.

She pioneered the Patient Resource Centre in public hospitals. She received the H.K. International Cancer Congress Young Investigators' Award, Outstanding Staff Award of Hospital Authority, Distinguished Social Work Alumni of HKU and the Shining Star Award of IEATA.

She initiated expressive arts project with Orphans with HIV in Cambodia, a Wellness CD project for cancer patients and hosted the IEATA Conference in Hong Kong in 2015.

She wrote several chapters on expressive arts therapy for internationally and locally published books, including "The Creative Connection for Groups: Person-centered Expressive Arts for Healing & Social Change", "Art Therapy in Asia: To the bone or Wrapped in Silk", "Art Therapy and Health Care", "Mindfulness and the arts therapies", "Psychosocial Oncology and Palliative Care in Hong Kong: The first decade" and "Group Case book" (千帆並舉 - 社會工作小組新貌 in Chinese). Her Chinese book "Expression • Arts • Therapy" (表達 • 藝術 • 治療 in Chinese) was published in 2015.