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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

Grieving the Loss via Arts Course Outline

Date	13 & 14 June 2023 (Tue and Wed) 2-day workshop
Time	9:30am - 5:00pm Morning session : 9:30 am-12:00 noon Afternoon session : 1:00 pm-5:00 pm
Venue	8/F, The Hong Kong Federation of Youth Groups Building (Model Lane entrance – next to Quarry bay station exit C)
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	25 persons
Objective	➤ understand the helpful arts activities to cope with grief and loss. ➤ grasp the ideas and practical skills of facilitating expressive arts activities. ➤ taste the healing power of creativity and imagination in the creative healing process.
Language	Cantonese supplemented by English materials
Format	Face to face -Experience sharing, Hands-on creative art activities, individual and collaborative creation, group sharing
Fee	Free (first come, first served basis) Remark: Full attendance is required. Absence with no reason will affect the registration of other courses.
Certificate	Awarded by HKACS for Full attendance (e-Cert only)
CNE point	12 points (Nursing Council of Hong Kong)

Course Outline

Day 1

Tentative Outline	
Time	Brief Content
Morning session 9:30am-12:00pm	✧ Welcome and introduce the workshop arrangement ✧ Understanding the pain of loss and the grieving process ✧ Express freely about loss and grief: Music-assisted Art-making/any creative exploration
Lunch break 12:00-1:00 noon	
Afternoon session 1:00-5:00pm	
	✧ Arts-based counseling on loss and grief

Day 2

Time	Brief Content
Morning session 9:30am-12:00pm	✧ Experience the therapeutic qualities of arts to cope with loss and grief-Art-marking: 4 Taos ✧ Taste the therapeutic environment for transformation ✧ Co-creation: Honoring our ancestors, our deceased significant others, and ourselves.
Lunch break 12:00-1:00 noon	
Afternoon session 1:00-5:00pm	
	✧ Insight about the use of arts to cope with loss and grief

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 course

1. Learners have to sign in at morning and afternoon session
2. Around 15-minute break in the morning and afternoon session
3. All learners should need to complete the evaluation questionnaire at the end of the workshop.

What to prepare

- very casual, comfortable clothes for doing art, moving and sitting on the floor (shoes might have to be taken off)
- any art/writing journal you have and 3-5 color fine ball pens
- A small treasurable item about life/family
- any colorful images or recycled materials that speak to you of a felt sense to your experience of loss and grief
- 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-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 and reprinted in 2021.