

Training in Sensitive Use of Art in Social Work Practice

Understanding Body Image in Art Therapy: Exploring self through body outline, metaphor & multi-media

The body outline technique has been used in clinical settings by art therapists to treat persons struggling with eating disorders, including anorexia, bulimia and binge-eating disorder (Andersen & O'Connell, 2000; Totentobier, 1989) to treat body image distortions and as an interactive group art therapy technique. It encourages participants to focus on how they present themselves to the outside world and how they feel "inside". It also requires them to reflect on how much they hide or disguise their feelings in the interests of conforming to others' expectation (Waller, 1993). The concrete body outline produces immediate results, and provides a unique format for the patient and therapist to begin a therapeutic alliance and process for exploring body image material. The workshop will provide an overview of body image concepts in a safety way. Participants will have an opportunity for exploration of simple visual media which even in the case of non-art trained background can be useful for complimenting in their work setting.

Trainer:	CHAN Siu Mei, May
Date:	16 th May, 2018 (Wednesday)
Time:	9:30 am – 5 pm
Venue:	1/F Hall , BGCA Headquarter (3 Lockhart Road, Wan Chai)
Dress code:	Casual wear with socks are needed
Target:	Participants had attended the training workshop on "Sensitive Use of art in social work practice" or related Art Therapy Course training
Capacity:	30
Fee:	\$500
Medium of Instruction:	Cantonese
Inquiry:	28238646 Ms. May Chan

Trainers:

CHAN Siu Mei, May (MA Art Psychotherapy, BA & MA in Social Work), is an art psychotherapist and BAAT approved supervisor, Certified Trauma Practitioner (The National Institute for Trauma and Loss in Children). Her primary training was completed in Hong Kong in social work and had been working as a social worker in the Boys' & Girls' Clubs Association of Hong Kong from 1993-2006. May is registered with the British Health Professional Council following further post graduate clinical training at Goldsmiths College, University of London in 2006-2008. Whilst at Goldsmiths she specialized in working with children and adults with a variety of learning and emotional problems. May is now working clinically in the Boys' & Girls' Clubs Association of Hong Kong as an art psychotherapist for children and adolescents with emotional and mental health difficulties especially those have experienced traumatic events in their life time. May has also run groups for different target groups such as gay adolescents; children with post-traumatic stress disorder, children with depressions parents, children living in small group homes and children with drugs abuse parents and teachers' growth group.

May is the former Treasurer and Vice President of the Hong Kong Association of Art Therapists (2009-2015). Her most recent co-edited book with Debra Kalmanowitz and Jordan Potash "Art Therapy In Asia: To the Bone or wrapped in Silk" has published in May 2012 and translated into Korean in 2013. <http://www.jkp.com/uk/art-therapy-in-asia.html>

Enrolment Form

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(mail the complete enrolment form with crossed cheque payable to "The Boys' & Girls' Club Association of Hong Kong" to the "Trauma Treatment Service, 6/F, The Boys' & Girls' Club Association of Hong Kong, 3 Lockhart Road, Wan Chai, Hong Kong")

Name (To be written on the certificate of attendance in English): _____

Title (Prof/Dr/Mr/Ms): _____ **Tel:** _____

Email: _____

Occupation: _____ **Organization:** _____

Corresponding Address: _____

Remarks

1. Acceptance notice will send via e-mail prior 1 week of the course commencement.
2. Receipt and certificate of attendance will be issued after the participants have finished the course. Please keep the receipt and no re-issue will be made.
3. BGCA will videotape the whole course. The participant is prohibited to do so.
4. Please be punctual.
5. No food is allowed during workshops
6. The Boys' & Girls' Clubs Association of Hong Kong (BGCA) reserves the right to cancel this course in the event of unforeseen circumstances. In such occurs, BGCA will attempt to notify registrants at least 10 calendar days prior to the course and refund all registration fees. In all instances, the liability of BGCA is limited to refunding registration fees.
7. Should a typhoon signal No.8 or Black Rainstorm be hoisted within 3 hours, the course will be cancelled. Reschedule of the course will be made on the designated date. Where the typhoon signal No. 8 or Black Rainstorm is lowered, the course will commence 2 hours after the discontinuation.