1-day Workshop on Working with Children and Families with Expressive Arts Therapy by Dr. Phillip Speiser

Date: January 15, 2020 (Wed)
Time: 9:30 am – 5:30 pm
Venue: 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.
Fee: 1-day Workshop – HK$1,600

Please return the completed form with cheque payable to "The University of Hong Kong" by mail, or in person to the following address:
Centre on Behavioral Health
The University of Hong Kong
2/F., 5 Sassoon Road, Pokfulam, Hong Kong.

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About the Trainer
Philip Speiser, PhD, REAT, RDT/BC is an expressive arts educator/therapist, drama & music therapist, and psychodramatist who has developed and implemented integrated arts therapy and educational programs for children, adolescents and families for over three decades. He is currently Director of Parkside Arts and Health Associates in Boston Massachusetts. He has served as director at the Arbour Counseling Partial Hospitalization Program in Norwell, MA and also the founding director of the arts therapy department at Whittier Street Health Center, Boston. He has worked and developed programs with individuals and groups in conflict around the globe, including South Africa, Zimbabwe, Swaziland and the Middle East. He is well known in the Boston area for his ongoing commitment and work with violence prevention through the use of the arts. After 9/11 he developed and implemented arts based ‘trauma recovery/prevention’ programs in Boston and New York City. During the 1980’s he lived in Sweden and founded the field of Expressive Arts Therapy in Scandinavia. He is adjunct Professor at Cambridge College, Cambridge MA and has taught at numerous colleges and universities in the U.S. and abroad. He is the former chairperson of Very Special Arts Sweden and has worked extensively within the fields of mental health, education, arts and medicine/health/disabilities and conflict resolution.

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Workshop Description

This course will provide the necessary theory and practice to enable students to use an integrative Expressive Arts Therapy approach with children, adolescents and families.

We will examine the basic concepts and philosophy of how the arts can be used together in the service of the child, drawing upon basic action methods and principles from visual art, music, movement and drama/psychodrama.

We will explore the concept of integration in order to better understand the complexities of child/adolescent therapy. Furthermore, this expressive arts perspective will be placed within the framework of both family therapy and creative arts therapy.

Objectives

- This course will provide a psychological, social, and philosophical overview of basic concepts and theories of expressive arts therapy as they relate to child/adolescent therapy.

- Students will understand the ongoing relationship involved when working with children and adolescents as they relate to family dynamics and family therapy.

- Students will examine the ways in which multiple variables such as loss, trauma, abuse, ethnicity, structure etc. impact upon children/adolescents and family systems.

- Students will practice and learn how to apply a variety of arts based action approaches/tools towards the therapeutic process when working with children and adolescents. This includes: visual art, music, social atom, role training, warm-up, enactment/play, acting out/acting in, storytelling, and other creative arts therapy activities.

Details of Workshop

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Language: English

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