

## **The Fifth UN World Autism Awareness Day Hong Kong Autism Seminar 2012 (A3 - Pre-seminar Workshop)**

**Title: A bridge of imagination and reality – An Introduction of Creative Art therapy/Psychotherapy - Using art to explore the link with Autism Spectrum**

**藝術治療: 想像與真實的橋樑 - 用藝術去尋找 ‘自閉特色的頻道’**

**Trainer: Tristan Chan Nga Chee (MA, UK Registered Art Psychotherapist)**

Tristan Chan qualified as an Art Psychotherapist in the UK with a professional membership of BAAT, and is registered with the Health Professional Council in the UK. She has experience with children and young people in the severe mental health unit in the National Health Service in the UK. She also has experience of working with adults with learning disabilities, refugees, ethnic minority groups and women and children who had suffered from domestic abuse. She has undertaken art training in Canada, Australia and the UK, as well as in Hong Kong.

*“It is creative apperception more than anything else that makes the individual feel that life is worth living.” (By Donald Winnicott)*

### **Achievement:**

- 1) To be able to understand the principal of art therapy practice
- 2) To be able to experience art making and the therapeutic process
- 3) To have an insight of how to apply art therapy services

**Art therapy** offers a safe place for the service user to explore their creativity and imagination. Art therapist supports the client to make sense to their feeling that has been provoked during art making process, and by sharing of their images, the clients would have a better insight of what is going on in their lives. Art Therapist will act as a mirror to reflect the content, feelings, emotions, and stories about the image.

**Autism** - an umbrella term for a wide range of disorders. Clinically, they may be referred to as “Pervasive Developmental Disorders” (PDDs) or “Autism Spectrum Disorders.” Generally, these disorders are defined by deficits in three core areas: social skills, communication, and behaviors and/or interests.

**Art**, as a non-verbal communication mean, is able to contain the feelings of the maker, and reflect to the third party in a direct but imaginative way. It is very useful for people with Autism spectrum to focus into art making process without any disturbances from the outside world, and the image itself is communicating with the outside world.

**Who should attend:** The workshop is designed for social workers, teachers, health care professionals, rehabilitation workers, parents and carers, and anyone is interested in art psychotherapy. The workshop will also discuss how you can introduce art therapy service or using art in your service settings.

Through the workshop, you will be able to learn the basic theories and principals of art psychotherapy, and also to experiences the art making and therapeutic process. You do not need to be good at art. The art therapist will support you to explore using art materials in your own way. Be open-minded and enjoy the freedom of using art materials in different ways. You will participate in different art making process including individual and group setting. Moreover, you will gain different ideas from the case study regarding using art with children with Autism spectrum.

\*Please be aware that this is **NOT** an art therapist training, you will not be qualified as an art therapist after attending the Pre-seminar workshop.

### **Details of A3 – Pre-Seminar Workshop**

Date: 20, 21 March 2011 (Tue. & Wed.)

Time: 10am to 4:30pm

Fee : HK\$700 (Discounted rate for the first 10 Seminar Early Bird participants);  
HK\$800

Capacity: 20 persons

Remarks: The Workshop will operate with a min. registration of 12 persons.

Venue: **The Art Link** Room 1303-1304, Tung Wah Mansion, 199-203 Hennessy Road, Wanchai, Hong Kong.

Enquiry: 2948-7763 (Ms. Kristy Wong) Fax: 2948-7993

Email: [csnsie@ied.edu.hk](mailto:csnsie@ied.edu.hk)

Address: CSNSIE, 05-G/F-D1, Hong Kong Institute of Education, No. 10, Lu Ping Road, Tai Po, New Territories

**Language:** The workshop will be conducted in Cantonese and English

Dressing code: Comfortable, casual wear, so that you can move freely or sit on the floor. You are not recommended to wear short skirt.

### **Rundown:**

**Day 1:** 20 March 2012, Tue. (10 am to 1pm; 2pm to 4:30pm)

- 1) Introduction of Art therapy: including history of development, different streams/forms and theories (30 mins)
- 2) Preparation for providing art therapy sessions: including referral, logistic, consent, 'hardware' (30 mins)
- 3) drawing exercises (30mins)
- 4) Transference /Scapgoat (case study and examples) (30mins)

#### **Lunch break**

- 5) Experience a full session of group art therapy (105mins)
- 6) Recap - Q & A (15 mins)

**Day 2:** 21 March 2012, Wed. (10 am to 1pm; 2pm to 4:30pm)

- 1) Recap of last session/Sharing (15 mins)
- 2) Review the artwork of the yesterday (30mins)
- 3) Art therapy and AS and Autism (30mins)
- 4) Individual and group therapy (case study and examples) (30mins)

#### **Lunch break**

- 5) Difficulties and limitation of using art therapy (20mins)
- 6) Art therapy and arts therapies (30mins)
- 7) Group artwork and sharing (105 mins)
- 8) Recap - Q & A (15mins)

There will be different ice-breaker games in between

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### **The Fifth UN World Autism Awareness Day - Hong Kong Autism Seminar 2012 is co-organized by the following organizations:**

香港教育學院特殊學習需要與融合教育中心、香港自閉症聯盟

香港關顧自閉聯盟、自閉症兒童基金協會、自閉症復康網絡 合辦

廣東省殘疾人聯合會、廣東省殘疾人康復協會、廣東省智力殘疾人及親友協會 協辦

**The Fifth UN World Autism Awareness Day  
Hong Kong Autism Seminar 2012 (A3 - Pre-seminar Workshop)**

↻ **Deadline for Registration: 29 Feb. 2012** ↻

本報名表只供填報 24.3.2012 研討會及 A3-事前工作坊

**Registration Form (For Seminar & A-3 Pre-Seminar Workshop)**

English	(Surname)	(Name)	Chinese				
Org. / Sch.	(if appropriate)						
Tel:		Fax:					
Address:							
Email:							

<b>Fee</b> - Please tick in the appropriate box <input type="checkbox"/> <input checked="" type="checkbox"/> <b>Fee NOT included lunch</b>	
<b>Early Bird Discount - Register before 31 Dec. 2011</b>	
<input type="checkbox"/> Participate in A3 Pre-Seminar Workshop ONLY	HK\$800 per person
<input type="checkbox"/> Participate in the H.K. Autism Seminar 2012 (24 March 2012) (Early Bird) A3 Pre-Seminar Workshop Fee ( <b>Early Bird Discount for first 10 persons</b> ) Please call to confirm the discount is still valid before payment	HK\$250 HK\$700 Total Amount = HK\$950
<input type="checkbox"/> Participate in the H.K. Autism Seminar 2012 (24 March 2012) Register on or after 1 Jan. 2012 A3 Pre-Seminar Workshop Fee	HK\$300 HK\$800 Total Amount = HK\$1,100
<input type="checkbox"/> Parents / People with Autism / Member of Autism Hong Kong Participate in the H.K. Autism Seminar 2012 (24 March 2012) A3 Pre-Seminar Workshop	HK\$200 HK\$800 Total Amount = HK\$1,000

24.3.2012 Seminar will be conducted in Cantonese & Putonghua ONLY.

**Payment Methods:** - Please tick in the appropriate box

Cheque : Attention to 「**Autism Hong Kong**」, write down your name & telephone no. on the back of the cheque.

Cheque No. : \_\_\_\_\_ Bank: \_\_\_\_\_  
Amount: HK\$ \_\_\_\_\_ Date of Cheque \_\_\_\_\_

Bank transfer / deposit to A/C. 012-566-1-014231-0 Account Name: 「**Autism Hong Kong**」, Bank of China (HK) write down your name & telephone no. on the back of the bank in slip.

Amount: HK\$ \_\_\_\_\_ Date of Transfer / Deposit: \_\_\_\_\_

Receipt Attention:  Individual  : \_\_\_\_\_

Send your registration form together with the cheque / transfer / deposit pay-in slip

By post: to CSNSIE, 05-G/F-D1, Hong Kong Institute of Education, No. 10, Lu Ping Road, Tai Po, New Territories.

By Fax: 2948-7993 or By Email to: [csnsie@ied.edu.hk](mailto:csnsie@ied.edu.hk)

For H.K. Autism Seminar 2012 (24 March 2012) participants, please fill in a separate registration form 分組工作坊選項(下). (see attached below in Chinese)

# 香港自閉症研討會 2012 報名表之分組工作坊選項(下)

(每位 24.3.2012 研討會參加者請各自填報「報名表之分組工作坊選項一份」)

(如只報名研討會前工作坊 A3，不報名 24.3.2012 研討會，無需填報下列部份)

English	(Surname) _____ (Name) _____	Chinese	_____	_____	_____	_____	
Email:	_____		Fax:	_____			

<input type="checkbox"/>	報名出席「香港自閉症研討會 2012」(日期：24-3-2012，時間 09:00-17:30)， <b>不報名研討會前工作坊。</b>
<input type="checkbox"/>	報名出席「香港自閉症研討會 2012」(日期：24-3-2012，時間 09:00-17:30)，同時報名 <input type="checkbox"/> A-1 研討會前工作坊 22.3.2012(15:30~18:30) <b>及/或</b> <input type="checkbox"/> A-2 研討會前工作坊 23.3.2012(10:00~12:00) <input type="checkbox"/> A-3 研討會前工作坊 20-21.3.2012(10:00-13:00 / 14:00-16:30)
<input type="checkbox"/>	報名出席 <input type="checkbox"/> A-1 研討會前工作坊 22.3.2012(15:30~18:30) <b>及/或</b> <input type="checkbox"/> A-2 研討會前工作坊 23.3.2012(10:00~12:00) <input type="checkbox"/> A-3 研討會前工作坊 20-21.3.2012(10:00-13:00 / 14:00-16:30)

2012 年 3 月 24 日的「香港自閉症研討會 2012」，上午及下午部份均設有分組工作坊以供選擇，請於 B, C 及 D 組橫線上填寫 1 至 5 號，1 為首選，2 為次選，名額先到先得，額滿即由次選補上，如此類推。

(下列分組工作坊內容僅供參考，詳情以大會當日公佈為準。)

自選工作坊	工作坊日期、時間及內容	本欄秘書處專用
A. 研 討 會 前 工 作 坊	<input type="checkbox"/> A-1 22.03.2012(四) 下午 3 時半至下午 6 時半 主題：從自閉症人士的觀點看系列(一) 如何有效預防校園欺凌特殊學習需要學童 地點：香港教育學院 大角咀市區分校 204A, 204B, 及 204C 室 講員：陳毅雄先生(新加坡) 名額：120 人	接納報名 <input type="checkbox"/> 免費 <input type="checkbox"/> 收費 <input type="checkbox"/> 名額已滿
	<input type="checkbox"/> A-2 23.03.2012(五) 上午 10 時正至正午 12 時正 主題：從自閉症人士的觀點看系列(二)之 家長如何有效培育自閉症兒童成長 地點：香港唐氏綜合症協會(匯藝坊) 灣仔軒尼詩道 199-203 號東華大廈 13 樓 1303-04 室 講員：陳毅雄先生(新加坡) 名額：50 人	接納報名 <input type="checkbox"/> 免費 <input type="checkbox"/> 收費 <input type="checkbox"/> 名額已滿
	<input type="checkbox"/> A-3 20-21.03.2012 上午 10 時正至下午 1 時正 下午 2 時正至下午 4 時半 主題：藝術治療 - 自閉症兒童開啟外間世界之鎖匙 地點：香港唐氏綜合症協會(匯藝坊) 灣仔軒尼詩道 199-203 號東華大廈 13 樓 1303-04 室 講員：陳雅姿女士 名額：30 人	接納報名 <input type="checkbox"/> \$700 <input type="checkbox"/> \$800 <input type="checkbox"/> 名額已滿
B 組 工 作 坊	24.03.2012(六) 上午 10:45 至 下午 12:15 大埔校園 課室待定	B-1 B-2 B-3 B-4 B-5
	_____ B-1 自閉症的教育 (一) 學前期 (0-6 歲)	B-1
	_____ B-2 自閉症與醫學 (一) 之自閉症與遺傳基因	B-2
	_____ B-3 自閉症的復康(一) 待定	B-3
	_____ B-4 自閉症人士及家長 - 壓力舒緩自助篇	B-4
C 組 工 作 坊	24.03.2012(六) 下午 2 時正至 下午 3 時 30 分 大埔校園 課室待定	C-1 C-2 C-3 C-4 C-5
	_____ C-1 自閉症的教育 (二) 中小學篇 (6-18 歲)	C-1
	_____ C-2 自閉症的輔助及另類治療 (一) 自閉症與中醫藥	C-2
	_____ C-3 自閉症的復康(二) 動物輔助治療	C-3
	_____ C-4 自閉症的輔助及另類治療(二) 阿斯伯格症與藝術治療	C-4
D 組 工 作 坊	24.03.2012 (六) 下午 4 時正至 下午 5 時 30 分 大埔校園 課室待定	D-1 D-2 D-3 D-4 D-5
	_____ D-1 自閉症的教育 (三) 高等及專業教育	D-1
	_____ D-2 自閉症與醫學 (二) 自閉症與食物過敏	D-2
	_____ D-3 自閉症的輔助及另類治療 (三) 待定	D-3
	_____ D-4 早期療育之廣州自閉症兒童服務	D-4
_____ D-5 從自閉症人士的觀點看系列(四) 之戀愛、就業與人生	D-5	

所有工作坊主題以大會最後公佈為準。