

‘What's happened to me!?’

Exploring how traumatic life events impact us and the difference Arts Therapy can make in restoring our psychological health.

Facilitated by

Kit Loring



Date: 30th Nov – 1st Dec 2012

Time: 9:30am-5:30pm

This program can be counted towards the Ragamuffin International Creative Arts Therapy Certificate Program

For further enquiries:

Phone: 2881-8860

Fax: 2881 1898

Email: psychology@connexion.com.hk

Website: www.connexion.com.hk

Learning outputs:

- Increased self-awareness and empathic connection with those who have suffered loss and trauma.
- An increased capacity to remain fully engaged with clients who present with trauma related symptoms (“what we avoid in ourselves we will avoid in others”, KL 1999)
- A introductory knowledge of applied techniques in Arts Therapy
- A deeper understanding of the effects of trauma
- Increased confidence and ability in creative self-expression and the healing potential of the Arts

About the Trainers/facilitators:

Kit Loring is a UK Registered Arts Therapist with a specialism in Dramatherapy. Kit has developed therapeutic programmes with a broad range of client groups including: Young Offenders and Children with severe behavioural problems; perpetrators and victims of emotional, physical and sexual abuse, children and adults with Autistic Spectrum Disorder and profound and multiple disability and those who have suffered severe brain injury. Kit has also conducted extensive training and supervision programmes in Cambodia, Indonesia, Peru, India, Russia, Finland and Hong Kong.



'Dreamscape'

*Exploring the landscape of our
imagination, creativity and dreams.*

A 2-day Creative Arts Therapy workshop

Facilitated by Carrie Herbert

Date : 23rd - 24th Nov 2012

Time : 9:30am-5:30pm



This program can be counted towards the
Ragamuffin International Creative Arts
Therapy Certificate Program

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*The secret world of our dreams are in a code
that only the dreamer themselves can
decipher.*

*Arts Therapies, like dreams, works through
imagery, symbolism and metaphor.*

*We will enter the world of our dreams through
the portal of Creative Arts Therapy .*

*Come and dream, imagine and awaken your
awareness of yourself, your relationships and
your aspirations*

About the

Trainers/facilitators:

Carrie Herbert is a UK registered Arts Psychotherapist, Trainer and Supervisor with extensive experience in the following areas: refugees, mental health, trauma and abuse, post conflict and emergencies, therapeutic training, clinical and organisational supervision. International consultancy work conducted in India, Singapore, Indonesia, H.K. and Peru. Based in Cambodia, Carrie Manages Ragamuffin's Creative Arts Therapy Centre.

Who should attend?

- Anybody interested in this training for personal growth
- Helping professionals in related areas who are eager to refine helping skills are welcomed
- Counselors and therapists who are eager to:
 - Deal with clients' resistance for better changes.
 - Help clients in being congruent with bodily senses and be able to seek changes from inside.
 - Gain empathy and congruence with themselves as a model to clients
 - Develop empathetic skills through the media of expressive art

Ragamuffin International

Kit Loring and Carrie Herbert founded the Ragamuffin Project and are the Directors of Ragamuffin International (est. 1999), a partnership of Professional Therapists, Facilitators and Consultants with a background in the development of international mental health services, organizational supervision, staff care and retreat programmers. Ragamuffin International is committed to utilizing creative, therapeutic and empowering approaches to optimizing individuals, teams, relief organizations and businesses.

Our priority is the emotional and psychological well-being of those committed to making a difference around the world.

In Cambodia, Ragamuffin has been pioneering Creative Arts Therapy training and Services since 2001. They are committed to the relief of endemic trauma and mental health problems in children and adults through the promotion and provision of Creative Arts Therapy, Training, Clinical Supervision, Research and Consultancy. They work together with those who aim to empower and sustain individuals and families in the restoration and development of healthy communities in Cambodia and around the world.

Details of workshop

I. 'Dreamscape' --Exploring the landscape of our imagination, creativity and dreams

Date: 23rd - 24th Nov 2012

II. 'What's happened to me!--Exploring how traumatic life events impact us and the difference Arts Therapy can make in restoring our psychological health.

Date: 30th Nov - 1st Dec 2012

Time: 9:30am - 5:30pm

Venue: To be advised

Fee: Workshop I or II

HK\$2400 (2 Days)

HK\$2300 (Early bird before 28 Sept, 2012)

For both workshops I & II

HK\$4600 (4Days)

HK\$4400 (Early bird before 28 Sept, 2012)

*All art materials will be provided

Method

The training is heuristic in nature - learning through experience observation and reflection. A combined Arts approach will be used in exploring the subject. Whilst the trainer will guide and oversee the workshop, the group will be considered partners with each other and the trainer in the learning process.

Language

The lecture and workshop will be conducted in English.

Reminder

Remember to dress comfortably so that you can move freely or sit on the floor. You are suggested to walk or move around in your bare feet. If you prefer wearing socks, please put on the non-slip one.

Registration Form (please circle your chosen course(s))

1. **'Dreamscape'**
Dates: 23rd - 24th Nov 2012
 HK\$2400 (2Days)
 HK\$2300 (Early bird before 28 Sept, 2012)
2. **'What's happened to me!?'**
Dates: 30th Nov - 1st Dec 2012
 HK\$2400 (2Days)
 HK\$2300 (Early bird before 28 Sept, 2012)
3. **'Dreamscape' and 'What's happened to me!?'**
Dates: 23rd - 24th Nov 2012 and 30th Nov - 1st Dec 2012
 HK\$4600 (4Days)
 HK\$4400 (Early bird before 28 Sept, 2012)

Please return the completed form with cheque payable to
"Connexion Psychological Practice Ltd." by mail or in person to the following address: Suite 1203, Island Beverley, 1 Great George Street, Causeway Bay, H.K.

Phone: 2881-8860 Fax: 2881 1898

Email: psychology@connexion.com.hk

Title: *Professor Dr. Mr. Mrs. Ms.

First Name: _____

Last Name: _____

Correspondence Address: _____

Tel: _____

Email: _____

Organization: _____

Position: _____

(CE & CME points are pending)

Please answer the following questions to help us better understand your needs:

1. Why have you chosen the selected course?

2. What experience, if any, do you have of Therapeutic clinical work and the Creative Arts?

(N.B. no previous experience in the Arts is required).

3. Do you have any serious or significant physical or mental health issues the facilitators need to be aware of that might affect your learning, attendance or self-support?

4. Participants are advised to consider their psychological and emotional well-being, please can you identify the systems of personal and professional support that you have in place should any issues that arise during the training need longer term attention and care?

Signature: _____ Date: _____

Important Information for Participants:

- Applications will be processed on a first-come-first serve basis
- Application will only be secured with payment. Fees are non-refundable.
- Note of acceptance will be sent to applicants by email within 2 weeks upon course commencement.
- Course receipt will be distributed to applicants on at the workshop.
- Certificate of Attendance will be presented to participants.
- Bad weather: If black rainstorm warning signal or typhoon signal no. 8 is hoisted at or after 6:15a.m., any training activity will be cancelled or postponed.