

‘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.

