



Nurture A.R.T. (Autonomy, Resilience & True) Self: Adolescent Mental Health & Art Therapy Conference 2016

Pre and Post Conference Workshops

Pre- Conference Workshop :

Mentalisation “Level one” Training

Date: 26- 27th Oct 2016

Duration: 2 Days

Trainer: Dr. Neil Springham

Consultant Art Therapist, UK National Health Service

Venue: CFSC Headquarter, Rm 201

Fee: \$4000

Quota: 30

(Certificate issued by the British Association of Art Therapists)

Post- Conference Workshop :

Working with Adolescents: Exploring Metaphors in Existential Art Therapy

Date: 30-31ST Oct 2016

Duration: 2 Days

Trainer: Prof. Ming Fu WU

Associate Professor ,University of Taipei

Venue: CFSC Headquarter, Rm201

Fee: \$3000

Quota : 30

(Certificate of attendance will be issued)

Organizer:



Workshop on Mentalisation “Level one” Training:

Content:

New evidence from neuroscience and attachment theory requires us to rethink some of our basic assumptions about how we might help people. But whilst the evidence offers us much potential for understanding therapeutic effectiveness, it is often complex and specialized. Mentalization is a treatment approach which synthesizes this neurobiological and attachment theory perspectives with contemporary psychoanalysis. It offers clear and practical guidelines for the role of specific mirroring processes to support affect regulation and the development of reflective functioning. **Mentalization is an effective evidence-based treatment. The aim of the workshop is practical: to improve mentalization in art therapists' practice.** Key concepts will be outlined and then we will look at to apply Mentalization to the practice through role play training and video examples.

Format:

Role play, video playing, and experiential practice.

Language:

English supplement with Cantonese.

Trainer:

Dr. Neil Springham has trained in art therapy in 1988 and has worked in adult mental health, addictions and now specialises in personality disorder treatment. He was a course leader at the Unit of Psychotherapeutic Studies, Goldsmiths College, co-founded the Art Therapy Practice Research Network and was twice elected chair of British Association of Art Therapists. He has a PhD in Psychology and is currently a consultant art therapist in the UK National Health Service where he founded ResearchNet, a service user and provider collaboration which develops co-produced research in mental health. Neil has completed advanced and train the trainers level trainings in Mentalization Based Treatment and has published and lectured internationally on a wide range of issues in art therapy.

Organizer:



基督教家庭服務中心
Christian Family Service Centre



Workshop on Working with Adolescents: Exploring Metaphors in Existential Art Therapy

Content of workshop:

Day one:

- 1) The Concept of Existential Art Therapy,
- 2) The Role of Metaphors in Art Therapy,
- 3) Experiential Art Therapy Activities: The Application of Scribble & Mandala Drawings and Story Telling in Art Therapy

Day two:

- 1) Experiential Art Therapy Activities: The Application of Origami and Collage in Art Therapy
- 2) The Theories of Expressive Therapies Continuum (ETC) and Media Dimensions Variables (MDV)
- 3) Conclusion and Q & A

Format:

The training is Mixed including experiential art therapy activities and powerpoint presentation.

Language:

Putonghua supplement with English

Trainer:

Professor Ming-Fu Wu is an associate professor of Graduate Art Therapy Program at University of Taipei. He obtained his master degree in art therapy from University of Louisville, Kentucky and completed his Ph.D. in Interdisciplinary Studies--Art Therapy at Union Institute and University in the United States.

Ming-Fu Wu worked as an art therapist at a youth center, The Door, in New York City for 5 years before he returned to Taiwan in 2007. Since then, he has been working with children with special needs, troubled youth, bereaved families and cancer patients. He has conducted various workshops and presentations internationally including Taiwan, China, Australia and America. He has also published two books, two translations and many articles related to counseling and art therapy.