

主題演講 (一)：藝術治療一心 · 聯繫 (Keynote speech 1: Art Therapy—Let's Be in Touch)

講者：Dr. Pamela Whitaker 註冊藝術治療師 (加拿大)

Profile :

Pamela Whitaker is an art therapist living in Ireland who practices under the name of Groundswell (www.groundswell.ie) a social enterprise working in the areas of art therapy, art and participation and arts and health. She is the editor of the Canadian Art Therapy Association Journal and has curated special issues on the topics of environment, visual culture and political responses through arts therapy.

Abstract :

Family relationships are compositions impacted with the complexity of personal and societal concerns. Art therapy can be a catalyst for communication and should appear within the junctures of everyday living. Whether as part of a community association, cultural event, or within an urban thoroughfare or nature area—keeping in touch with families means becoming more skilled in the art of public relations. Art therapy needs to get out more. Let's talk about how this can happen. What's involved? How can art therapists become more relevant to families needing time and space to be together as people in the making.

主題演講 (二)：護持孩子的隱形之手—親子關係與治療關係中的涵容

Keynote speech 2: The Invisible Holding Hands: Containment Between Parent-child Relationship and Therapeutic Relationship

講者：林曉蘋女士 認證藝術治療師 (台灣) Speaker: Ms. Hsiao Pin LIN, Registered Art Therapist and Supervisor (Taiwan, TATA)

講者簡介 / Profile:

林曉蘋，畢業於英國Queen Margaret University College，並取得藝術治療碩士，為台灣藝術治療學會(TATA)之認證藝術治療師 (TRAT2012-016)及認證督導(TRATS-2016010)。多年來從事實務工作，以客體關係取向藝術心理治療為主要工作取向，工作領域包含早期療育、特殊需求兒童、緩和醫療及癌症照顧、身心障礙者及心靈成長等。曾任職於花蓮門諾醫院復健科及臺中榮民總醫院緩和醫療中心及兒醫病房擔任藝術治療師工作，目前任職兒童慈善協會花蓮區約聘藝術心理治療師及Sapientia藝術治療工作室負責人。

Hsiao-Pin Lin, graduated with a MSc of Art Therapy from Queen Margaret University College, also currently a registered art therapist (TRAT2012-016) and supervisor (TRATS-2016010) of Taiwan Art Therapy Association (TATA). Uses object relation as main approach in theory based clinical practice with specific client group including early intervention, children with special needs, palliative care and cancer care, disabilities and self growth etc. Pin was the art therapist at Palliative Care Center of Taichung Veterans General Hospital, and Division of Rehabilitation at Mennonite Christian Hospital. She founded Sapientia Expressive Arts Therapy Company since 2018 and also currently a part-time art psychotherapist at the Children Charity Association.

演講簡介 / Abstract :

演講內容將先介紹嬰兒早期內在世界的心理活動，嬰兒如何從母親所提供的涵容，漸次形塑內在世界，最終而能夠產生客體關係進而自我涵容。下半段將介紹藝術治療關係中的三面向動力關係開始，主要著力於三面向動力關係中的涵容內容。早期關係將在治療關係中因移情而重現，而涵容是治療師治療的關鍵態度，是讓個案得以重新整合內在狀態的重要過程。

I will introduce the inner activities during infant's early life. How an infant can build up his/her inner world then move forward to object relationship and carry to self-contained. Next part I will focus on the containment content in three-ways dynamic relationship during art therapy. Early parent-child relationship reappears in therapy relationship through transference. Containment of the therapist is the key attitude and an important process for the client to reintegrate his/her inner world.

主題演講 (三)：藝術007：靈犀一點通

Keynote speech 3: Artistic Bond: Bridging hearts and minds in the family system

講者：李靈津女士 註冊藝術治療師 (美國) Speaker: Ms. Bianca Ling Cheun LEE, President of HKAAT & Registered Art Therapist (USA)

講者簡介 / Profile :

李靈津畢業於美國考獲「藝術學士學位」，以及「藝術心理治療 碩士學位」。更擁有「註冊藝術治療師」「美國國家專業輔導師」和「美國國家臨床心理輔導專業」的執照。在心理治療及輔導專業方面的資歷和臨床經驗，成績優異，均被國家級的專業組織認授和肯定。李靈津是現任香港藝術治療師協會主席及香港大學榮譽講師。

Bianca is an artist, advocate, Registered Art Therapist (USA), Licensed Professional Clinical Counselor (USA) and Licensed Professional Counselor (USA). With 10+ years of practicing in the mental health field, she connect with a multitude of diverse populations. Bianca is the current president of the Hong Kong Association of Art Therapists and an honorary lecturer at the University of Hong Kong.

演講簡介 / Abstract :

現今教育模式和學習壓力，壓抑著我們運用雙手創作的的基本能力。失去這創意力的基礎，不但斷掉了靈感，也斷掉了和自己心靈溝通的能力，直接影響自身與人相處關係，特別是親子關係。父母及子女的溝通很多時會遇到不知所措或僵持的局面。藝術可讓雙方以創意渠道分享難以啟齒的生活課題、負面情緒、脆弱時刻，啟發培養彼此的同理心，把心有靈犀的過程開啟。創作過程超越言語，幫助表達理解雙方更深層的情感。藝術創作運用多感官的覺察能力，過程提醒著我們作為人類的共同點，包容理解無論任何年齡、角色或經歷都有主觀的不完美，也有著多角度的深度人生。

Modern education and stressors push all of us to quiet our ability to create something with our own hands. We become disconnected from our creativity and even ourselves, which often affect the way we relate to one another, especially in the parent-child relationship. Parent and children can at times feels like confused and stuck in certain dynamics. Art allows us to share difficult subjects, challenging emotions, our vulnerabilities and exercises our ability to empathize with one another. The creative process helps facilitate the parent-child communication beyond what verbal language can express. Art making is a multisensory process reminds us of being human at all ages, beyond all roles; with all our imperfections, complexities and depth.

平行工作坊 Parallel Workshop

A(1)題目: 親子關係如何影響兒童的發展與行為

A(1): The Relationship / Attachment of Parent-child on Children Development and Behaviour

講者簡介 / Profile :

講者: 高詠愛女士 Speaker: Ms. Wendy Kou

高詠愛是一位藝術治療師和家庭婚姻治療師，善於利用家庭理論綜合藝術治療。運用藝術治療為兒童，青少年，成年人和家庭提供心理治療服務。服務範圍包括抑鬱症，創傷，自閉症，焦慮，喪親之痛，婚姻衝突，注意力不足，行為或者衝動控制障礙，精神分裂症等。高詠愛於洛杉磯 Loyola Marymount 大學完成碩士，能講流利的英語，粵語和普通話。在美國和香港培訓和實踐工作經驗超過15年。

Ms. Wendy Kou is an art therapist and a Marriage and Family Therapist, who integrate art processes with a family systems orientation. She has worked extensively with children, adolescents and adults who suffer from a variety of disorders, among them depression, post-traumatic stress, autism, anxiety, bereavement, marital conflicts, attentional deficits, behavioral or impulse control disorders, and schizophrenia. Ms. Kou graduated from Loyola Marymount University in Los Angeles, and is fluent in English, Cantonese and Mandarin. She has been training and working in the field in the United States and Hong Kong for over 15 years now.

演講簡介 / Abstract :

在這麼忙和快節奏的生活環境，很多時候會忽略了跟孩子的關係。在現實的社會，很多父母都是要工作賺錢養家，都可能給長輩，家人或是傭人去照顧孩子。到底這樣會對孩子的成長發展與行為會在什麼影響？利用家庭藝術治療怎樣去幫助孩子的發展？怎麼改善一些不良的行為？在此演講中，將介紹家庭藝術治療的簡要歷史和發展。將討論現今兒童常見的行為問題，並怎樣去評估他們的發展。將以案例來展示家庭藝術治療如何有效地改善親子關係及其不良行為。

With the busy and fast pace in life, the importance of attachment and relationship often being ignored. The fact that both parents may need to work full time to maintain living, children may be taken care of by elderly, other family members, or maids. But how does it affect children's development and behavior? By using family art therapy, how does it help on children's development? How to change unaccepted behaviors? In this session, a brief history and development of family art therapy will be introduced. Common problems with children's behaviours nowadays will be discussed along with assessing their development. Case studies will be shown to describe how family art therapy works effectively on improving parent-child relationship and their unwanted behaviors.

平行工作坊 Parallel Workshop

A(2)題目: 藝術治療中的人偶應用

A(2): Use of human figure in art therapy

講者: 鄧海琳女士 Speaker: Ms. Hoi Lam TANG

講者簡介/ Profile :

鄧海琳女士 MS, ATR, 是一位美國註冊藝術治療師。鄧女士在香港及美國等地為不同需要人士提供藝術心理治療服務。現時專注服務有行為及情緒需要的兒童及青少年。鄧女士同時也在本地及海外提供藝術治療工作坊，致力在不同人群裡推廣精神心理健康的重要性。

Ms. Hoi Lam TANG, MS, ATR, is a US Registered Art Therapist who has worked with various populations in Hong Kong and the US. Currently, she works as primary therapist for children and adolescents who are displaying behavioral and emotional issues. In addition, she also has conducted various art therapy workshops in Hong Kong and overseas to promote mental wellness among psychologically and physically challenged population.

演講簡介/ Abstract :

人偶在人類歷史上有著重要的地位。由古代的石洞壁畫，宗教神像，巨形的領袖雕像，劇場裡的木偶表演，至小孩的娃娃玩具。人類喜愛用自我的形像來作記錄，宗教崇拜及治療，權力表現, 溝通及玩樂的用途。使用人偶於個人藝術治療裡，參加者能在創作人偶的過程中，能重新認識及建立自我形象。而在家庭藝術治療或小組藝術治療裡，參加者能在創作及人偶互動的過程裡，能建立新的溝通方式或加深自身與他人的人際關係。

The image of human figures has been widely used in the human history. From cave paintings, gods and goddesses sculptures, oversize leaders statues, theatre's puppets, to small children's dolls. Humans use human figures to record, worship and pray, show off power, communicate, and play. By using human figures (dolls, puppetry, human figure drawing etc) in art therapy, the participants create their own reflections in ways where they can learn and rebuild their self images. In family or group art therapy, creators can create their figures and interact with other members so they can gain insight or develop new communication patterns on their roles and relationship in the family/ society.

平行工作坊 Parallel Workshop

B(1) 題目: 如何運用「親子藝術治療」協助心靈受創的兒童

B(1): Making Art Together: an art therapy approach in working with traumatized children

講者簡介/ Profile :

講者: 陳小薇女士 Speaker: Ms. May Siu Mei CHAN

陳小薇 – 藝術心理治療碩士、社會工作學士及碩士；為英國註冊藝術心理治療師、英國藝術治療師協會認可督導、註冊社工及 The National Institute for Trauma and Loss in Children 認證創傷專家，具24年兒童及青少年輔導工作經驗。於2006年，陳姑娘遠赴英國倫敦大學(University of London, Goldsmiths College)攻讀藝術心理治療，畢業後繼續於香港小童群益會工作，開展香港的藝術心理治療服務。現主要於會內為有情緒及精神健康有困難、及曾經歷心理創傷的兒童及青少年個案提供臨床藝術心理治療；亦曾為不同服務對象舉辦小組治療包括受創傷兒童、父母為抑鬱症患者兒童、兒童之家院童、父母為吸毒者之兒童、為男同性戀者舉辦青少年藝術治療小組及老師成長小組等；亦定期舉辦藝術治療訓練。

陳姑娘於2009-2015期間為香港藝術治療師協會成員並義務擔任副會長及財政職位、編輯書籍有《亞洲藝術治療》，於2012年5月出版，並於2013年翻譯成韓文。

CHAN Siu Mei, May (MA Art Psychotherapy, BA & MA in Social Work), is an art psychotherapist and BAAT approved supervisor, Certified Trauma Practitioner (The National Institute for Trauma and Loss in Children). Her primary training was completed in Hong Kong in social work and had been working as a social worker in the Boys' & Girls' Clubs Association of Hong Kong from 1993-2006. May is registered with the British Health Professional Council following further post graduate clinical training at Goldsmiths College, University of London in 2006-2008. Whilst at Goldsmiths she specialized in working with children and adults with a variety of learning and emotional problems. May is now working clinically in the Boys' & Girls' Clubs Association of Hong Kong as an art psychotherapist for children and adolescents with emotional and mental health difficulties especially those who have experienced traumatic events in their life time. May has also run groups for different target groups such as gay adolescents; children with post-traumatic stress disorder, children with depressions, parents, children living in small group homes and children with drug abuse parents and teachers' growth group.

May is the former Treasurer and Vice President of the Hong Kong Association of Art Therapists (2009-2015). Her most recent co-edited book with Debra Kalmanowitz and Jordan Potash "Art Therapy In Asia: To the Bone or wrapped in Silk" has been published in May 2012 and translated into Korean in 2013.

平行工作坊 Parallel Workshop

B(1) 題目: 如何運用「親子藝術治療」協助心靈受創的兒童

B(1): Making Art Together: an art therapy approach in working with traumatized children

講者: 陳小薇女士 Speaker: Ms. May Siu Mei CHAN

演講簡介/ Abstract :

Case (2005) 描述了父母在塑造嬰兒的情感生活及心智的發展中擔任了關鍵角色。對於受心靈創傷的孩子來說，單靠自己很難去轉化他/她的痛苦及調節情緒; 故此父母/主要照顧者的陪伴及幫助是極其重要。是次研討會講者會分享「親子藝術治療」如何促進親子溝通、協商、合作; 並透過共同創作促進創傷復元。

Case (2005) describes the crucial role parents play in creating an environment in which the baby's emotional life is reflected on by them to find meaning, thus promoting the development of mind in the baby. For traumatized children, they cannot transform their distress alone and particularly need help from their care givers to regulate emotions. This seminar attempts to share the creative ways the art therapy process has been used to facilitate communication, negotiation, collaboration and resolving trauma through parent-child making art together.

平行工作坊 Parallel Workshop

B(2) 題目: 藝術治療如何支援孩子處理與至親關係之失落

B(2): Art therapy in supporting children to cope with the loss in relationship with significant others

講者簡介/ Profile :

講者: 黃潔冰女士 Speaker: Ms. Kit Ping WONG

黃女士是一位註冊社工及合資格藝術治療師，並在兒童、青少年及家庭相關的社會福利服務工作逾廿年。她在澳洲進修藝術治療碩士課程，現於一協助兒童及青少年面對家庭逆境，如喪親及婚姻離異之輔導計劃，負責藝術治療工作。她現時亦是西悉尼大學藝術治療的博士候選人，研究題目是環繞了解為心理受創兒童進行之藝術治療，在治療關係及半結構介入手法之間的關係。

Ms. Wong is a registered social worker and a qualified art therapist and has been working in the social welfare service for children, adolescents and their families for more than 20 years. She studied her Master of Art Therapy in Australia and is currently working in a project for children and adolescents who have experienced familial crisis such as grief and divorce. She is also a PhD candidate in Art Therapy of the Western Sydney University. Her research topic is on exploring the connection between the therapeutic relationship and semi-structured intervention in art therapy with traumatized children.

演講簡介/ Abstract :

父母離異或喪親均是構成兒童與至親關係產生心理缺失現象的兩項重要原因。此等心理缺失的現象出現並不單只是源於實際失去一段至親關係，還有隨之引起的自我身份轉變。情緒困擾、行為問題及社交失調均常在此兒童群組中出現。藝術治療以其強於在非語言溝通媒介的特質，能協助孩子們表達內心困擾及整理失去至親經驗。是次工作坊會藉個案分享藝術治療如何支援孩子處理失去至親的心理缺失狀況。

Parental divorce and bereavement are two main causes of psychic loss in the relationship with significant others among children. Such psychic loss, not only arises from the actual loss of the significant others, but is also related with the subsequent change in self-identity. Emotional disturbance, behavioural difficulties and social maladjustment are usually observed in these children. Art therapy, with its unique strengths in communication through non-verbal medium, can facilitate these children to articulate their inner conflicts and make meaning to cope with such psychic loss. In this workshop, how art therapy is used to support the children to cope with the loss in relationship with significant others will be presented with case sharing.

平行工作坊 Parallel Workshop

C(1) 題目: 應對精神病患的親子藝術治療

C(1): Parent-child Art Therapy in coping with mental illness

講者: 董美姿女士 Speaker: Ms. Mimi Mei Chi TUNG

講者簡介/ Profile :

藝覓心理治療中心（又名藝覓天空）的創辦人；註冊藝術治療師、沙盤治療師、婚姻及家庭治療師；於美國加州獲取有關治療碩士。回港前於美國加州史丹福大學醫院及北京愛在人間諮詢培訓中心執業。現在除私人執業外，亦於浸信會愛群社會服務中心、醫院及不同學校兼任藝術治療師。過去十年臨床經驗的對象涵括兒童、青少年、老人科、夫婦、家庭。處理發展性如失語症、認知障礙等；關係性、精神科及情緒問題如：焦慮、社交焦慮、抑鬱、躁鬱、思覺失調、飲食失調、自殺或自毀行為困擾等。她曾在香港，美國、英國、上海及北京居住。

Ms Mimi Tung, Founder of ArtMazing Counseling Centre (also known as ArtMazing Space), is a Registered Art therapist, Marriage and Family Therapist, Sandplay Therapist who received her Master degree in California. She has worked at the Comprehensive Care Program of the Children and Adolescent Psychiatry, the Lucile Packard Children's Hospital at Stanford, California, and Beijing Agape Center for Counseling before moving back to Hong Kong. Currently apart of her private practice, she also offers individual and group therapy at Baptist Oi Kwan Social Services Centre, various hospitals and schools. Her working populations in the last 10 years include children, adolescents, elderly, couple and family who suffers from developmental issues such as selective mutism, dementia, etc, or relational problems, mental illness, or emotional distress such as anxiety, social phobia, depression, bipolar, psychosis, eating disorders, suicidal and self-mutilating behaviors, etc. She has lived in Hong Kong, San Francisco, London, Shanghai and Beijing.

演講簡介/ Abstract :

家庭中如有精神病患的成員，往往面對關係、相處及溝通上的挑戰，日常言語溝通更感困難或甚感到相處上沒有出路。是次工作坊將分享治療師利用親子藝術治療小組介入，幫助成員拉近關係、建立彼此體諒、更懂得表達自己、減少誤解沖突等，從而改善家庭張力及提升應對家庭逆境能力。

Family members with mental illness are commonly challenged with intense relationships with one another where communication becomes so difficult and ineffectively. This workshop will share experiences in how the use of parent-child art therapy groups as interventions has helped these families to get closer, feel understood, better express themselves, eliminate conflicts, etc in order to reduce tension and better cope with their family challenges.

平行工作坊 Parallel Workshop

C(2) 題目: 強化親子雙向溝通與優勢之藝術治療

C(2): Dyadic Parent-Child Art Therapy workshop for enhancing communication and strengths

講者: 尹沛恆女士 Speaker: Ms. Pui Hing WAN

講者簡介/ Profile :

尹女士畢業於美國佛羅里達州州立大學 (藝術治療碩士學位)，為美國註冊藝術治療師。在獲取碩士學位後，一直從事個別與小組藝術治療工作，曾於美國及香港的中、小學和特殊學校內透過陶瓷、繪畫和多種創意藝術創作，幫助學童於安全而自主的環境下，分享難以言喻的內心困擾，提昇自我價值觀及推動克服挑戰的動力。

此外，尹女士於美國和香港的多個復康機構，包括醫院急症室、精神復康及輔導中心，為兒童、青少年、成人及長者提供情緒支援，並成功於機構內獲命為第一任藝術治療師，幫助更多有情緒需要人士一同透過藝術創作去探索人生方向。

尹女士熱心於推廣精神健康及藝術治療，於香港和美國的慈善團體、電台節目及大學內推廣藝術治療，讓更多人認識情緒管理、溝通表達技巧、藝術治療及其好處。尹女士亦曾於美國密西西比州的小學內，為受颶風卡特里娜 Hurricane Katrina 的家庭作情緒支援，透過多方面的藝術創作，助災民表達難以用文字解釋的惶恐與憂慮，從而重覓曙光。

Pui was born in Hong Kong yet received her education in the United States since high school. She received her Master of Science degree in Art Therapy, Bachelor of Fine Arts degree in Painting, and has received intensive trainings in trauma and loss in children, art therapy, and art education. Upon graduation, Pui passionately provided art therapy for clients (children, adolescents, adults, and elderly) in various settings, including mental health setting for children, youth, and adult, center for non-refoulement claimants and refugees, counseling center for women with emotional and relationship crisis, schools (elementary/middle/high school and school for students with special needs), and hospitals (department of psychiatry, emergency room, and rehabilitation hospital). Pui enjoys and is committed to promoting mental health awareness, which she has provided psycho-education and art therapy workshops in different organizations and university in both America and Hong Kong since 2005. Furthermore, Pui has provided art therapy services to the victims and families of Hurricane Katrina in Mississippi, USA.

平行工作坊 Parallel Workshop

C(2) 題目: 強化親子雙向溝通與優勢之藝術治療

C(2): Dyadic Parent-Child Art Therapy workshop for enhancing communication and strengths

講者: 尹沛恆女士 Speaker: Ms. Pui Hing WAN

演講簡介 / Abstract :

「家」是生命的搖籃，個人依靠之所在。家庭系統理論著重於每一位家庭成員在整個系統的互動，每位家庭成員的「群體」行為與反應已不僅是單位的總合，而是富有相互影響，產生另一層次的整體性行為。若有意用嶄新的方法去聯繫親子心理健康，鼓勵您用一小時時間去以”家庭群體”的角度體驗雙向藝術治療。

透過主題分享及藝術創作，您會在勉勵性的藝術空間去學習三種雙向藝術治療的好處、相關注意事項及至少兩個有助強化親子溝通與優勢之藝術治療活動。

Family is like a cradle of life, a place where a person could be depended on. Family systems theory emphasizes the family as a whole system dependent on the interactions between family members. In order to bridge the communication, family or dyadic parent-child art therapy is applicable to a variety of familial issues and provides each member an opportunity to see the family from every other member's perspective in a non-threatening way.

Spend an hour exploring how Dyadic Art Therapy can benefit children and their parents or carers. Through presentation and art making, you will experience communication building in an encouraging art room. Participants will be able to describe three advantages of dyadic art therapy, its related challenges, and two therapeutic art activities involving different art media that are useful in promoting strengths and communication between the parent and child.