

Tending the Soul of the Caretaker through the Expressive Arts

By Dr. Kate T. DONOHUE

Ph.D. REAT

(May 20 & 21, 2019)

Introduction

Tending to the needs of an elder relative is a multi-layered commitment that can stretch us physically, emotionally and spiritually. Professionals who work with seniors also work with their families and need tools to help both the senior and their loved ones. Seniors with dementia can be exceptionally taxing for the family, friends and professionals. The Expressive Arts offers caregivers different languages of experience to metabolize paradoxical feelings and experiences of deep love and frustration or resentment in our relationships with seniors. It helps experience relief from ongoing anxiety, and sadness through the process of creating art in any modality. Expressive Arts is a magical tool to calm anxiety through music and dance, or gain perspective through drama, visual arts and the imaginal language arts. We will explore these processes with a focus on interacting with dementia. With these processes, professionals will learn how they can also help deal with compassion fatigue while working on all these levels. The process tends to the emotions but also the soul when loss and death are key factors in the aging process.

Target participants

Geared towards professionals working with elders and their families or who are interested in the field of elder care and in the field of expressive arts therapy. E.g.: social workers, counsellors, psychologists, psychiatrists, expressive arts therapists, arts therapists, health care professionals.

Content

This two day workshop will be experiential to allow participants to experience the process and its benefits; didactic so participants can understand what is happening in the brain, body and psyche; as well as having a focus on applications via case study. Come ready to learn through the body, art, archetype and intellect, as well as understanding applications to participant's specific work.

Participants will learn expressive arts processes that address for the caretakers:

1. The anxiety of dealing with an unknown future that is fraught with loss and death
2. The guilt often associated with different options of elder care one might be forced to enlist
3. The sadness accompanying loss and death of the loved one
4. The resentments that often occur when "sandwiched" between your own family and children and the care of your aging parent
5. Understand dementia and how it can be addressed through the expressive arts for the senior, family, and professional
6. Gain perspective on the process of care for your parent shifts as it they were your child
7. Learn tools for self-care and comfort during this difficult time.

Trainer



Kate Donohue, PhD, REAT, is a licensed psychologist and a registered expressive arts therapist who has been in private practice for 40 years. Co-founder of the International Expressive Arts Therapy Association, Kate has taught expressive arts internationally in Hong Kong, Mainland China, South Korea, India, Canada and Ghana as well as the United States. She offers a Jungian expressive arts approach to issues of aging as well as many other topics, including supervision. She was one of the co-founders of the Expressive Arts Program at California Institute of Integral Studies in San Francisco, California. Kate's passion for culture, arts, spirituality and healing infuse her work and her personal life.

WORKSHOP DETAILS

Course Code : CE20190520
Course Name : Tending the Soul of the Caretaker through the Expressive Arts
Date : May 20 & 21, 2019
Time : 9:30 am - 5:30 pm
Venue : The Chinese University of Hong Kong
Language : English
Class Size : 30 participants
Course Fee : HK\$ 2,600

Discount Scheme (on or before Apr 1, 2019)

- **10%** (HK\$2,340) discount for Early Bird Registration
- **20%** (HK\$2,080) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members)
[20% discount is applicable by POST only]

Application Deadline: Apr 29, 2019

Application Methods

1. Send the following **application form with a crossed cheque payable to 'The Chinese University of Hong Kong'** to CPE, the Department of Social Work, CUHK, Shatin, N.T. Hong Kong.
OR
2. Register the workshop online via our website:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

Tending the Soul of the Caretaker through the Expressive Arts CE20190520

Application Form

Full Name: (English) # Mr/Ms: _____ (中文): _____
Name of Organization: _____ Position: _____ Field: _____
Email: _____ Tel. No.: _____
Academic training background: _____ Highest educational level obtained: _____

Payment Information

Please delete as appropriate

Please tick appropriate boxes

Cheque No. : _____ Bank name : _____ Amount : # HK\$2,600/ HK\$2,340/ HK\$2,080

Membership : No Yes, if Yes, #Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.: _____

Important Terms and Conditions

1. Application will be accepted on a first-come-first-served basis.
2. Email notification on application status will be sent to you only when application and payment have been received by the Division of Continuing Professional Education (CPE), please contact us if you do not receive any notification after 7 days.
3. Application is regarded as successful only after a confirmation email is issued to you.
4. Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
5. Course fee is non-refundable or non-transferable to another course once application is confirmed.
6. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are prepared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
8. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
9. Certificate of Attendance will be given to participants who have attained at least 75% attendance of the course.
10. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
11. Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to cpe@swk.cuhk.edu.hk.
12. The right of interpretation and amendment of the above terms belong to CPE.

I acknowledge that I have read and agree to the above terms and conditions.

Enquiry : 3943 1704 Email : cpe@swk.cuhk.edu.hk Website: <http://www.cuhk.edu.hk/swk>