

# Healing the Shattered Temenos: Trauma and the Expressive Arts

By Dr. Kate T. DONOHUE

Ph.D. REAT

(Sep 26-28, 2018)

## Introduction

This course will introduce participants to the experience of trauma and how to address it as an expressive arts therapist. The Chinese character for crisis is a combination of two words – danger and opportunity. People who fully engage in recovery from trauma discover unexpected benefits. As they gradually heal their wounds, survivors find that they are also developing inner strength, compassion for others, increasing self-awareness, and often the most surprising – a greater ability to experience joy and serenity than ever before.

Psychological trauma is the unique individual experience of an event or enduring conditions, in which:

- ◆ The individual's ability to integrate his/her emotional experience is overwhelmed, or
- ◆ The individual experiences (subjectively) a threat to life, bodily integrity, or sanity.

Thus, a traumatic event or situation creates psychological trauma when it overwhelms the individual's ability to cope, and leaves that person fearing death, annihilation, mutilation, or psychosis. The individual may feel emotionally, cognitively, and physically overwhelmed. The circumstances of the event commonly include abuse of power, betrayal of trust, entrapment, helplessness, pain, confusion, and/or loss.

This course will introduce participants to the traditional definition and theory of trauma, brain research in relationship to trauma, the stages of trauma and indigenous healing practices that address trauma, i.e. expressive arts therapy. In addition, we will explore the Jungian understanding of trauma and how it interlaces with expressive. The course will include an intuitive and didactic understanding of these aspects through readings, arts and written assignments and multi-arts processes. Participants will also be introduced to art as healing from an indigenous perspective including discussion of traditional symbolic cross-cultural healing practices and concepts of healing and wellness; the origins of the arts as a diagnostic tool from traditional perspectives, complexes as a healing function and the use of multi-arts processes to address the healing of developmental, traumatic and cultural trauma.

## Target participants

Social workers, counsellors, psychologists, psychiatrists, expressive arts therapists, arts therapists, health care professionals and expressive arts therapy students.

## Trainer



Dr. Kate T. DONOHUE is a licensed psychologist and registered expressive art therapist with a Ph.D. in Counselling Psychology. Kate has a deep passion for the arts, culture and dance, especially western African dance. Her life work in teaching supervision, consultation, training and private has been to marry Jungian theory with expressive arts therapy.

For over 30 years, Kate had an active private practice in San Francisco and is now in Fort Bragg, California as well as being an international trainer, author and pioneer in the field of expressive arts therapy. Currently, Kate has been conducting workshops which weaves her passions, training and experience, to explore the indigenous roots of expressive arts therapy in Ghana and India.

## WORKSHOP DETAILS

Course Code : CE20180926  
Course Name : Healing the Shattered Temenos: Trauma and the Expressive Arts  
Date : Sep 26 - 28, 2018  
Time : 9:30 am - 5:30 pm (21 hours)  
Venue : The Chinese University of Hong Kong  
Language : English  
Class Size : 35 participants  
Course Fee : HK\$ 3,800

### Discount Scheme

(on or before Aug 6, 2018)

- **10%** (HK\$3,420) discount for Early Bird Registration
- **20%** (HK\$3,040) 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: Sep 10, 2017 (Tuesday)**

### Application Methods

(email notification on application status will be sent for application received by CPE, please contact us if you do not receive any notification)

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>

Once the application is confirmed, transaction will be settled within 30 working days after the online registration. Prior to the confirmation, only the credit limit is withheld by the bank.

## Healing the Shattered Temenos: Trauma and the Expressive Arts

**CE20180926**

### 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\$3,800/ HK\$3,420/ HK\$3,040

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](mailto: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](mailto:cpe@swk.cuhk.edu.hk) :Website: <http://www.cuhk.edu.hk/swk>