



Workshop 3

Expressive Arts Therapy for Yourself and Your Patient



Mr. Alex T.S. HUI

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Registered Social Worker; Registered Arts Therapist; Registered Dance Therapist

Mr. Alex Hui is a registered Hong Kong based social worker with 20 years of experience. He is also a Registered Dance Therapist and Registered Arts Therapist. Mr. Hui is experienced in the integration of expressive arts, dance therapy and counselling in his clinical practice. He is competent in the management of stress, personal growth, emotion expression, emotion regulation, self-esteem and communication. After years of practice, he is well experienced in working with people who suffers from stress or mental health problems such as SEN students (ASD, ADHD), children with developmental needs as well as offering support services to their parents, young mothers, women's group, marginal youths, dementia elderly, caregivers of drug addicts, caregivers of intellectually disabled, ethnic minorities, etc. He organizes tailor-made programs for individuals as well as corporate clients in Hong Kong whether in way of sessions, workshops, professional trainings, educational seminars or team building.

How does art promote integrative function for the brain? The left hemisphere is where the logical thoughts take place while the right hemisphere is where the emotional and conceptual information are formed. The creative process involves multisensory and emotional regulation that facilitates the potential to integrate information from both hemispheres of the brain.

Expressive Arts Therapy combines psychology and various art expression to foster personal growth and healing. This workshop encourages participants to become aware of their tension and stress in a safe and creative way through different non-verbal art modalities, such as dance movement, visual art, music and creative writing. As a result participants will experience a personal sense of relaxation, emotional refreshment and transformation of their thoughts which will all bring about the ultimate overall balance sense of wellbeing.

This experiential session will begin with stretching to enhance the awareness of body tension. Participants will externalize the energy into a drawing experience. In dialoguing with their final art piece, participants will work together in small group to gain stimulation and insight through creative writing experience.

Format: Different art making experience, individual and co-creation process and sharing.

No art experience is required.