



Organised by Shaw College
Student Development Programmes Committee

漫遊時間

表達藝術治療體驗工作坊

TIME SURFING IN ARTS

EXPRESSIVE ARTS THERAPY EXPERIENTIAL WORKSHOP

12-13 JUN
SHAW COLLEGE
CAMPUS, CUHK

DAY 1

下午環節 PM Session
2:00pm - 5:00pm

- 簡介表達藝術治療
Introduction to ExAT
- 呼吸練習
Breathing Exercise
- 流體畫時鐘製作
Pour Painting Clock
- 音樂創作
Music Making

DAY 1

晚上環節 Night Session
6:30pm - 9:30pm

- 呼吸練習
Breathing Exercise
- 肢體覺察練習
Mindful Body Movement
Exercise
- 音樂及視覺藝術創作
Music Imagery & Visual
Art Creation; Music
Improvisation

DAY 2

下午環節 PM Session
2:00pm - 5:00pm

- 呼吸練習
Breathing Exercise
- 視覺藝術創作
Visual Art Creation
- 創意寫作
Creative Writing

活動詳情
More Details



網上報名
Online Enrollment



截止日期 23 May 2021
Deadline: (Sunday)

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甚麼是表達藝術治療?

表達藝術治療是一種融合視覺藝術、音樂、戲劇、舞動及文字創作等藝術媒介的治療模式，透過藝術參與及創作達至身、心、靈治療效果。表達藝術治療是一種心理治療方式，提供了非語言的表達及溝通機會，並為參與者提供安全的空間與媒介抒發情緒及想法。

What is Expressive Arts Therapy?

Expressive arts therapy (ExAT) is a body-mind-spirit intervention in multi-modal therapeutic approach that fosters therapeutic outcome integrating various arts, like visual art, music, drama, dance/movement, and writing, in a supportive environment. ExAT is a kind of psychotherapy to provide an opportunity for non-verbal expression and communication.