President's Corner  會長專欄

Wendy KOU  高詠愛

First, I would like to thank you our EXCO members’ team to make everything happen this year. We have a strong and cohesive team in which we always have productive meetings and would brainstorm and exchange creative ideas. The upcoming AGM on June 17th, three of our EXCO members will step down as they have served HKAAT for the past six years. During these years, they have put lots of efforts and time on a voluntary basis to make countless meaningful events and newsletters happened. I would like to thank you Emily Shum, Irene Got and Jimmy Keung.

During the 9th A.G.M. on June 17th, 2012 we will be holding elections for a new body of EXCO members to serve terms and ideas and your vote is necessity. This year, we will have a lunch buffet after an exciting workshop. Please see “Upcoming events” (p.6) for more details.

New challenges have arisen with the changing times and we find ourselves in a position to meet these challenges to continue serving and addressing the needs in this evolving environment. We must do this without changing our mandate or structure, perhaps incorporating new activities and services that address the continuing needs of a growing community. It was a pity that HKAAT has to call off two open studio events, but we are proudly to announce a new activity in the coming year, named “Meet the Art Therapists” once every 2 months. We have invited our full members to host the function and meet our members according to the full members’ interest or expert area. Please see “Upcoming events” (p.6) for more details.

We have been continued to work on developing our website. I would like to thank Ida Ng who helped us on creating a user-friendly blog website by using wordpress. Soon, the website will not only provide information on the most updated HKAAT events, but also it will be interactive. Members can post and share photos and comments. HKAAT will soon announce our new website!

HKAAT believes that through our joint efforts, we can collectively spread the news in our region and beyond, and establish links with allied professionals to activate our vision, so that more in the community can benefit from art therapy. We look forward in seeing you again in our coming events!

首先, 我要感謝各執行委員會成員的努力, 令本會過去一年的工作得以順利完成。我們既強大又有凝聚力的團隊每每能在會議中提出創新又可行的意見和計劃。於六月十七日舉行的週年大會,三位已服務六年的委員會成員將會退位。在這六年間,他們對本會負出了努力和時間去籌辦和參與各項有意義的活動及撰寫會員通訊。在此,我要向 Emily, Irene 和 Jimmy 說聲謝謝!

在今年六月十七日舉行的第九屆週年大會上，我們將要投票選出新一屆的委員會成員。您的一票非常重要！今年我們會提供自助午餐及一節有趣的課堂，詳情請細閱第六頁的“未來活動”。

面對不斷的新挑戰，我們只有堅持地以服務的心去迎戰！接受挑戰的同時，亦會確保我們的原則和架構不變，為會員提供更多創新活動和服務。很可惜早前的兩節「開放畫室活動」需要取消，但我們即將會推出「藝術聊程」系列。今次特別邀請一些會員主持每次的聚會，分享有關藝術治療的工作及不同領域。詳情請細閱第六頁的“未來活動”。

另外，我們亦一直整關注本會網頁的發展。我要特別感謝 Ida 設計了一個簡單易用的網頁。不久的將來，您們便會看到一個不只提供新資訊的網頁，而是一個具互動性的。您們日後可以在網頁上張貼相片和留言！

我們深信透過共同努力，本會的資訊和關於本地的藝術治療發展能得到廣泛宣揚，讓更多人因藝術治療而受惠。衷心希望能在日後的活動見到您們!
Often when I hear about art for social change, it comes hand in hand with art to reduce conflict. But I think we need to be careful about what we mean by reducing conflict. Certainly our goal is to reduce violent conflict, but I’m not sure that we actually can remove conflict from our lives.

Jungian art therapist Joan Kellogg (1984) conceived of thirteen types of consciousness and organized them into the Great Round of the Archetypal Stages of the Mandala. Among them, she identified conflict and transformation at two ends of a single continuum. Each informed the other to maintain dynamic balance in the whole system. Put into the language of social change, the civil rights leader Dr. Martin Luther King, Jr. (as cited in Carson, 1998) believed that conflict in any given society is inevitable. His call for the creation of the beloved community was not one free of conflict, just free of violent conflict where all agreed to abstain from physical retaliation to pursue differences through alternate means.

In my own work integrating art therapy and social change, I have chosen to adopt the strategies of nonviolent resistance as engaged by King, as well as, Mahatma Gandhi and Thich Nhât Hanh. I chose this approach because of the overwhelming historical evidence on the sustainable peace that nonviolent resistance yields. Further, although many of us associate this strategy with marches, demonstrations and boycotts, at its core is the promotion and maintenance of broken relationships put out of balance due to inequity, greed and discrimination. Nonviolent resistance does not promote peace by any means necessary, but rather peace by peaceful means.

This focus on repairing relationships seems to me a perfect starting place for creative and expressive arts therapists. Philosopher Martin Buber (1923/1970) believed that forming meaningful relationships is an innate human drive. He also identified the instinct towards creativity. He wrote extensively on how viewing art and making art could enhance relationships. Art is always sending out a message, the question is if the viewer is willing to engage. The work of creative and expressive arts therapists can focus on facilitating the creation of art that sends the message and finding ways to engage viewers by softening a heart hardened by bias or ignorance.

I would like to share some examples of how I have tried to engage art for the purpose of social change through relationship repair by working with the viewer. There are many great and inspiring ways of working with those experiencing conflict or those that are marginalized, but there seems to be a general lack of work to engage all members of society or whom Dr. King referred to as the “moderate” majority. I refer to this approach as guided relational viewing (Potash, 2010; 2011). It entails facilitating a viewing process that is rooted in continuous engagement through art making to encourage deeper levels of reflection and awareness.

In Hong Kong, a team of us sought to confront and correct discrimination against people living with mental illness by focusing on stigma and helping people move beyond the limits of psychiatric labels. Our first step was to create an art exhibit by people living with mental illness. We had them focus on “something about their lives they want to share with another” to reinforce the relational nature of what we were doing. We then invited various healthcare workers, members of the community, and those with family members living with mental illness to view the exhibit and participate in a workshop. Rather than simply allowing them to view the art, we had them reflect on the art, by selecting a work that was meaningful to them...
and then making observations about it, creating art and reflective writing in response to it, and participating in a discussion group.

In one example, a viewer described how the art she chose to focus on conveyed a sense of hopelessness and reminded her of her own experience of loneliness:

“The moment I looked at the painting, I was touched… I felt what he felt, even though I didn’t necessarily have the same experience, but that particular feeling, I did experience that before, and so I can tell him and I feel very strongly about it that I went through it myself.”

By responding in art she displayed empathy and by imaging the image forward, she demonstrated a desire to act. We found that the opportunity to engage in response art prompted the viewers to have a different understanding of the artists living with mental illness. In large part, this seemed to be due to the fact that engaging with images and creating images promoted a new way of seeing the marginalized members of the community by promoting reflection on oneself, the artists, and the community at large.

In a study at the U.S. Holocaust Memorial Museum, visitors were randomized into either a control group or an experimental group in which participants created art based on their emotional response to the permanent exhibit (Betts et al, 2012). We found that the art group experienced the museum’s desired lessons related to promoting justice and human dignity. The art gave participants a chance to learn about their own reactions and to transform personal distress into understanding of themselves, historical victims and modern examples of genocide. A promising finding of this study was that those in the art group had a significant increase in immediate empathy. In the 2 month follow-up those who made art and then viewed it remembered their emotional reactions much more than the control group. Whereas both groups reported sharing their experience with others, the control group tended to focus on distress alone, whereas the art making group also reflected on the meaning of the experience and lessons learned.

In the context of art therapy and social change, Pat Allen (2007) wrote, “Having the image process provides a shield that must be used with discernment both to mirror and to protect” (p. 84). The arts protect by providing a forum in which to share stories. At the same time it is a mirror reflecting the social ills of society and inviting us to see our own faces to understand where we fit into the problem.

Notes:
These remarks are taken from a lecture I presented at the Lesley University conference on expressive arts therapy in Netanya, Israel in April 2012. For more information on guided relational viewing, please consider joining an upcoming training hosted at the Centre on Behavioral Health.

References:
Past Events 過往活動

Art Therapy & Adolescent in Hong Kong

Collaborated with the Boys’ & Girls’ Clubs Association of Hong Kong, we have organized “Art Therapy & Adolescent in Hong Kong” on Saturday, 15 October 2011. Three speakers, Ms. Ivy FUNG (State Registered Art Therapist [UK]), Mr. Joshua Kin-man NAN (Full-time PhD student in HKU and Part-time Art Therapist) and Ms. Hoi-lam TANG (Art Therapist) were invited to present on the topics on “Children and Adolescents with School Phobia and Oppositional Defiant Disorder (ODD)”, “Use of Art in Different Phases of Suicide Case Treatment”, “Emotional Disturbance” and “Integrating Verbal Counseling Techniques with Expressive Art & Narrative Approaches”. Participants found the seminar practical and informative.

我們與香港小童群益會合辦的“藝術治療與青少年”在2011年10月15日舉行。三位演講嘉賓：張文茵（國家註冊藝術治療師[英國]）、藍建文（香港大學的全日制博士學生和兼職的藝術治療師）和鄧海琳（藝術治療師）被邀請研討“兒童與青少年”的主題。提材包括“使用自殺案處理的不同階段的藝術”，“情緒障礙”，“學校恐怖症和對立違抗性障礙（ODD）”和“整合口頭表達藝術輔導技巧敘事方法”。與參加者互動研討實際的信息。
Gift Wrapping Night 包裝禮物活動

On 6 January 2012 (Friday), 10 members and friends gathered together to decorate the gifts for the foster children on the visit 2 weeks after. Participants used their creativity to draw on the wrapping papers! We would like to thank for members’ donation and help in wrapping the gifts to make each gift a special and unique one!

當晚百 10 名會員及朋友一同將收集到的禮物和鞋盒包裝好，並自行設計包裝紙，畫上充滿新春氣息和歡樂感覺的圖案。包裝好的禮物於 1 月 21 日的「新春送暖大行動」送给住在寄養家庭的小朋友。
“Seasons Gifts from Artists/Therapists Project – A Warming Chinese New Year for Foster Children”

「新春送暖大行動」 - 送暖到寄養家庭兒童

12 members and friends spent a morning to play and draw with children from foster families in Tuen Mun Community Centre on Saturday, 21 January 2012. We also presented the warmest gifts from our members to them!

共12位會員和朋友參與於1月21日(星期六)假屯門舉行的「新春送暖大行動」，與一班來自寄養家庭的小朋友玩遊戲及繪畫。當然最重要的是為他們送上會員包裝得美輪美奐的禮物到每位小朋友的手上！

Dear HKAAT,

Thank you so much for organizing and inviting us to the HKAAT Seasons Gifts Project. It was a very unique and heart-warming experience to see and feel first-hand how art therapy can impact and improve the lives of those less fortunate in our society. The work that your organization is doing is meaningful as well as creative – so we would be happy to support and take part in any of your charity events in future.

Best wishes,
Becky LEE -- Producer, Freebase Media (Hona Kona)
**Dinner with Consultants** 與本會顧問聚餐

**Date:** 22 March 2012 (Thursday) 二零一二年三月二十二日(四)

Wendy KOU, May CHAN, Emily SHUM, Sarah TONG attended the dinner with our 2 Consultants, Dr. Jordan POTASH and Dr. William FAN on 22 March 2012. The two consultants enlightened us on the future development of HKAAT, all enjoyed a fruitful discussion and great feast!

理事及委員 Wendy, May, Emily 和 Sarah 在 3 月 22 日與兩位顧問 Dr. Jordan POTASH 和范德穎醫生聚餐。兩位顧問對本會日後的發展提供多項寶貴的意見。

**Upcoming Events** 未來活動

**Meet the Art Therapists (series)** [藝術聯程]

**Date:** May 2012 – April 2013 二零一二年五月至二零一三年四月

This program will start in May 2012. Our full members or qualified art therapists, will host the function and share their expert area. Our first meeting will be conducted by Debra KALMANOWITZ on Tuesday, 15 May 2012.

活動將於 5 月開始，我們會邀請會員主持每次的聚會，分享有關藝術治療的工作及不同領域。第一節將於 5 月 15 日舉行，由 Debra KALMANOWITZ 主持。

**Fee** 費用： Free for Member; $200 per session for non-member

會員免費：非會員每節收費二百元

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<td>31 August 2012 (Fri)</td>
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*BGCA: The Boys’ & Girls’ Association of Hong Kong

Interested members/friends please take note of our promotion for each session or contact us at hka_at@yahoo.com.hk

有興趣的會員和朋友請留意宣傳預告或以電郵聯絡我們：hka_at@yahoo.com.hk

Annual General Meeting 週年會員大會

Date 日期： 17 June 2012 (Sunday) 六月十七日 (星期日)

Time 時間： 12:00 – 3:00 p.m. 下午十二時至三時

Venue 地點： The Hong Kong Medical Association Wanchai Premises (5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai) 香港醫學會灣仔會所(灣仔軒尼詩道 15 號溫莎公爵社會服務大廈 5 樓)

Program 程序： 12:00 – 1:30 p.m. (Workshop by Ms. LIANG Kan, Evelyna)

下午十二時至一時三十分 (工作坊 -- 由梁以瑚女士主持)

1:30 – 3:00 p.m. (AGM & Lunch)

下午一時三十分至三時 (週年會員大會及聚餐)

Free 費用： 所有會員免費
"To the Bone or Wrapped in Silk" ~ Edited by Debra L. KALMANOWITZ, Jordan S. POTASH and Siu Mei CHAN. As art therapy rapidly makes its mark across Asia, this book documents how the field of art therapy is taking shape as both a profession and a discipline in this region. It looks at how art therapists in Asia are assimilating Western models and adapting them to create unique home-grown practices. Building on theory, research and practice that has been developed in the West, practitioners throughout Asia are creating innovative art therapy programs that reflect cultural diversity and draw on ideas from Chinese medicine and Eastern philosophy, spirituality and art traditions. With chapters from leading art therapists and community artists in Hong Kong, Taiwan, Japan, Korea, Cambodia, Thailand, China, India and Singapore, this book pulls together thought-provoking perspectives and effective approaches that both East and West can learn from. The first of its kind, this book will be an informative and inspiring addition to the bookshelves of all art therapy professionals and students, as well as anyone with an interest in Eastern cultures and cross-cultural working. Interested members may refer to Jessica Kingsley Publishers (www.jkp.com) for more information.

由本地藝術治療師 Debra L. KALMANOWITZ, Jordan S. POTASH 及陳小薇共同編輯的 “Art Therapy in Asia: To the Bone or Wrapped in Silk”一書結集之十多位具經驗及領導地位、來至香港、台灣、日本、韓國、柬埔寨、泰國、中國、印度和新加坡亞洲藝術治療師、藝術家及表達性藝術治療師的文章；讀者可以了解亞洲區藝術治療的發展，及作者們如何結合西方的知識理論基礎，以本土文化的特色實踐出來。此書反映了文化的多樣性：從東方醫學的思想和哲學、以至精神和藝術傳統和智慧，讀者都可以看到整個亞洲地區的從業者創新及具先鋒性的工作方向。此書內容豐富、對藝術治療的實踐和反思均值得推介；無論是學生、藝術治療師或對藝術治療有興趣的人士都可以作為有用的參考。詳情可瀏覽出版商的網頁(www.jkp.com)。
All members of HKAAT, holding a valid membership card are eligible for a 10% discount at The Artland Co., Limited (Art Supply Store). Simply present your valid membership card when making your purchase. Artland is located at: 301 Lockhart Road, Lockhart Centre, Wanchai, Hong Kong.

所有香港藝術治療師協會會員均可於「藝林美術用品公司」享九折購物優惠。請於付款時出示有效會員証以享優惠。地址：香港灣仔洛克道301號洛克中心三樓。

If you are interested to become a member, please visit our website: www.hk-hkaat.org and download an application form.

若您有意成為香港藝術治療師協會會員，請到本會網站(www.hk-hkaat.org)下載會員申請表格，填妥後寄回。

RECRUITMENT

We are looking for passionate members to become volunteers for the planning and development of the activities organized by HKAAT. Act now by sending us an email with your full name and telephone no. at hka_at@yahoo.com.hk (place: “Become a Volunteer” in the subject)!

本會誠徵有熱誠的會員，義務協助策劃及籌備各項本會籌辦之活動。有興趣會員請連同姓名及聯絡電話電郵至：hka_at@yahoo.com.hk，請在郵件註明：「成為義務會員」。

Editorial Team 編輯部：
Ms. Wendy KOU & Ms. Irene GOT

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