Summer is a time to remind us a completion of a term in school. It is also the time for the completion of my first year duty as the president of HKAAT. We have successfully completed our 11th Annual General Meeting on June 8th, 2014. 2013-2014 has been a busy and fruitful year. Thanks to our dedicated executive committee members so we were able to launch many different programs in the past 12 months.

In the third “Meet the Art Therapists” event, Miss Jess Chick had demonstrated the use of Chinese Calligraphy in her work. Her sharing was inspirational as it opened an avenue for integration of Chinese culture into art therapy practice. Our fourth “Meet the Art therapists” host, Miss Ivy Fung shared her work with clients using clay. Participants had the chance to play with clay and to experience the healing power of clay-work.

Every year HKAAT would gather volunteers to deliver an event to serve our community. On March 15th, 2014, we went to a senior centre at Tseung Kwan O and made circle paintings with 22 seniors. It was a happy and rewarding event watching the seniors engaging in these enjoyable painting activities.

To further develop the Art Therapists’ professionalism and credibility, HKAAT has announced the availability of the Professional Indemnity Insurance through Aon insurance company for art therapists who practice in Hong Kong and Macau. The policy has been in effective since March 2014. For details, members can look at the policy posted on our website: www.hkaat.com.
President corner (con’t)

To celebrate the 12th anniversary of the Hong Kong Association of Art Therapists, our members have exhibited their work in the Artvolution Exhibition at the Jockey Club Creative Arts Centre (Shek Kip Mei). The dates for this exhibition were from June 28, 2014 through to July 5, 2014.

In the exhibition, 22 members (6 Professional members and 16 General members) exhibited their artworks. A wide variety of art were displayed including water-colour paintings, acrylic paintings, clay, ceramics, wood, Paper-Mache, installations, fabric art, and mixed media art. Besides, there were a few pieces of artwork from HKAAT’s past art making events with the community.

Here, I would like to thank the EXCO members, May Chan, Tristan Chan, Hoilam Tang, Ida Ng and Krisdean Law; and the exhibition committee members, Agatha Ip, Anita Yu, Anna Yuen, Aqua Man, Celia Wong, Christina Wat, Doris Yu, Geoffrey Wang, Heidi Lo, Jasmine Lam, Katie Pang, Margaret Wong, and Natalie Fine. They have worked timelessly to make this event happen. Thank you to our founder, Julia Byrne and former president, Wendy Kou, for being our guest speakers at the opening ceremony.

Finally, I would like to thank you all the members. Your continuous support is important to the growth of HKAAT.

A friendly reminder to all members for your membership renewal in 2014-2015. The membership renewal form has been sent to your email account. You can also download the form from HKAAT website.

Wish you a relaxing and joyful summer.

夏天又到臨了，這通常是學校學期結束與假期開始的時候，亦是我擔任香港藝術治療師協會主席一年任期的結束。本會的第十一屆全體會員大會於 2014 年六月八日順利舉行了。對於香港藝術治療師協會，2013-14 年度是繁忙卻又豐盛的一年， 在過去的十二個月裏我們成功地舉辦了多項活動，我在此衷心感謝一衆熱心盡責的執委會成員的無私付出。

在第三次的「藝術聊程」活動裡，戚健英女士講述她運用中國書法於治療中，令我們對於將藝術治療與中國文化結合，帶來很多的啟發。而第四次「藝術聊程」的講者是馮艷芬女士，她分享了陶泥運用於藝術治療的經驗，參與者更可以親手嘗試運用陶泥去表達自己的感受與思想。
於今年三月的時候，我們集合了一群會員義工來到將軍澳的一個長者服務中心，與中心的二十二位長者繪畫大型合作畫，當我們看到長者們對創作的投入與興奮，都感到非常滿足和高興。

為建立藝術治療師在香港的專業性，在經過與保險公司代理人多個月的商討條款及保障範圍之後，由 Aon 保險代理公司提供的“專業責任保險”，於 2014 年三月開始生效，申請詳情請參看本會網頁：

為慶祝香港藝術治療師協會成立十二週年，我們徵集了會員的創作品舉行本會的首次藝術展覽 – Artvolution 藝述，展覽地點在石峽尾的賽馬會創意藝術中心，展覽日期由 2014 年六月二十八日至七月五日。展品包括水彩畫、塑膠彩繪畫、陶瓷器、木製品、紙品創作、布藝創作、多媒介創作等，還有本會以往在社區活動中的繪畫作品多幅，是一個不容錯過的展覽。

在此，我衷心感謝執委會成員：陳小薇女士，陳雅姿女士，鄧海琳女士，吳女士及羅嘉慧女士；及非常感激展覽籌委會各位成員：余尚賢，黃思珩，盧仲雯，文淑儀，彭倩盈，屈婉文，阮安麗，林淑賢，葉珈顯，黃筱芬，庾玉玲，Natalie Fine 及 Geoffrey Wang，在過去七個多月的努力付出，使展覽會得以成功舉行。多謝創會人 Julia Byrne 女士及前任主席高詠愛女士為展覽會開幕致詞。

最後，我非常感謝所有會員，有你們的支持香港藝術治療師協會才能繼續成長。

我們已開始辦理2014-2015年度的續會申請，請各會員盡快辦理。續會表格已電郵給大家，或可於本會網頁下載。

祝大家有一個輕鬆愉快的夏季。
Art Therapy Around the Global

Focusing-Oriented Expressive Arts Therapy: A Mindfulness-Based Approach

By Laury Rappaport, Ph.D. ATR-BC, REAT

I developed Focusing-Oriented Expressive Arts Therapy (which includes Focusing-Oriented Art Therapy) after learning about Eugene Gendlin’s Focusing in 1977! I was first introduced to Focusing during graduate school when I was training to be an expressive arts therapist at Lesley University. It was recommended to be a client in therapy—to learn about one’s self and the therapy process from the inside. The therapist that I was seeing incorporated Focusing. It wasn’t an obvious technique—as it seemed more like a compassionate way of being. Whenever I seemed to be on the edge of talking about something meaningful, she would invite me to take a moment and to sense how the issue felt inside of my body. I became quiet…time seemed to slow down and the space became spacious filled with silent compassion. As I sat quietly, I listened within and often an image, word, phrase or gesture would come from my body’s inner sense. It felt deeply attuned and exact to something important inside of me. I later learned that my therapist was doing something called “Focusing.”

I trained in Focusing and began integrating it with the expressive arts—with children, adolescents, adults, couples, families and groups. I discovered that Focusing and the expressive arts went beautifully together—like two matching gloves.

The following shares a little about the roots of this evidence-based practice of Focusing-oriented expressive arts therapy, the main concepts and a brief example.
What are the roots of Focusing-Oriented Arts Therapy (FOAT)?

FOAT derives from Eugene Gendlin’s mind-body method Focusing (Gendlin, 1981; 1996). Gendlin developed Focusing out of research that he conducted with Carl Rogers in the 1960’s on what helped psychotherapy to be effective.

What makes FOAT a mindfulness-based approach?

A key aspect of FOAT and the Focusing process is the Focusing Attitude—bringing mindful awareness to the felt sense (our bodily sensed inner experience) and being “friendly” to it.

The following is an example from a former student of mine that demonstrates how FOAT is a mindfulness-based approach and its healing attributes:

Heather was diagnosed with a rare illness in her late 20’s.

I first guided Heather in a FOAT Check-in (Focusing Attitude and felt sense):

“What a few deep breaths into your body…noticing how you are on the inside right now…being “friendly” to whatever is there. See if there’s an image, word, phrase, gesture or sound that matches the inner felt sense.”

Heather shared, “Before I began using Focusing with art, I thought of my pain and anger with hatred. The illness is symbolized as creature with black claws inside of the human figure in red (Figure 1). The creature is clawing and scratching inside my body…leaving bloody, red scratch marks.”

Figure 1: Felt Sense of Illness
Heather wanted to bring more acceptance toward the illness. I invited her to “imagine what it would look like and how it would feel to be more accepting toward the illness….and to see if there’s an image, word, phrase, gesture or sound that matched the inner felt sense of that.

Heather share created figure 2 and shared:

“When I brought the attitude of being friendly to the illness, I began to see the creature as trapped inside my body, and that it was scared and confused. It wasn’t evil and it meant no harm. It was innocent and was trying to get free. The image that came was of a blue human figure, surrounded by yellow light. Now, it was cradling the same creature, now buried and sleeping softly in its arms.
In cradling the creature, I was actually cradling the vulnerable part of me that was frightened and hurting. Seeing my pain as innocent and frightened led me to feel more compassion for myself. The claw marks are still visible inside the figure…but now they are black rather than red…symbolizing healing scars rather than fresh wounds.”


As can be seen in the example, FOAT helped Heather bring mindful awareness in her body, become more compassionate towards the illness and with herself, and access her inner wisdom.

References

For more information on FOAT and Mindfulness:
www.focusingarts.com
laury@focusingarts.com
Event Overview:

Meet the Art Therapists (February and April 2014)

Ms Jess Chick and Ms Ivy Fung

HKAAT was very honor to have our professional members, Ms Jess Chick and Ms Ivy Fung, to host two of the Meet the Art Therapist (MAT) workshops in the month of February and April of 2014.

Ms Chick gave us a new understanding on how to embrace Chinese calligraphy into a therapeutic setting. The traditional art of the Chinese culture is surely a collective and familiar mean for the local Chinese population. Its meditative quality of the brush strokes has brought out peace and tranquility to its users.

From Ms Fung’s Clay workshop, Ms Fung allowed participants to experience different possibilities of clay. Her case sharing and her creative usage of clay opened a new horizon for participates to understand the potential use of clay and how clay can help different populations to manages their symptoms.

While Ms Jess and Ms Fung might not necessary be a professional calligrapher or ceramist, their understanding of these art materials’ therapeutic quality brought out a new avenue for our members to experience the potential healing power of these materials. HKAAT is very grateful to have these two professional members. They are both great assets for HKAAT and for the art therapy community in Hong Kong.

After these two MAT workshops, many participants have shared that they would like to have a longer workshop so they could learn more from our professional members. HKAAT will surely consider their recommendations. We will gather comments from all our members and will try to improve our future event.
Community Event (March 2014):

Circle Painting with Senior

14 members and friends spent a wonderful morning with 22 seniors from a community centre at Tseung Kwan O. With the idea of circle painting, we helped the seniors painted on two nine-foot long canvas. The seniors smiled with pride looking at their creation. Everyone was thrilled with the colourful painting.

「團團圓圓畫圓圈」長者關懷活動 3 月 2014

我們於 2014 年 3 月 15 日進行「團團圓圓畫圓圈」長者關懷活動，籍是次活動表達我們對長者之關懷。當日我們有 14 位會員及朋友出席，與靈實長者服務 - 厚德中心的十二位長者繪畫了一幅長方形大型合作畫。長者們看到自己的創作都感到滿足和自豪，大家一起渡過了一個愉快又有意義的早上。
AGM June 8th 2014

18 members had attended the HKAAT’s 11th AGM. This year we have elected new Executive Committee Members, Ms Krisdean Law, Ms Ida Ng, Ms HoiLam Tang, and Ms Kit Ping Wong, to serve the next two-year term. We are very grateful to have our members to contribute their time to make the growth of HKAAT possible.

Before the AGM Meeting, our consultant, Dr William Fan, gave us a great and informative workshop on his work. Dr Fan has been a great asset to HKAAT. His time with us helped HKAAT to find vision to launch our future program.

After the AGM, we gave a farewell to two of our professional members, Dr Jordan Potash and Ms Debra Kalmanowitz. Dr Potash and Ms Kalmanowitz had contributed the growth of art therapy in Hong Kong greatly in the past few years. They had served as supervisors for several returning art therapists from overseas. Dr Potash served as HKAAT’s consultant and has promoted good ethical standard to keep the practice of art therapy safe and ethical. Dr Potash and Ms Kalmanowitz were part of the founding figures of the University of Hong Kong’s Expressive art therapy program. Their departure from Hong Kong will be a great loss to HKAAT and the art therapy community in Hong Kong.
Artvolution Exhibition June 28th to July 5th 2014

Art and its creative process is a powerful therapeutic tool. Art can be a vassal to contain personal feelings and thoughts; it also can reveal and reflect the inner world of its creator, give voices to those who are voiceless. It can transform our beings when we absorb into the creative process. As the year of 2014 marks the 12th years anniversary of HKAAT, in order to celebrate this wonderful moment and embrace the power of art, HKAAT has decided to host an art exhibition to give a platform for our members, both professional art therapists and those who are interested in the power of art, to share their personal transformative experience of their creative process through their works.

Unlike many other art exhibitions that are aimed to celebrate the aesthetic value of art, the Artvolution exhibition is aimed to celebrate the transformative and therapeutic power of art.

On the day of opening ceremony, we were very proud to have our president, Sarah Tong, Founding President, Julie Byrne, and former president, Wendy Kou to give us the history and encouraging words of the growth of art therapy in Hong Kong. Visitors were also able to interact with the artists and leave comment and their art strokes in our interactive zone. We truly appreciate all the volunteer members to make this exhibition possible. If time and resources are allowed, HKAAT will surely continue to launch out more platforms for our members to engage in art activities and display their art experiences.
UPCOMING EVENT:

The Year of 2014-2015 will be an exciting year for HKAAT, starting this August we will have a renowned art therapist from the UK, DR Chris Woods, to kick off our new MEET the Art Therapists Series. In September, an experienced Taiwanese Art therapist will share her work in Hospice with us. We have new professional members returning to Hong Kong from the UK and Australia and they will share their clinical and learning experiences with us.

In the fall, we will have Q&A sessions for new members to meet with our professional members. If you have any question about art therapy or how to become an art therapist, these sessions will surely serve you well! Please remember to register to be our member.

Our first Art Therapy Foundation Course has received overwhelmingly positive feedback. HKAAT will be planning to launch out this foundation course again in English Version. Please stay tune with our website for the latest update.

Professional Indemnity Insurance

Dear Professional members,

We are happy to announce the Professional Indemnity Insurance is now available for art therapists practicing in Hong Kong and Macau.

Aon insurance company shall add HKAAT to the master policy as arranged previously with effect from 1 March, 2014.

The master policy's period of insurance is 1 November 2013 - 31 October 2014.

For those new enrolments from HKAAT from 1 March 2014 - 30 April 2014, the annual premium is HK$1,000 per person, for those enrolling from 1 May 2014 to 31 October 2014, the annual premium is HK$500 per person.

For details, please read the guideline of insurance application.
We have posted the documents in our website: www.hkaat.com