在熱鬧的慶祝歡呼聲中我們送走2015年，踏進了2016年。

在過去的一年裡，香港的藝術治療似乎受到很多的關注，在多份報章、雜誌和電視上有關於藝術治療的介紹和訪問。我們的前副主席在小童群益會的創傷與復原研討會中分享藝術治療對案主的幫助，多位藝術治療師也在表達藝術治療國際會議中分享他們的工作經驗與成果，似乎全城都熱哄哄地討論著，有更多的人留意到藝術治療的力量。

與此同時，有多個稱為“藝術治療”的畫展在去年出現，當中有些是真實的案主在藝術治療師指導下的作品展示，但也有一部分是純屬藝術創作的畫展。我當然也認同單純的藝術創作對繪畫者也有正面效益，藝術作為治療，但這並不等於藝術治療，可惜當中的分別並非人人了解。

可能由於藝術治療在近幾年受到重視，而香港亦沒有任何對此專業的規範或監管下，人人皆可自稱為藝術治療師，而這些虛假藝術治療師的行為也正影響著大眾對藝術治療產生誤解，以為會畫畫的便能做心理治療，又或單憑一張屋樹人圖畫便能夠作為斷症治病。也有很多專業的醫療人員並不知道藝術治療是一種心理治療，只當我們是陪伴案主畫畫來輕鬆一下而已。這些誤解都影響藝術治療的專業性及其在香港的發展。

如何讓大眾懂得分辨專業人士的資格呢？在去年年中，醫管局委託中文大學進行一項自願性的、為期三年的專業認證先導計劃，試圖為一些已經在醫療架構當中的專業服務，在其專業學會的規範下有系統地發出認證資格，目的是幫助大眾消費者知道哪些是真正具有專業資格的醫療服務人員。這個先導計劃的成效如何？現在尚未知道。而藝術治療並未在醫管局的服務之中，所以我們的協會也不在這個專業認證計劃之中。

但是這個先導計劃列出了對專業認證的多項要求及步驟，可能帶給我們在建立專業服務的一些啟示。在此，我們衷心希望各個會員對於香港藝術治療師協會的未來發展方向多提意見，我們正籌備一個專業會員的聚會於三月五日，稍後會將活動詳情通知大家，請踊躍參加。

多年以來，我們籍著不同的活動、工作坊和短期課程，讓更多人對藝術治療有多一點的認識。我們正在籌備於2016年十一月二十八及二十九日，與基督教家庭服務中心聯合主辦兩天的「Adolescent Mental Health and Art Therapy 2016」的會議，邀請多位海外與本地的藝術治療師作分享。詳情會於網頁上公佈，希望各位會員大力支持。

在此祝大家新年快樂，創意無限。

唐明敏，RCAT, MC: AT
香港藝術治療師協會主席
EDITOR’S WORDS

The fall of 2015 was definitely a blooming season. Conferences presentations, mass media interviews, featuring drama were taken place to whisper the healing effect of the art therapy are more and more recognized and talked about in the public. In order to let the public know more about the Hong Kong local art therapists, this edition we will feature 5 local Art Therapists who are also serving the executive board of the Hong Kong Association of Art Therapists. From the interview, I hope you will gain a better understanding of who we are and what we do.

When the field of art therapy is developing, myths are spreading along the time. In this edition, “Art therapy101” will share with you “what is art therapy?” and hope that this article will consolidate your understanding of art therapy.

Lastly, please take a look at our review of Local Art Therapy News and Past event. 2016 will be another year full of dynamic for HKAAT & our members. If you have missed our past events, we hope that you will be able to join our future activities.

Editor
HoiLam Tang, MS, ATR
WHAT IS ART THERAPY?

There are two schools of art therapy. One is “art psychotherapy” where art is the vehicle of an additional form of communication and a safe vessel of expression for the participants to unfold their feelings and explore solutions. The other is “art as therapy” where the therapeutic potential can be achieved or experienced in a creative art making process.

A significant portion of art therapy is about supporting, witnessing and creating a therapeutic safety net for the participants that only with the presence of a qualified art therapist could provide. An art therapist is trained in non-verbal communication, psychotherapy as well as expressive techniques, who has extensive experience working with a variety of the population from children to adults, people with or without mental/ physical challenges. Tailored to the participant’s needs, the therapist will support each individual to explore the best & suitable art mediums for self-expression.

Unlike an art class, engagement in art therapy requires no artistic skills and its focus is on the thoughts and feelings being expressed through the art making process rather than the aesthetic value of the final product. Art therapy session can be in an individual or a small group format. Often times, people may have a sense of an issue or feeling that is not clear to them and cannot be expressed in words accurately, while an art therapist may invite them to draw simple lines or shapes representing those emotions through various art mediums. The art making becomes a medium of communication; it helps participants improvise, be playful, and feel comfortable enough to explore. Gradually, the art therapist invites participants to view, reflect, and discuss the thoughts & feelings that are vividly displayed through their tangible artworks. Participants may gain new perspectives with their issues, increase their self-awareness, and experience a sense of relief by expressing through their artworks. Through art therapy sessions, participants may feel nurtured, be able to embrace a sense of well being by cultivating a positive attitude towards self &the surrounding issues, and bringing it forward into their daily living.
HOW TO RELIEVE STRESS THROUGH CREATIVE ART MAKING?

Making art is not only a visual experience; it is also a kinesthetic, sensory, emotional, and cognitive experience. Art making involves body-mind connection, which makes art making a unique self-care approach. The nature of being creative is effective in lowering daily stress and untangling pressing issues. Researches state that people can attain meditative state when they are completely engaged in a creative process. By drawing attention to a canvas or artwork often helps reduce one’s anxiety & distress; by actively creating in a personal safe space, one can get away from the distraction of a hectic and busy life. Without a doubt, nowadays art therapy has become increasingly adapted for self-care and de-stress purposes.

So for those who have not gotten creative for a long time, do find a personal art space and start your very own creative process. You can simply start on a memo pad, your planner or your journal. If you find it difficult to think of anything creative, you can start with drawing some scribbles like a 3-year-old who would do it daily and “feeling good” about it. Then maybe you can move on to draw a circle and create a mandala (a geometric circular design), and just use simple lines, shapes, and colors to unleash your creativities. A key to becoming creative and spontaneous is not to worry about making a wrong stroke. As there is no right or wrong in art, simply enjoy the process of making a line, painting a circle, or molding a cup. As Dr Carl Jung once stated: “The hands will often solve the mystery that the intellect has struggled with in vain.” So when your head is too fussed with hectic days, let your hand creatively takes that stress out of you.
WHEN TO SEEK PROFESSIONAL ART THERAPY?

Daily doodling, colouring, or sketching could be healthy and meditative activities for self-care and stress reduction. But sometimes we might encounter issue that is constantly bothering us. It can be hard to let it out or see it from another perspective without the help of a trained therapist. So, if you notice the signs of you or a loved one who is consistently experiencing physical or mental fatigue, sleeping problems, or feeling anxious all the time which is interfering daily living, it may be time to seek for professional help.

In fact, building self-awareness and psychological resilience through the power of the creative art process could be a beneficial experience. To be supported by a recognized professional art therapist while you are vulnerable is the safest way to explore the underlying issues that are stressing you out. For those who would like to engage in a supportive and therapeutic art therapy group or individual session, please feel free to contact HKAAT for referral.
What made you choose art therapy as your profession?

When I migrated to Canada, I wanted to try something different but still related to art (I was an art teacher before migration). I also found something interesting in my students' artwork which was more than art education theories.

What target group(s) do(se) you serve most?

When I was in Canada I mostly worked with children and youth who experienced domestic violence and/or adjustment difficulties. When I returned to Hong Kong, I've started to work with students, parents, inmates and seniors in various settings.

What materials do you use the most in your practice? Or What is your favorite materials to use in your practice?

I work with various materials, including dry and wet, 2D and 3D, depending on the needs of clients, or the clients make their own choice.

What kinds of metaphor(s) or symbol(s) that you can use to describe art therapy? Please explain.

The therapeutic process is a two-person dance, the two persons take turns to lead in the dance and the other person has to match and follow. For me, art therapy is like a drop of paint on the water, flowing freely, forming beautiful patterns with my finger moving on it. So my input in the creative process is essential. Each pattern has its unique story. The image is also an ongoing transformation.

When do you join HKAAT? What is the reason for joining?

I joined the association in 2010 when I moved back to HK. I wanted to connect with other therapists.

What do you think of the development and prospect of art therapy in Hong Kong?

The profession is slowly growing over the years and getting more attentions in the last couple of years. I believe more and more people will welcome it as one of the effective ways to deal with mental and emotional difficulties.

What do you think HKAAT can offer to support or to further develop the field of art therapy in Hong Kong?

I wish the association would help promoting the art therapy in HK. For instance, promoting the development of professionalism and credibility, social and professional connection among the therapists.
How much does your art therapy training program form your way of being an art therapist?
The art therapy program offered me some basic principles and approaches on applying art therapy. There was a lot of freedom in terms of developing my own style as an art therapist. Part of the training was placement; my supervisor contributed a lot on my professional development.

What is your practice theory in your practice?
In the UK, most of the institutes have developed art therapy training based on psycho-dynamic approach. I have the essence of it, but I consider myself as a non-directive and phenomenological therapist, too. I hold “person-centre” attitude as a human being and in my practice and I certainly take the lead of the therapeutic process.

What target group(s) do(se) you serve most?
Most of my working experiences are focused on children and adolescent mental health issues as well as special educational needs mainly on kids with ADHD and Autism. Since 2012, I focus on people affected by cancer since 2012.

What materials do you use the most in your practice? Or What is your favorite materials to use in your practice?
I love to use pastel, water colour and clay.

What kinds of metaphor(s) or symbol(s) that you can use to describe art therapy? Please explain
Art therapy, to me is like a glacier or iceberg. It only shows you the part that is exposed above the sea level, but there is so much underneath. When we try very hard to see the things underneath, it would affect the whole structure. To acknowledge what we see and knowing there is something underneath.

When do you join HKAAT? What is the reason for joining?
I joined HKAAT since 2011. It’s because I’d like to be part of the association and would like to contribute on developing art therapy in Hong Kong. I also want to expand my networking with other art therapist and get more work opportunities.

What do you think of the development and prospect of art therapy in Hong Kong?
I think the need of art therapy has growth tremendously in the past few years. With more evidence based research and practices, it will expand and hopefully become part of the main stream services. Also, with more & more new training courses on Expressive arts therapy started in HK, more people would be aware of the use of creative art therapies. Art therapy, although very different from expressive arts therapy, will also be part of the growing trend.

What do you think HKAAT can offer to support or to further develop the field of art therapy in Hong Kong?
HKAAT can carry out some symposium or conference, also, to conduct more training courses or invite trainers from aboard.

What made you choose art therapy as your profession?
I’ve love making art since I was very young. Creative process was one of the most important elements in my life in some very difficult times. It’s worked on me and I would like to devote myself to work in this field and share with other people in need.

What do you think you can offer to develop the growth of art therapy in Hong Kong?
Be professional and active art therapist. I also devote myself on conducting research alongside with my practice. Hopefully, more evidence-based research can promote the development of the profession.
What made you choose art therapy as your profession?
I strongly believe that art is a form of self-expression & is beneficial to human growth and development as well together with healing. During my study in NYC, I have witnessed the power of art therapy in trauma recovery from 911 attack. When I was an intern at a public school which was very close to downtown. I found art therapy was particularly helpful for young children who did witness the traumatic event to process the feelings and express what words alone may not fully describe in art.

What do you think you can offer to develop the growth of art therapy in Hong Kong?
By contributing my time in talk or event organization; also through research & publication to promote art therapy in Hong Kong.

How much does your art therapy training program form your way of being an art therapist?
Having a solid foundation in psychology theories, my training enhanced me to integrate theoretical concepts into real practice. I focus on person-centered, I tailor each session in the most suitable way of my client’s needs.

What is your practice theory in your practice?
I’ve adopted a person-centered approach as a therapist. In my practice, I emphasize on fostering a positive attitude in my client-therapist relationship, being friendly, accepting, understanding, and listening. It aims to help my client to build up the self-concept and self-esteem in the session, reaching the potential of transformation, and self-healing by focusing on the here-and-now.

What target group(s) do(se) you serve most?
I have worked with adult and adolescent psychiatric in-patient in the past, and currently I am in rehabilitation setting. Over the last 10 years I have served mostly people with mental illness and those have special needs eg autism and intellectual disabilities.

What materials do you use the most in your practice? Or What is your favorite materials to use in your practice?
I use watercolor pencils, oil pastels, paint, and collage materials the most. My favorite is oil pastels.

What kinds of metaphor(s) or symbol(s) that you can use to describe art therapy? Please explain.
Circle, like a mandala. it can be interpreted in many ways, but it is simple, and full of indication of life cycle. The journey of art therapy also including a beginning, a midway and an end; and the creative process can be extended beyond and after art therapy sessions, as each day is a new experience and an actively ongoing creative process.

When do you join HKAAT? What is the reason for joining?
I joined last year in July, as I’d like to contribute & volunteer my time in supporting the art therapy field.

What do you think of the development and prospect of art therapy in Hong Kong?
The level of interest in art therapy is growing from the public and I am feeling so excited to all these valuable opportunities to reach out to more people who are interested in the healing power from art therapy.

What do you think HKAAT can offer to support or to further develop the field of art therapy in Hong Kong?
I hope HKAAT can work with the government to endorse proper registration system to recognize credentialed therapist. I also believe that HKAAT could be a channel to educate & facilitate a better understanding of art therapy to the public.
How much does your art therapy training program form your way of being an art therapist?
The experiential training and placement experience of my program heavily shapes and enriches my being as an art therapist.

What is your practice theory in your practice?
As I have studied in social work, counseling and art therapy, there are a number of theories that inform my practice. The most influential is the client-centered approach and psychodynamic approach.

What target group(s) do you serve most?
My interest is to work with children and their families who have traumatic experience. In the meantime, I work with elderly, adults and SEN students.

What materials do you use the most in your practice? Or What is your favorite materials to use in your practice?
In practice, different kinds of materials would be used according to the needs of the client. Personally, I like soft pastel and Chinese painting.

What kinds of metaphor(s) or symbol(s) that you can use to describe art therapy? Please explain
Art therapy likes "a ship sailing across the sea". I and my client travel along through difficulties and peace in the whole process.

When do you join HKAAT? What is the reason for joining?
I joined HKAAT in 2014 when I was back from Australia.

What do you think of the development and prospect of art therapy in Hong Kong?
More people know about art therapy and recognize the contribution of art therapy in different target groups.

What do you think HKAAT can offer to support or to further develop the field of art therapy in Hong Kong?
I expect that HKAAT can contribute to promote more professional exchange and development in the field art therapy such as conference.
WHAT MADE YOU CHOOSE ART THERAPY AS YOUR PROFESSION?

My first part-time job in college was at a local hospital in New York City. It was a year after 911 and the New Yorkers were going through collective trauma in the post-attack era. The hospital that I worked at offered art therapy not only to the sick and ill but those who were suffering PTSD after the 911 terrorist attacks. An Art therapy exhibition was held and I was impressed how the healing power of art could work for those broken hearts. Witnessing the transformation of those art therapy participants had motivated me to take on the path to become an art therapist.

WHAT DO YOU THINK YOU CAN OFFER TO DEVELOP THE GROWTH OF ART THERAPY IN HONG KONG?

Continue to maintain the professional and ethical standards in my practice.

HOILAM TANG, 鄧海琳
HKAAT Exco Position: Newsletter Editor
MS OF ART THERAPY, US REGISTERED ART THERAPIST (ATR)

How much does your art therapy training program form your way of being an art therapist?

My undergraduate training program was also in art therapy and it was mostly based on psychodynamic theory. When I chose my graduate school, I deliberately chose a more integrative approaches program. Both trainings gave me a strong foundation of who I am and provided me opportunities to understand my limits and ability of what I can offer to my client as an art therapist.

What is your practice theory in your practice?

I used mostly solution-focused and narrative approaches in my practice.

What target group(s) do(se) you serve most?

In the US, I worked mainly with trauma cases and eating disorder patients. Since moving back to HK, I’ve been working with school-aged children and their parents.

What materials do you use the most in your practice? Or What is your favorite materials to use in your practice?

I tried to offer as much choices to my clients as possible. Personally I love using clay in practice as its nature allows various expression and reflection within the creators. Collage is my secondary favorite material as images often spoke with my clients directly without much worry of the need of artistic skills.

What kinds of metaphor(s) or symbol(s) that you can use to describe art therapy? Please explain.

I cannot think of a metaphor just for art therapy. But the conversation between The Little Prince and the fox came into my mind. As that conversation illustrated the therapeutic relationship between a therapist and his/her clients.

“To establish ties” “said the fox. "To me, you are still nothing more than a little boy who is just like a hundred thousand other little boys. And I have no need of you. And you, on your part, have no need of me. To you I am nothing more than a fox like a hundred thousand other foxes. But if you tame me, then we shall need each other. To me, you will be unique in all the world. To you, I shall be unique in all the world...." (Antoine de Saint-Exupéry, The Little Prince)

A trusting therapeutic relationship is more than anything in therapy. And to allow my clients to establish this tie with me and feeling safe with the art materials and their own art images are the first step to a promising therapy.

When do you join HKAAT? What is the reason for joining?

I joined HKAAT in 2011 when I moved to Hong Kong from the US. I was hoping to make connection and seek for an on-going art therapy supervision to ensure my growth in this profession.

What do you think of the development and prospect of art therapy in Hong Kong?

I think more and more people will be interested in Art therapy and understanding its healing power in working with not only mentally but also physically venerate people.

What do you think HKAAT can offer to support or to further develop the field of art therapy in Hong Kong?

I am hoping HKAAT can offer more professional development and supervision for its professional members.
Professional Members

In picture:
Back roll (from left): Grace Chan, Kit-ping Wong
Front roll (from left): Hoi-lam Tang, Sarah Tong & Tristan Chan
Dinner with the Consultants

DATE: NOV 17TH 2015

In picture

PRESIDENT: SARAH TONG, V-PRESIDENT: TRISTAN CHAN, TREASURY: GRACE CHAN, AND EXCO MEMBER: KRISDEAN LAW AND HOILAM TANG

3 CONSULTANTS: DR RAINBOW HO, MR WILLIAM CHOW, & MS WENDY KOU
DR RAINBOW HO, MR WILLIAM CHOW, AND MS WENDY KOU enlightened HKAAT on how to further develop the professional standard and prepare HKAAT to be more eligible for government recognized credential registration. In addition, exco-committee and consultants believed that it was about time for HKAAT to provide more support for our professional members and thus would be planning for a professional members meeting in the spring, 2016 where HKAAT could listen to the need of our local professional art therapists.

Besides continue to promote and educate the locals on the healing effect of art therapy. We would like to be one of the providers of a continuing education workshops for both art therapists and other helping profession to further develop and enrich their knowledge in art therapy practice.

We welcomed the constructive feedback from our consultants and would continue to communicate with our members to better develop HKAAT.
The book “一起走過創傷的日子” illustrated 6 stories of how their service recipients regained strength and hope from the art therapy and play therapy services.

Fall of 2015 was a harvest season for the nature as well as for the local art therapists. HKAAT’s former vice president, May Chan and her fellow teammates were holding a seminar to present how their Trauma Service program utilized art and play therapy to serve those who have a broken heart and broken home. Their book “一起走過創傷的日子” illustrated 6 stories of how their service recipients have regained strength and hope from the art therapy and play therapy services. Their seminar bought public awareness of the need of those who have experienced different forms of trauma or grief and loss. The seminar also illustrated how service such as art therapy can be a reliable resource for those in needs. The seminar gave the helping professionals a chance to learn more about how art therapy can work with trauma-related issue.
Nov 2015 TVB Pearl Report interviewed our President Sarah Tong on her work with Stanly Prison’s Creation & Rehabilitation program and explored the growth of art therapy in Hong Kong. From the interview, a prisoner who had attended the program shared that art helped him to reflect his past & allow him to transform into a better self.

RTHK Drama series《沒有牆的世界2015：房間》Wall-less World Series interviewed art therapists May Chan, Tristan Chan, and other creative arts therapists and featured an episode of how an art therapy room and an art therapist can allow clients’ to express their sorrow, anger, ability, and joy in that safe containment.

Our local art therapists in Hong Kong are maintaining their work ethics and conduct each day and are hoping to provide reliable and safe services for all our service recipients. If you have missed those wonderful seminar, conferences, documentary, or drama, please feel free to search on the Internet and review them. Surely they would be wonderful resources for you to know a bit more on our profession.

SOURCES: RTHK WEBSITE
Local Art Therapy News

PHOTOGRAPHER: FLORENCE SZETO
Three of our professional members, Tristan Chan, Grace Chan, and Hoi-lam Tang were presenting in the 11th International Conference of the Expressive Arts Therapy Association where they shared their work with Cancer patients, psychiatric unit patients, and orphanages of Cambodia respectively. It was an honor for 3 local art therapists to have the chance to present in this international conference. Their presentations bought out more public awareness of how art therapy can be used in different settings and populations. During the conference, many local and international helping professions were able to exchange their knowledge. Those exchanges consolidated the fact that art therapy can play a key role in promoting healthier communities, families and human beings.
Our Fall 2015 Meet the Art Therapist (MAT) featured an international renowned art therapist, Dr. Laury Rappaport. Dr. Rappaport carried us into her journey of becoming an art therapist and how she developed the Focusing-oriented expressive arts, FOAT®. Dr. Rappaport shared with us how to use FOAT® to help clients to be more gentle toward themselves and learn how to make unbearable physical and psychological pain more bearable and tolerable. Dr. Laury Rappaport’s presentation was a fruitful one for many participants and we learned to pay more attention to our felt sense.
In Jan 2016, our Professional Member Mimi Tung hosted a 2-day introduction of art therapy course for our members. Many places were providing art therapy courses yet some of those were not taught by trained art therapists. Thus, many misconceptions of art therapy have gloomed over the years. For instinct, art therapy = projective drawing or art therapy = color therapy. Thanks to Ms Tung’s presentation, our participants were able to distinguish the misunderstanding and realized art therapy can be used as assessment tools yet participant’s verbal sharing and process experiences cannot be overlooked. As we have timelessly stated that art therapy is not only about the final products; the process and participants’ verbal sharing are equally essential.

In these 2 days, participants were introduced to try with different process and materials and how the natures of art materials can shape one’s expression and engagement. Participants also learned the basic art therapy theories & what they might further need if they want to pursue this profession. Feedbacks were mostly positive and we were told that the courses were too short. HKAAT will take in participants’ precious feedbacks and hope to develop a better-tailored course in the near future.
FUTURE EVENT

HKAAT will continue to host Meet the Art therapist Event in the spring of 2016. We will be featuring local art therapists that are working in various settings to host and share their experiences with our members. Coming up we will have Ms Regina Au, an UK Register Art therapist, to share her work in school with our members. MAT will be held on 4th May, please stay tune with our event updates.

28th & 29th Oct 2016 HKAAT will collaborate with Christian Family Service Center to host a 2-day conference on ART Therapy and Adolescents. The two overseas Art therapists, Dr. Neil Springham (UK) and Dr. Ming-Fu Wu (Taiwan), are invited to present in the conference. Also many local art therapists will present and lead some workshops during the conference. Please do mark your date for this wonderful event. Early Bird Application will be accepted soon. Please stay tune with our announcement.

Below are the Biographies of the inviting Speakers:

Dr. Neil Springham has trained in art therapy in 1988 and has worked in adult mental health, addictions & now specialises in personality disorder treatment. He was a course leader at the Unit of Psychotherapeutic Studies, Goldsmiths College, co-founded the Art Therapy Practice Research Network and was twice elected chair of British Association of Art Therapists. He has a PhD in Psychology and is currently a consultant art therapist in the UK National Health Service where he founded ResearchNet, a service user and provider collaboration which develops co-produced research in mental health. Neil has completed advanced and train the trainers level trainings in Mentalization Based Treatment and has published and lectured internationally on a wide range of issues in art therapy.

Dr. Ming-Fu Wu is an associate professor of Graduate Art Therapy Program at University of Taipei. He obtained his master degree in art therapy from University of Louisville, Kentucky and completed his Ph.D. in Interdisciplinary Studies--Art Therapy at Union Institute and University in the United States.

Ming-Fu Wu worked as an art therapist at a youth center, The Door, in New York City for 5 years before he returned to Taiwan in 2007. Since then, he has been working with children with special needs, troubled youth, bereaved families and cancer patients. He has conducted various workshops and presentations internationally including Taiwan, China, Australia and America. He has also published two books, two translations and many articles related to counseling and art therapy.

Ming-Fu Wu, Ph.D., ATR-BC, LCAT, TRAT
Associate Professor
Graduate Art Therapy Program, Department of Visual Arts, University of Taipei, Taiwan