

HONG KONG SOCIETY FOR NURSING EDUCATION LIMITED

P.O. Box 98898, Tsim Sha Tsui Post Office, Kowloon, Hong Kong

<http://www.hksne.org.hk>



Experiential workshop series: *EWS1: Nurturing self-compassion using Music and Imagery* *EWS2: Focusing-oriented expressive arts for Nurses*

Course information:


EWS1: Guided Imagery & Music (GIM) is an approach within music therapy. GIM is a music-centered, consciousness-expanding therapy developed by Helen Bonny. Experiencing imagery in this way facilitates one's integration of mental, emotional, physical and spiritual aspects of well-being.

EWS2: Focusing-oriented expressive arts (FOAT®) integrates the mind-body approach focusing with expressive arts. FOAT® was developed by Dr. Eugene Gendlin out of research that he did with Carl Rogers in the 1960's on what contributed to successful psychotherapy. Dr. Laury Rappaport pioneered the development of FOAT®—based on 40 years of integrating the expressive arts with focusing on a variety of clinical populations. It includes a variety of approaches to access what Gendlin named, felt sense- and to express it through music/sound, visual art, writing, and/or movement.

Speaker:

Ms Angela Shum graduated from the University of Alberta (Edmonton, Alberta, Canada) for her BScN degree. She practiced as a registered nurse for more than 10 years with extensive nursing clinical experience in various settings, including hospitals, nursing home, community center and university across different cities and countries in Hong Kong, Canada and USA. After she earned her master degree in expressive therapy at Lesley University (Cambridge, MA, USA), she worked as a music / rehabilitation therapist at the Provincial and State hospitals in both Canada and USA respectively. When she returned to Hong Kong, she resumed working as a nurse at ICAPT in Tung Wah Group of Hospitals for a few years before she became self-employed to practice music therapy. Her expertise includes Focused Music Imagery (FMI), Music Breathing (MB), Guided Imagery and Music (GIM) & Focusing Oriented Expressive Arts (FOAT®). Her present passion is to promote mental wellness in the health care setting and other organizations. Her recent research article titled [Use of GIM to nurture self-compassion in a mental health nurse: A case study](#) can be accessed by the link

<https://www.tandfonline.com/eprint/VVCFR8WEHCWBFMTIP52G/full?target=10.1080/08098131.2020.1793806>

	Course code: EWS1 <i>Nurturing self-compassion using Music and Imagery</i>	Course code: EWS2 <i>Focusing-oriented expressive arts (FOAT®) for Nurses</i>
Date & Time:	Sept 23, 2020 (Wed) 7pm-9pm	Oct 7, 2020 (Wed) 7pm-9pm
Speaker:	Angela Shum (RN MT-BC, MTA, FAMI, HPMT)	
	Objectives:	
	<ol style="list-style-type: none"> To know the use of assessment tool in self-compassion (SCS) To understand the basic knowledge of music therapy and variations in Music and Imagery To demonstrate FMI technique for the discovery of own inner resources To generate any insight on how to implement the outcome of workshop in one's daily life 	<ol style="list-style-type: none"> To briefly outline the background in Focusing and FOAT® To understand the basic principle and concept of Focusing and FOAT® To demonstrate the FOAT exercises on source of strength and self-care To integrate the outcome of this experiential practice into daily life

Venue/mode:	Online via Zoom (You will be notified of the online workshop link by email one day before the workshop)
Language media:	PowerPoint in English & Speaking in Cantonese
Required materials:	Web camera; Zoom platform; and headphones with built-in microphones and speakers. A3 or A4 size paper with a circle, oil pastels

Fee: HK\$400 (two classes); \$250/class for Associate/Full Members,
 HK\$200 (two classes); \$150/class for Affiliated Members,
 HK\$600 (two classes); \$350/class for Non-Members.

Enquiry: Mobile: Mr. Sam Leung 9081 6672; Email: info@hksne.org.hk

Award: Certificate of Attendance for participants who achieved 100% attendance and completed the required assessments (CNE points: up to 4).

Registration: Please registered at google doc <https://t.ly/O7gv>. First-come-first-served. Registration will be confirmed after payment by 16 Sept 2020, and please refer to the payment options listed below:



1. Transfer/deposit to HSBC account **018-42204-001**“*Hong Kong Society for Nursing Education Ltd.*”, and send us E-mail with image of the receipt written your name, contact number and course name/code.
- or
2. A crossed cheque (payable to the “*Hong Kong Society for Nursing Education Ltd.*”) with your full name, contact number and course name/code written at the back and post to **PO Box 98898, Tsim Sha Tsui Post Office, Kowloon.**

****Please note that the course will be run subject to the minimum required number of participants. Full refund shall be arranged upon cancellation. No refund for withdrawal.***

Scan for registration

Course Attendance Regulations

The following are policies regarding attendance to all courses organized by the Hong Kong Society for Nursing Education Ltd. Participants of courses will be awarded an attendance certificate for observing these rules appropriately.

1. Attendance certificate will be granted to participants who have 100% attendance (for courses with 4 sessions or less) and 80% or above attendance (for courses with 5 sessions or more); and
2. Late arrival of 30 minutes or more for a session does not account for attendance of that session.

Typhoon and Rainstorm Warning Arrangements

When the Hong Kong Observatory announces during the time/period specified that Typhoon Signal No. 8 or above/ Black Rainstorm Warning is likely to be hoisted within the next two hours **OR** when the signal is hoisted during the period:

From 4:30 p.m.: All classes commencing from 4:30 p.m. onward will be cancelled.

Schedule for a make-up class will be announced shortly.

When the Hong Kong Observatory announces during the time/period specified that Typhoon Signal No.8 or above / Black Rainstorm Warning is lowered:

Before or at 4:30 p.m.: All classes commencing from 6:30 p.m. will be held as scheduled unless otherwise announced by the Society.

Thank you for your attention. The Hong Kong Society of Nursing Education Ltd reserves the final right of making the decision regarding course attendance. We wish you an enjoyable and fruitful learning experience with the course you attend.