

# 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: EWS1: Nurturing self-compassion using Music and Imagery*

### **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. This workshop will introduce two of its modified techniques, Focused Music Imagery (FMI) and Music Breathing (MB). Both FMI and MB use music listening in mindful awareness way. FMI enables one to nurture self-compassion while MB facilitates the breathing to manage stress and anxiety as well as developmental crises and resilience in adverse situations. Acquiring these skills is valuable when dealing with mental health concerns in this pandemic.

### **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 recent research articles titled "Use of GIM to nurture self-compassion in a mental health nurse: A case study" and "Interview with Dr. Körlin: discussing music breathing" can be accessed by these links respectively <https://www.tandfonline.com/eprint/VVCFR8WEHCWBFMTIP52G/full?target=10.1080/08098131.2020.1793806> <https://voices.no/index.php/voices/article/view/3044/3252>

	<b>EWS1:</b>	
	<b><i>Nurturing self-compassion using Music and Imagery</i></b>	
<b>Date &amp; Time:</b>	<b>June 17, 2022 (Fri) 6:30 pm-8:30pm</b>	
<b>Speaker:</b>	<b>Angela Shum (RN MT-BC, MTA, FAMI, HPMT)</b>	
<b>Objectives:</b>	<ol style="list-style-type: none"><li>1. To know the use of assessment tool in self-compassion (SCS)</li><li>2. To understand the basic knowledge of music therapy</li><li>3. To differentiate different variations and modification of Music Imagery</li><li>4. To learn triangular breathing in Music breathing</li><li>5. To utilize FMI technique for the discovery of own inner resources</li><li>6. To generate any insight on how to implement the outcome of workshop into one's daily life</li></ol>	
<b>Venue/mode:</b>	<b>Online via Zoom (You will be notified of the online workshop link by email one day before the workshop)</b>	
<b>Language media:</b>	PowerPoint in English & Speaking in Cantonese	
<b>Required materials:</b>	Web camera; Zoom platform; and headphones with built-in microphones and speakers. A3 or A4 size paper with a circle, oil pastels	

**Fee:** HK\$250 for Associate/Full Members,  
HK\$150 for Affiliated Members,  
HK\$350 for Non-Members.



*\*10% off for any successful referral of each participant.*

*\*Membership extension till 2023.*

**Enquiry:** Mobile: Ms Cindy Tam 6933 7797; Email: [hksneapplication@gmail.com](mailto:hksneapplication@gmail.com)

**Award:** Certificate of Attendance for participants who achieved 100% attendance and completed the required assessments (CNE points: up to 2).

**Registration:** Please registered at <https://forms.gle/oKDum2QmxankBRrs5>. First-come-first-served. Registration will be confirmed after payment by 10 Jun 2022, and please refer to the payment options listed below:



1. Transfer/deposit to HSBC account **018-422204-001** "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.
- or
2. A crossed cheque (payable to the "Hong Kong Society for Nursing Education Ltd.") with your full name written at the back and post to **PO Box 98898, Tsim Sha Tsui Post Office, Kowloon.**

*Scan for registration*

*\*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.*

### **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.