



Dr. Lau, Sze-oi Lucia draws from her 20 years studies and clinical art psychotherapy experience, develops an intensive and practical curriculum. Training combines elements of multiple disciplines: General Psychology, Arts Therapy, Creative Theory, Aesthetic Theory, Western and Eastern Philosophy. Students learn skills through experiential learning and practical application in daily life situations.

Clinical arts psychotherapists work in different mental health settings, such as, hospitals, nursing home, special schools, social agents...etc. Some therapists become a life coach, leadership trainers, and creative consultants in business world. The work is challenging and rewarding. Taking this training, you can deeply understand about the self, your position between heaven and earth. Chinese proverb says "Knowing the self and knowing others; you win the life."

The diploma also aims to prepare:

- 1) Students to be a passionate and competence arts psychotherapist for general public. Are you self-motivated with great work ethic? Are you ready to do what you love for a living?
- 2) Assist students to set up a profitable Expressive Arts & Therapy Studio step by step in their area. Conditions and supervision are required.

Level One

Day1 Psychology of Western & Eastern Art 中西艺术与心理学

Artist experience 艺术家体验
Audience experience 观赏者体验
Definition of art? 艺术之谜?
Characteristic of art 艺术的特征
Creative process 创造过程
What is art therapy? 什么是艺术治疗?
Art psychoanalysis 艺术心理分析概论
Craft the subconscious 洞悉潜意识
History of art therapy 艺术心理治疗概论
Current of communication 治疗沟通流程
Experiential learning 反思体验学习

Day 2 The World Views 精神哲学世界觀

What is expressive art therapy?
什么是表达艺术治疗?
Basic principles of EXA
表达艺术治疗基本理论
The existence 存在理论
Phenomenology 现象学
Early thoughts 前期思维
Philosophy thoughts 哲学思想
Psychological & social thoughts
心理及社会思维
Political & educational thoughts
政治及教育思维
Feminist & critical thinking
妇女及批评思维
Chinese philosophy 中国哲学文化思维
Seeing the whole picture 全面思维与心理

Day 3 Clinical Skills 艺术治疗的临床技能

Visual literacy & learning 视像学傳譯
Thinking with senses 感官思维与心理
Experiential learning 临床體驗
The sound of music 音樂的声音
Body language 身体言语
Experiential learning 临床體驗
Psychodrama therapy 戏剧治疗

Experiential learning 临床體驗
3D in sand box 沙游3D視覺
Symbol & meaning 符号與心理的意義
Narrative 生命故事
Experiential Learning 临床體驗
Multidisciplinary model
多元艺术治療模式
Aesthetic theory 美学理论
Integrated arts psychotherapy
综合艺术治疗

Day 4 DSM 4 & 5 & Art Psychotherapy 精神学診斷與艺术治療

Psychopathology 异常心理学
Current issues 流行病类
DSM4 & DSM5 精神学診斷
Trauma & mental health 创伤与精神病
Stress: the root of illness
压力: 疾病的根
Art assessment 艺术治療評估方法
HTP art assessment 屋树人绘画评估
Family art assessment 家族绘画评估
Case assessment 個案评估

Day 5 Case Study 個案實習

Case development 個案進程
Treatment plan 治疗方案
The beginning 开始
Facilitation techniques 导引技巧
Termination 结束艺术
Case notes 個案紀錄
Confidential 保密协议
Ethical issues 道德與專業操守
Internship arrangement 實習安排
Supervision arrangement 督導時間
Celebration 庆祝会

Curriculum Highlight:

100 hrs case study and supervision is required
Students can participate supervision and discussion in healing circles through internet devises.



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- North Illinois University**
*Ed.D. Art Psychotherapy
*M.S. Art Therapy
*M.Ed. Adult Education
Florida International Univ
*B.A. Fine Art
Holly Spirit College
*B.A. Philosophy

Dr. Lau has 25 years art teaching experiences and 20 years extensive clinical work around Mental Health issues: Depression, Phobias, Early Psychosis and addiction; and trauma relates to PTSD, Domestic violence and abuse.

In 1999, Dr. Lau founded *Dr. Art School of Expressive Arts Therapy in Canada*. From 2010-2003, she received the “Art Education” award from City of Richmond.

She is also specialized in right brain visual learning. She promotes and designs personal therapeutic and educational program for children with special needs: such as Autism, Syndromes, learning Delays & ADHD.



International Recognition:

- A diploma certificate will be issued from Canada Dr. Art School of Expressive Arts Therapy upon finished each level.
- Students can apply Canada registered arts psychotherapist with 200 cases study and supervision after obtaining 2 levels training with a bachelor degree.
- Participants can join post study supervision groups, and apply for memberships from
 - Canada Dr. Art Professional Members;
 - HK Psychology of Arts Society,
 - Canadian Art Therapy Association
 - American Art Therapy Association
 (Fees & condition apply):

Who Should Attend: Age 18 up

Anyone who has a passionate heart for human well-being. Who are interested in issues around creativity, mental health, emotional intelligent learning should apply. Teachers, Headmasters, Principles, Parents, Social workers, Counsellors, Therapist, Life coaches, Mental health professions, Doctors and Spiritual leaders..

Workshop Schedule

Place: Dates