



Hong Kong Satir Center For Human Development

Applying Body Movement in Counseling Room (ABM-18)



Trainer: Dr. Nitza Broide-Miller
Translator: Translation Team of HKSC

Date of Workshop: 17-18 Sep 2018

**(Workshop is conducted in
English, with Cantonese translation.)**

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Trainer—Nitza Broide-Miller, PhD, BC-DMT

- ☉ Dr. Broide-Miller is one of the founders of the American Dance Therapy Association in the USA and of the Expressive Arts Association in Israel.
- ☉ She graduated with PhD in Clinical Psychology from the California School of Professional Psychology (CSPP). She has worked as a teacher, a Dance/Movement Therapist and a Clinical Psychologist for many years. She learnt from Virginia Satir from 1976 until 1988. She is a member of the Virginia Satir Global Network and the Satir Institute of the Pacific. She has conducted workshops in Israel, Canada, USA & Asia.
- ☉ She is currently working in private practice in Palo Alto, California, USA, where she works with individuals, couples and families in therapy.

Content

Working with people who suffered traumatic experiences is a challenge which stems from various sources. Since traumatic experiences tend to be stored in our bodies regardless of the particular event, the main requirement for us as therapists is to be attuned and intimately connected to our own inner SELF and to our very sensitive sensations. This requires a sensitive connection to our inner layers and to be aware of them at all times. It also requires us to be fully present with our own SELF which enables our full presence with our clients. It requires a continued effort to be in the HERE& NOW as the tendency of the traumatized client is to stay in the past. As in any therapeutic session we aim to help our clients move forward experientially even with small steps. When dealing with the body and with past difficult events the effort for moving forward may be even more gradual but very meaningful.

While the level of safety is our prime goal, it requires us to be very aware of our USE OF SELF and be fully connected to OURSELVES, to the OTHER & to the CONTEXT. We must provide the container that can hold each of us and all of us in a way that provides safety and allows taking new risks to open up those sacred areas where energy has been immobilized. It is a very responsible and sacred USE OF SELF on our part as therapists.

Learning Goals

- Learning to listen to our own body cues and accepting them in a loving way.
- Tuning into the clients' body position at all times: Posture, Gestures, Skin color & temperature.
- Developing empathy through attention to very tiny nonverbal cues.
- Having patience & love to our body & allowing openness to experience its sensations.
- Developing awareness to our body's sensations in a respectful & safe way.
- Appreciating the resources of the body which helped to survive traumatic situations.
- Allowing your LIFE ENERGY to be restored & move forward.

The focus of the workshop would be to.....

- Learn how to observe peoples' bodies.
- Learn how to make meanings of our observations.
- Learn how to attune to small body cues & help develop new possibilities.
- Practice to be fully present & stay in the HERE & NOW.
- Practice to encourage & support our client to take risks balanced with safety & become more ALIVE.
- Learn how to develop body movement in a gradual & safe way.

Target

- Helping professionals who have attended the trainer's Dance Therapy Workshop before

No. of Seat

30

Language

English (with Cantonese translation)

Certificate

Certificate of attendance granted for those having attended at least three sessions in the workshop.

Video-taping

The program process will be video-taped for purposes of record, evaluation, training, publication & future study by members of the teaching team & the participants.

Workshop Details:**Date & Time:**

17 Sep 2018 (Mon): 10am to 5pm

18 Sep 2018 (Tue): 10am to 5pm

(*1 hour for lunch break on 17-18 Sep 2018)

Venue: Room G04, Breakthrough Village, No. 33,

A Kung Kok Shan Road, Shatin

Tuition Fee:**Early Bird Rate** (Registered on or before 16 Jul 2018)

Member price: \$1,900 non-member price: \$2,375

Regular Rate (Registered on or after 17 Jul 2018)

Member price: \$2,200 non-member price: \$2,750

(Application for membership is welcome. Membership form can be downloaded from the Center's website.)

Registration: Please return filled registration slip & pay by cheque, transfer through ATM or cash on or before 14 Aug 2018. (Please refer to below "Payment Methods" for the details.) Seat to be confirmed by staff.**Registration Deadline:** 18 Aug 2018**Payment Method:**

1. Cheque: Mail crossed cheque payable to "Hong Kong Satir Center for Human Development Limited". Please write down name, contact no. & course code at the back of the cheque.

2. Transfer through ATM (Hang Seng Bank: 390-373249-883):

➤ Email the receipt to: office@hksatir.org & write down the name, contact no. & course code on the receipt.

3. Cash: Paying in person.

Withdrawal Policy & Refund Arrangements:

Notice (by phone or email) is required for withdrawal.

The refund arrangements are as follows:

Period of Notice	Refund arrangements
30 days or more ahead the program	Full refund
15 to 29 days ahead the program	10% of the paid course fee deducted in the refund
14 days or less than 14 days ahead the program	No refund

● No refund of membership fee for any withdrawal.

● The Center reserves the right to cancel the course in unforeseeable conditions. Program fee would be fully refunded in such case. No refund for the membership fee.

● The Center reserves the right to replace the trainer in unforeseeable conditions. The program would be continued and no refund would be arranged.

Hong Kong Satir Center
Applying Body Movement in Counseling Room (ABM-18) : Application Form

Name (Eng) _____ (Chi) _____ Sex: F/M*(cross as inappropriate)

Age _____ Occupation _____ Contact No _____ E-mail _____

Correspondence Address _____

Member Code _____ HKID (First 5 alphabets / digits): _____

Name Appearing on Certificate _____

Contact Person in case of emergency (Name) _____ (Tel) _____

I have the chronic illness: _____ & have/have not* attended regular treatment (*cross as inappropriate).

Dance Therapy Workshop Experience

Name of Workshop	Trainer	Year (No. of Days)	Organizer

Payment Details (please ✓ as appropriate):

	Member	Non-member
Early Bird Rate (signed up on or before 13 Jul 2018)	<input type="checkbox"/> \$1,900	<input type="checkbox"/> \$2,375
Regular Rate (signed up on or after 14 Jul 2018)	<input type="checkbox"/> \$2,200	<input type="checkbox"/> \$2,750

Cheque No: _____ / _____

1. Please return this registration slip & pay by cheque, transfer through ATM or cash. (Please refer to the payment methods outlined on the brochure for the details.)

2. Withdrawal Policy & Refund Arrangements: Please refer to the Withdrawal Policy & Refund Arrangements outlined on the brochure for the details.

3. Remarks:

● The program process would be video-taped for purpose of record, evaluation & future study by members of the training team & participants.

● Personal data is collected for registration purpose.

● Participants have the right of access & correction with written request in accordance with the provisions of the Personal Data (Privacy) Ordinance.

● Fee reduction is available for those in need. Please check with staff in case of need.

● The workshop is of educational but not therapeutic nature. In the process of self-exploration, participants may be triggered emotionally or psychologically. In case of need, participants should take the initiative to seek for the counseling service by the Center or help from other professional bodies.

● Participants should consult concerned counselor/medical staff/professionals for assessment if one is physically and mentally fit to attend this program.

● I have read and agree to all the above mentioned registration & refund arrangement.

Signature of Applicant _____ Date _____

Office Use Cheque # _____ / _____ Cash ATM (with deposit receipt) Amount HK\$ _____

Receipt# _____ Date _____ Staff _____ Remarks _____