



**Hong Kong Satir Center  
For Human Development**

**Dance and Movement Transformational Therapy-  
"Creating Change from the Inside Out"  
Workshop & Debriefing (DT2-17 & DEB-17)**



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

***Date of Workshop (DT2-17): 7-10 Sep 2017***

***Date of Debriefing (DEB-17): 11 Sep 2017***

**(Workshop & Debriefing are 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.



***Learning Goals***

- Ⓢ Learning to listen within to our own body cues and accepting them in a loving way.
- Ⓢ Giving yourself the permission and the freedom to make choices at each turning point of our movement exploration.
- Ⓢ Allowing your body's expression without judging.
- Ⓢ Developing empathy through attention to nonverbal expression.
- Ⓢ Taking risks by focusing on a certain area of your life experience and choosing to dance through its change.
- Ⓢ Adding more possibilities when you address what you wish to change.
- Ⓢ Experiencing various relationships in your life; the meaning of balance & Boundaries in the context of relationships.

## Part A: Workshop (DT2-17)

### Date & Time:

7 Sep 2017 (Thu): 7pm to 10pm  
8 Sep 2017 (Fri): 10am to 5:00pm  
9 Sep 2017 (Sat): 10am to 5:00pm  
10 Sep 2017 (Sun): 10am to 5:00pm  
(\*1 hour break for lunch on 8-10 Sep 2017)

**Venue:** Room G04, Breakthrough Village, No. 33 A Kung Kok Shan Road, Shatin

### Tuition Fee:

**Early Bird Rate (Registered on or before 15 Jun 2017):** \$3,960 (Member) \$4,950 (Non-member)

**Regular Rate (Registered on or after 16 Jun 2017):** \$4,100 (Member) \$5,125 (Non-member)  
(Application for membership is welcome. Membership form can be downloaded from the Center's website.)

**Target:** Teachers, nurses, therapists and any person who is in the helping professions or people who are under training of the Satir Model; people who want to experience this workshop for personal growth; people who are curious about the use of nonverbal behavior.

(\*The applicants are not required to have any experience of dancing or Satir Model; the movement in workshop is simple, spontaneous and following with the process.)

### Content:

Dance & Movement Transformational Therapy focuses on movement as a therapeutic process to facilitate change. Movement & rhythm are the essence of life. Experiencing the rhythm of breathing, dancing & communicating within ourselves will help us expand our self-awareness & our ability to adjust our minds and bodies to changing our experiences within & impact our relationship with others. Being in tune with our internal body sensitivities will be invaluable in our personal growth. Learning to accept parts of ourselves will create a more congruent & harmonious SELF.

- The focus of this workshop will be on individual wishes to address relational issues in the past and/or present & make the desired changes.
- The flow of movement will help us discover parts of ourselves, connect with our rich unconsciousness & become more aware of who we are.
- The movement exploration will be through gentle guidance to our internal self, using music, rhythm & visualization.
- Through movement we will expand our self-awareness in our bodies, our balance & sense of boundaries in various relationships which will help us open to new possibilities & potential changes.
- Developing more courage to take risks and integrate new possibilities of BEING.

**Format:** The workshop will be mostly experiential and will be processed in various groupings. There will be time for questions and clarifications.

**Certificate:** Certificate of attendance granted for those having attended at least 17 hours of attendance in the workshop.

## Part B: Debriefing (DEB-17)

**Date:** 11 Sep 2017 (Mon)

**Time:** 10am-5pm  
(\*1 hour break for lunch)

**Venue:** Room G04, Breakthrough Village, No. 33 A Kung Kok Shan Road, Shatin

### Tuition Fee:

**Early Bird Rate (Registered on or before 15 Jun 2017):**  
\$560 (Member) \$700 (Non-member)

**Regular Rate (Registered on or after 16 Jun 2017):**  
\$700 (Member) \$875 (Non-member)

### Target:

Participants who would have attended DT2-17; and those who are serving as helping professionals at work

### Content:

- Reflecting on the experience in the workshop
- Reflecting on experience as individuals and as a group in the workshop
- Expanding & deepening the movement experience; understanding of their meaning
- Adding experiential learning in regards to balance & Boundaries in the context of relationships
- Discovering the connection between movement, its expression & eliciting memory & life experience

### Format:

- I. Questions and answers regarding personal experience & Dance Therapy
- II. Experiential work
- III. Discussion in small groups and large group

### Certificate:

Certificate of Attendance for those who have full attendance

**Note:** Participants of DT2-17 will be encouraged to keep a personal journal of their experience for each day of the workshop (DT2-17).

## Details of Workshop & Debriefing Arrangement

**Venue:** Room G04, Breakthrough Village, No. 33 A Kung Kok Shan Road, Shatin

**No. of Seats:** 30

**Language:** English (with Cantonese translation)  
(\*notes are mainly in English)

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

**Remarks:** Please wear comfortable clothes for movement. Participants may choose to bring a pillow to sit on the floor.

**Registration:** Please return filled registration slip & pay by cheque, transfer through ATM or cash on or before 27 Jul 2017. (Please refer to below "Payment Methods" for the details.) In case of withdrawal from 28 Jul to 15 Aug 2017, 10% of the paid course fee would be deducted in the refund. No refund for withdrawal after 15 Aug 2017. No refund of membership fee for any withdrawal.

**Registration Deadline: 27 Jul 2017**

## Payment Methods

- 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.
- Transfer through ATM (Hang Seng Bank: 390-373249-883):
  - Email the receipt to: [office@hksatir.org](mailto:office@hksatir.org) & write down the name, contact no. & course code on the receipt.
  - Seat to be confirmed by staff upon receiving the receipt.
- Cash: Paying in person.

## Hong Kong Satir Center

### Dance and Movement Transformational Therapy-Creating Change from the Inside Out: Workshop & Debriefing (DT2-17& DEB-17): Application Form

I will attend Part A: Workshop (DT2-17) & Part B: Debriefing (DEB-17). (Please ✓ as appropriate)

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).

#### Payment Details (please ✓ as appropriate):

		Early Bird Rate (signed up on or before 15 Jun 2017)	Regular Rate (signed up on or after 16 Jun 2017)
Part A: Workshop (DT2-17)	Member	<input type="checkbox"/> \$3,960	<input type="checkbox"/> \$4,100
	Non-member	<input type="checkbox"/> \$4,950	<input type="checkbox"/> \$5,125
Part B: Debriefing (DEB-17)	Member	<input type="checkbox"/> \$560	<input type="checkbox"/> \$700
	Non-member	<input type="checkbox"/> \$700	<input type="checkbox"/> \$875

Cheque No: \_\_\_\_\_ / \_\_\_\_\_

*Remarks: Please return this registration slip & pay by cheque, transfer through ATM or cash on or before 27 Jul 2017. (Please refer to the payment methods outlined on the brochure for the details.) In case of withdrawal from 28 Jul to 15 Aug 2017, 10% of the paid course fee would be deducted in the refund. No refund for withdrawal after 15 Aug 2017. No refund of membership fee for any withdrawal.*

#### Declaration

- I understand the above personal data are collected for registration purpose only. I have the right of access & correction with written request in accordance with the provisions of the Personal Data (Privacy) Ordinance.
- I understand that the workshop is of educational but not therapeutic nature. In the process of self-exploration, I understand that I may be triggered emotionally or psychologically. In case of need, I would take the initiative to seek for the counseling service by the Center or help from other professional bodies.
- I understand that the program process would be video-taped for purpose of record, evaluation, training, publication & future study by trainer & participants.
- I have read this brochure. I understand and agree to the registration & refund arrangement.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

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#### Office Use

Cheque # \_\_\_\_\_ / \_\_\_\_\_ Cash ATM (with deposit receipt) Amount HK\$ \_\_\_\_\_

Receipt# \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_ Remarks \_\_\_\_\_