



**Hong Kong Satir Center
For Human Development**

**Dance & Movement Transformational Therapy -
"The Body Remembers,
Experiencing & Healing our Traumatized SELF"
Workshop & Debriefing (DT3-17 & 2DEB-17)**



Trainer: Dr. Nitza Broide-Miller
Translator: Dr. Marie Lam

Date of Workshop (DT3-17): 14-17 Sep 2017
Date of Debriefing (2DEB-17): 18 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.
- Ⓢ Developing patience and love to our body and allowing it to open and experience its sensations.
- Ⓢ Allowing your body to develop its awareness in a respectful and safe way.
- Ⓢ Appreciate yourself for having survived traumatic situations, allowing it to experience LIFE ENERGY, feel safe and breathe freely again.

Part A: Workshop (DT3-17)

Date & Time:

14 Sep 2017 (Thu): 7pm to 10pm
15 Sep 2017 (Fri): 10am to 5:00pm
16 Sep 2017 (Sat): 10am to 5:00pm
17 Sep 2017 (Sun): 10am to 5:00pm
(*1 hour break for lunch on 15-17 Sep 2017)

Venue: Room L1-07, 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: To those who were [or are] traumatized or have traumatic experiences of any kind and want to experience this workshop for personal growth.

(*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:

There are many forms of traumatized experiences. Trauma is experienced physically, mentally, emotionally & spiritually. It is mainly a physiological – biological event[s] which affects our sensations, our hormones, our breathing, heart rate, and more.

It impacts our central nervous system and renders us feeling fear, powerlessness, and helplessness. It creates a sense of loss of control and our survival reactions of fight, flight, freeze or feigned death are frequent. The impact of trauma is very subjective and healing from traumatic experiences requires including and reawakening our body sensations from inside in the HERE & NOW.

- The focus of the workshop would be on re-discovering our inner sensations.
- We will become aware of our own boundaries and regain a sense of SAFETY within ourselves.
- We will learn to differentiate between our body sensations and our emotional responses.
- We will experience the sense of FLOW and the RHYTHMICITY of our bodies.
- We will allow our LIFE ENERGY to express itself again.

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 (2DEB-17)

Date: 18 Sep 2017 (Mon)

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

Venue: Room L1-07, Breakthrough Village, No. 33 A Kung Kok Shan Road, Shatin

Tuition Fee:

**Early Bird Rate
(Registered on or before 22 Jun 2017):**
\$560 (Member) \$700 (Non-member)

**Regular Rate
(Registered on or after 23 Jun 2017):**
\$700 (Member) \$875 (Non-member)

Target:

Participants who would have attended DT3-17; 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 FLOW, RHYTHM & BOUNDARIES in relation to Trauma
- Emphasizing the difference between body sensations & emotional feelings

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 DT3-17 will be encouraged to keep a personal journal of their experience for each day of the workshop (DT3-17).

Details of Workshop & Debriefing Arrangement

Venue: Room L1-07, 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 on or after 16 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 & 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

The Body Remembers, Experiencing & Healing our Traumatized SELF, Dance & Movement Transformational Therapy Workshop & Debriefing (DT3-17& 2DEB-17): Application Form

I will attend Part A: Workshop (DT3-17) & Part B: Debriefing (2DEB-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 (DT3-17)	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 (2DEB-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 on or after 16 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 _____

Office Use

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

Receipt# _____ Date _____ Staff _____ Remarks _____