



Hong Kong Satir Center For Human Development

From Dissonance to Harmony - Integrating Music with Satir Transformational Systemic Therapy for Personal Transformation and Growth

(MUSP-19)



Trainer: Beth Nemesh, PhD, MT-BC, LMFT
Interpreter: Interpretation Team of HKSC

Date: 14-16 Sep 2019
(Sat to Mon, with Sat as public holiday)

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

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No.191 Woosung Street, Kowloon, Hong Kong

Trainer—

*Beth Nemesh,
PhD, MT-BC, LMFT*



- PhD in Expressive Arts Therapies, Board-Certified Music Therapist, Licensed Marital Family Therapist and Certified Body-Mind Psychotherapist
- Researching the field of family-music therapy, with publication of articles and presentation of her work at national and international conferences
- Co-founder of the Israel Satir Institute of the Galilee
- Having rich experience in working with children, adolescents, couples and families
- Committing to conduct workshops for counselors and therapists around the world including Israel, United States, Canada and China
- Devoting to advocate for the integration of expressive arts in family therapy training, emphasizing the innovative use and integration of musical interventions with Satir Transformational Systemic Therapy

Satir and Music

- ✿ Satir Transformational Systemic Therapy is powerful for its experiential use in therapeutic work. It brings transformation in people by working at the levels of feelings, perceptions, expectations and yearnings; leading to a congruent, harmonious and fully human life.
- ✿ Music heals. It impacts our physical, psychological and spiritual well-being. With unique nonverbal power, musical interventions bypass habitual behavior and thinking. Musical interventions offer new insights and potential space for free expression, for growth and change at personal and interpersonal levels.

Learning Goals

- To experience the ways music helps to reconnect us to your self, yearnings, memories, feelings and life energy;
- To explore the ways your family of origin contributed and impacted your resources and strengths;
- To acknowledge, accept, transform and integrate your different parts, strengthening personal congruence and inner balance;
- To give yourself the permission and freedom to make new choices and change habitual patterns;
- To appreciate the unique person you are, seeking inner and relational harmony, accepting who you are with compassion, kindness and love.

Training Content

- ✿ Introducing Satir basics concepts and tools, and their integration with music.
- ✿ Introducing basic music therapy concepts used for health and well-being.
- ✿ Experience an array of musical interventions for self-growth and development including:
 - a. Musical Sculpting: Using musical instruments for externalizing people's internal iceberg, family dynamics, communication, interactions and family roles, for the sake of internal balance;
 - b. Musical Attunement: Using music and movement to explore beliefs and perceptions of boundaries and interpersonal communication patterns; and going beyond them by opening new options and choices for people's well-being;
 - c. Childhood Songs: Through stored musical memories we reconnect to internal resources, harnessing them to support wellbeing and integrating them into current life challenges;
 - d. Our Many Voices: Voice is a mirror to the soul, reflecting our self. Vocal experiences raise awareness to our voice as part of who we are. Adding new awareness, possibilities and choice-making, we can transform and empower our voice; acquiring inner harmony and self-acceptance.

Format

Lecture, demonstration, experiential exercises and sharing

Target

Anyone who would like to pursue personal growth & develop healthy interpersonal relationship
#Prior Satir and musical background are not required#

No. of Seat

30

Language

English (with Cantonese interpretation)

Certificate

Certificate of attendance granted for those having at least 80% attendance in the workshop.

Video-taping

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

Workshop Details:

Date: 14 to 16 Sep 2019
(Sat to Mon, with Sat as public holiday)
Time: 10am to 5:30pm (1.5 meal hours included)
Venue: 1/F, Function Room 1+2, Breakthrough Centre,
 No. 191 Woosung Street,
 Jordan
 (Jordan MTR Station,
 Exit C2) (See Map)



Tuition Fee:

Early Bird Rate (Registered on or before 15 Jul 2019)
 Member price: \$3,200 non-member price: \$4,000

Regular Rate (Registered on or after 16 Jul 2019)
 Member price: \$3,400 non-member price: \$4,250
 (Application for membership is welcome. Membership form can be downloaded from the Center's website.)

Registration: Please return filled registration slip and pay by cheque, transfer through ATM or cash on or before 15 Aug 2019. Please refer to below "Payment Methods" for the details. (Online registration is welcome. Please visit: www.hksatir.org/course/) Seat is to be confirmed by staff.

Registration Deadline: 15 Aug 2019

Payment Method:

- Cheque: Mail crossed cheque payable to "Hong Kong Satir Center for Human Development Limited". Please write down name, contact no. and course code at the back of the cheque.
- Transfer through ATM (Hang Seng Bank: 390-373249-883):
 ➤ Email the receipt to: office@hksatir.org and write down the name, contact no. and course code on the receipt.
- Cash: Paying in person.

Withdrawal Policy and 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 From Dissonance to Harmony – Integrating Musical with Satir Transformational Systemic Therapy for Personal Transformation Growth (MUSP-19) 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: _____

and have/have not* attended regular treatment (*cross as inappropriate).

Total Amount: _____ Cheque No: _____ / _____

- Please return this registration slip and pay by cheque, transfer through ATM or cash. (Please refer to the payment methods outlined on the brochure for the details.)
- Withdrawal Policy and Refund Arrangements: Please refer to the Withdrawal Policy and Refund Arrangements outlined on the brochure for the details.
- Remarks:
 - The program process would be video-taped for purpose of record, evaluation, training, publication and future study by members of the training team and participants.
 - Personal data is collected for registration purpose.
 - Participants have the right of access and 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.
 - In case of severe weather conditions, we will try to reschedule the cancelled session. No refund would be arranged if the participants are not able to attend the rescheduled session.
 - I have read and agree to all the above mentioned registration and refund arrangement.

Signature of Applicant _____ Date _____

Office Use

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

Receipt# _____ Date _____ Staff _____ Remarks _____