

**Hong Kong Satir Center for Human Development**  
**The Musical Iceberg of Loss, Pain and Grief – Notes of Fleeting Thoughts**  
**(MUSG-21)**

**About the Program**

 This workshop is intended for the Satir community of therapists and caretakers. It is a transformative learning experience for helping yourself and others along the journey of loss and bereavement using music.

Death, sickness, loss, and pain are universal experiences. Whether we lose someone or something we have and value in our lives. Throughout history, music, song, voice and dance were used in rituals to accompany and assist the dying, mourning of loss, and in memorial services. 

 This workshop is grounded in four powerful pillars of therapeutic knowledge: the Satir model, music therapy interventions, contemporary understanding of the grief process, and finally “Notes on Fleeting Thoughts” – my personal journey of grief and music.

Music resonates with our bodily reactions and unconscious. It offers opportunities to experience, share and express the internal turbulence, pain and grief through songs, poems, writing, voice, and sound. Using music in grief-therapy is based on a holistic, body-mind-spiritual approach. It is a natural connection to the universal wisdom, life energy, and universality of pain and loss. 

 Musical interventions offer non-threatening techniques to facilitate sharing emotions, memories, addressing perceptions and expectations of life and death, within a safe and protective distance. Songs and music have a universal, spiritual quality, connecting to life energy, hope and faith. Sharing bereavement music and songs between a client and a therapist or a group offers support, comfort, a sense of togetherness, belonging and hope.

Music can provide growing awareness, insight, and acceptance in every stage of mourning. It voices the hidden and promotes growth, change, and enhances healing and resolution. 

**This Workshop Offers Participants**

-  Understanding of the theories and science behind this model
-  Experiencing the use of music, poems, songs, writing and artistic expressions as tools in the process of bereavement and healing.
-  Learning ways of implementing songs and music in the different stages of the grieving process.
-  Sharing and learning from other group members about the musical journey of grief.

## Topics Covered

- 🌿 Musical rituals and musical meditation in grief and loss.
- 🌿 Accessing emotions and the unconscious using music.
- 🌿 Perceptions and expectations concerning loss, death, dying and mourning.
- 🌿 Connecting body-mind-spirit and sound-healing.
- 🌿 The musical mandala of personal resources in loss, pain and grief.

## Course Format

- 🌿 Theoretical overview
- 🌿 Artistic presentations
- 🌿 Experiential work with the large group
- 🌿 Sharing in small groups to finalize & conclude the experiences and topic
- 🌿 Home assignments

## Our 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, Hong Kong 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



## Other Workshop Details

**Target:** Helping professionals (With basic understanding of the Satir Model concepts, like iceberg, five freedoms, basic beliefs & mandala etc); No previous musical experience is required

**No. of Seat:** 24

**Dates:** 24 Feb, 3 Mar, 10 Mar, 17 Mar, 24 Mar & 31 Mar 2021 (6 Wednesday evenings)

**Time:** 7:00-9:30pm

**Language:** English (需要粵語翻譯人士, 可聯絡本中心安排)

**Course Structure & Arrangement:**

- Six 2.5-hour online session, making it a total of 15 class hours
- Via Zoom platform

**Certificate:** Certificate of attendance granted for those having at least 80% attendance (i.e. 12 hours) in the workshop

**Tuition:**

**Early Bird Rate:** Member - \$2300; Non-member: \$2875 (early bird rate extended to 3 Feb 2021)

**Regular Rate:** \$2500; Non-member: \$3125 (registered on or after 4 Feb 2021)

**Registration:** Please sign up at: <https://hksatir.org/course/> on or before 25 Jan 2021 & pay with below methods:

1. FPS(Bank of East Asia) (FPS ID: 2100857): Please enter your name & course code as the "message to payee"& send the transfer record to: satir4@hksatir.org or Whatsapp: 68787974.
2. Bank transfer (Hang Seng Bank: 390-373249-883): Please write down your name & course code on the receipt & send it to: satir4@hksatir.org or Whatsapp: 68787974.
3. Cheque: Please write down name, contact number & course code on the back of the crossed cheque payable to: "Hong Kong Satir Center for Human Development Limited".
4. Cash: Pay in person.

**Your registration would be confirmed by staff & Zoom log in details would be provided 3 days before the first session.**