

**Hong Kong Satir Center for Human Development**  
**The Musical Iceberg of Loss, Pain and Grief – Notes of Fleeting Thoughts**  
**Three-day Zoom Program**  
**(2MUSG-21)**

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**Workshop Details**

- Dates:** 2, 9 and 16 October 2021 (Three 5-hour online sessions, via ZOOM platform)
- Time:** 2:00 – 7:00 pm
- Language:** English (with English subtitles automatically generated by Zoom)
- Target:** Helping professionals with basic understanding of the Satir Model and concept such as the iceberg, five freedoms, basic beliefs & mandala, etc. No previous musical experience is required.
- Tuition:** **Early Bird Rate:** Member \$2300; Non-member \$2875 (registered on or before 16 August 2021)  
**Regular Rate:** Member \$2500; Non-member \$3125 (registered on or after 17 August 2021)
- No. of Seat:** 24
- Certificate:** Attendance certificate will be granted for those having at least 80% attendance (i.e. 12 hours)

**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.

It is based on 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 can provide growing awareness, insight, and acceptance in every stage of mourning and loss, whether recent or from the past. It voices the hidden and promotes growth, change, enhancing healing and resolution.

**This Workshop Offers Participants**

- ◆ Experiencing the use of music, poems, songs, writing and a variety of artistic expressions as tools in the process of bereavement and healing.
- ◆ Learning ways of implementing musical interventions in the grieving process.
- ◆ Sharing and learning from other group members about the musical journey of grief.

## Topics Covered

- ◆ The use of music in rituals and musical meditation in grief and loss.
- ◆ Accessing emotions using music.
- ◆ Addressing perceptions and expectations of loss, death and grief.
- ◆ Connecting body-mind-spirit and sound-healing.
- ◆ The musical mandala of personal resources in loss, pain and grief.

## Course Format

- ◆ Each topic contains theoretical overview; musical examples; experiential work; sharing in groups conclusions and 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, and Co-founder of the Israel Satir Institute of the Galilee
- ◆ Researching the field of family-music therapy, with publication of articles and presentation of her work at national and international conferences, and 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, and 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

## Registration

Please sign up at: <https://hksatir.org/course/> on or before 2 Sep 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](mailto: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](mailto: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 at our Center.

**Your registration would be confirmed by staff.**

**Zoom log in details would be provided 3 days before the first session.**

**For more details of this program, please click:**

[https://hksatir.org/wp-content/uploads/2021/07/details\\_about-the-program.pdf](https://hksatir.org/wp-content/uploads/2021/07/details_about-the-program.pdf)

