



Hong Kong Satir Center for Human Development

**From Dissonance to Harmony –
Personal Growth and Healing Through Music, Arts,
and the Satir Transformational Model
(2MUST-23)**

Date: 24-26 November, 2023



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

Course Details

Dates:	24-26 Nov 2023 (Fri to Sun)
Time:	9:30am-5:30pm (one meal hour included)
Venue:	Rm G04, Breakthrough Village, No.33 A Kung Kwok Suan Road, Shatin
Language:	Workshop is conducted in English, with Cantonese interpretation
Target:	Participants are not required to have any musical or artistic background or experience with the Satir Model. *What is needed is an open mind and heart to experience a creative journey.
Tuition:	Early bird rate for Member \$3600; Non-member \$4500 (registered on or before 25 Sep 2023) Regular rate for Member \$3800; Non-member \$4750 (registered after 25 Sep 2023)
No. of Seat:	30
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.

About the Program

This workshop offers a unique experience, integrating the Satir Transformational Systemic Therapy (STST) with the healing powers of music and the arts.

Music and arts are being used for transformation and healing since Shamanic times to current art therapies. Contemporary science gives us the data and insight into how the arts impact our physical, psychological, and spiritual wellbeing **in ways that words alone cannot reach**. This workshop integrates this knowledge with the wisdom of the Satir Model, into an experiential personal growth experience.

This workshop will use music, songs, and arts to tap into our inner resources, and to address personal and interpersonal goals and yearnings. The workshop is designed for individuals who wish to discover and uncover their inner resources, raise awareness of unresolved issues, such as the impact of childhood rules, roles, expectations, and yearnings on our adult life, promote internal and interpersonal congruence, and reconnect with their positive life energy.

Music and arts provide a potential space for free and intuitive expression, without confinements to aesthetic and expressional rules. All the activities used in the workshop can serve to facilitate a process of physical, psychological, social, and spiritual growth and wellbeing. In the words of Virginia Satir's, finding "*peace within, peace between and peace among*".

Workshop objectives

- ◆ Learn about some basic concepts of the Satir Model; the Iceberg, Coping Stances and Congruence, Yearnings, the Mandala of Resources, and more;
- ◆ Use experiential processes to bring awareness to the impact of childhood & their personal wellbeing;
- ◆ Use arts to connect to self, yearnings, memories, feelings, and life energy;
- ◆ Identify and experience personal resources;
- ◆ Allow your personal voice to be heard;
- ◆ Experience the freedom to make new choices, change habitual patterns;
- ◆ Explore their inner and relational harmony and congruence;
- ◆ Be given the opportunity to appreciate their uniqueness, with compassion, kindness, and love.

Course Format

- ◆ Each day of the workshop will include short lectures, experiential exercises, demonstrations, discussions, sharing, debriefing and personal reflections.

Our Trainer - Beth Nemesh, PhD, MT-BC, LMFT



- ◆ PhD in Expressive Arts Therapies, Board-Certified Music Therapist, and certified supervisor.
- ◆ 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.
- ◆ 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, committing to conduct workshops for counselors and therapists around the world including Israel, United States, Canada, Europe, Hong Kong and China.

Registration

Please return filled registration slip and pay by cheque, transfer through ATM or cash on or before 25 Oct 2023. Please refer to below "Payment Methods" for the details. (Online registration is welcome. Please sign up at: <https://hksatir.org/course/>) Seat to be confirmed by staff.

Payment method

1. Cash pay in person at our Center.
2. Crossed cheque payable to: "Hong Kong Satir Center for Human Development Limited" Please specify the course code and applicant's name and contact.
3. FPS / Bank transfer
FPS (Bank of East Asia FPS ID: 2100857)
Bank transfer (Hang Seng Bank: 390-373249-883)
Please write your name & course code as the "message to payee" & send the transfer record to: satir4@hksatir.org or WhatsApp: 68787974.

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	10% of the paid course fee deducted in the refund
15 to 29 days ahead the program	30% 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 or change to be online 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 – Personal Growth and Healing

Through Music, Arts, and the Satir Transformational Model (2MUST-23)

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).

Payment Details (please ✓ as appropriate):

	Early Bird Rate (signed up on or before 25 Sep 2023)	Regular Rate (signed up after 25 Sep 2023)
Member	<input type="checkbox"/> \$3,600	<input type="checkbox"/> \$3,800
Non-member	<input type="checkbox"/> \$4,500	<input type="checkbox"/> \$4,750

Cheque No: _____ / _____

1. Please return this registration slip and pay by cheque, transfer through ATM, FPS, or cash. (Please refer to the payment methods outlined on the brochure for the details.)
2. Withdrawal Policy and Refund Arrangements: Please refer to the Withdrawal Policy and Refund Arrangements outlined on the brochure for the details.
3. 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.
 - 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, we will try to reschedule the cancelled session or changed to be online session. No refund would be arranged if the participants are not able to attend the rescheduled online session.
 - I have read and agree to all the above mentioned registration and refund arrangement.

Signature of Applicant _____ Date _____

Office Use

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

Receipt# _____ Date _____ Staff _____ Remarks _____