



Hong Kong Satir Center  
For Human Development



### Trainer : Dr. Beth Nemesh

- PhD in Expressive Arts Therapies
- Board-Certified Music Therapist
- Licensed Marital Family Therapist & Certified Body-Mind Psychotherapist

# From Dissonance to Harmony (IS-23) Professional Training via Zoom

Integrating Music & Arts with the Satir Model Using the Mandala of Internal Resources to Create Balance

*Date: 7 October 2023 (Saturday)*

*Time: 2:30 - 4:30 pm*

*Format: Mini Experiential Workshop; including a short lecture, personal experiential work, discussions, sharing and reflections*

*Target: Helping professions, participants are not required to have any musical or artistic background or experience of the Satir model*

*Language: English (with English subtitles automatically generated by Zoom)*

*Fee: Member-\$120; Non-member-\$150*

*Virginia Satir was a renowned therapist who developed the Mandala of Internal Resources, a tool designed to raise awareness and balance the ways we use our energy and resources.*

*In this mini workshop, participants will have an opportunity to learn about Satir's Mandala of Internal Resources. Participants will use diverse arts to explore their personal Mandala, facilitating new awareness to their personal wellbeing and balance. The Mandala reveals new possibilities and choices to promote greater inner and interpersonal balance, harmony and use of resources when dealing with conflict.*

*Registration: <https://forms.gle/ReMcMgObtsOp2gXa6>*

*Applying for membership:*

*[https://hksatir.org/wp-content/uploads/2023/07/membership-form\\_Excel\\_revised2\\_Jul\\_2023.pdf](https://hksatir.org/wp-content/uploads/2023/07/membership-form_Excel_revised2_Jul_2023.pdf)*

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