

**The Education University of Hong Kong  
Community of Practice in Life Education and Positive Education  
Workshops**

- Art Therapy Workshop



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Life Education and Positive Education**

## Art Therapy Workshop

An epidemic suddenly changed the entire planet. It interrupts things that we think will be eternal. Teachers stop teaching in classrooms and students stop socializing in the campus. How should we continue? We are more anxious and nervous than usual, as we all need to rearrange our lives to adapt to this new “normal”. More than ever, we need to increase our sense of wellbeing and think about what do you want most in life? Joy, love, happiness. All the incredible positive emotions that will improve mood, promote empathy, build relationships, identify and create life meaning, reduce stress, and most importantly to increase a sense of wellbeing and happiness, ultimately lead a more fulfilling life. In this art therapy workshop, through artistic creation we will:

- Explore own ideas about positive emotions and meaning in life;
- Promote creative thinking and problem solving for dealing with academic and daily challenges;
- Identifying individual strengths, values, and beliefs through art making process;
- Celebrating our unique strengths that art therapy brings to our consciousness;
- Increase awareness of positive emotions and life value
- Enhance sense of wellbeing encouraging participants to follow their dreams and goals even during these trying times.

### Speaker



**Dr. Alice Cheung ( PsyD, MA, LCAT, ATR-BC )** is a New York State licensed creative art therapist and American Art Therapy Credentials Board Certified Art Therapist. She also holds a Doctorate degree in Clinical Psychology from CSPP in California and Master of Arts in Art Therapy at New York University. Dr. Cheung has been an art therapist in New York City, USA for many years, and has been responsible for comprehensive child risk management and family-based crisis management projects. She has led ADHD and autistic children art therapy groups in non profit organizations, such as Heep Hong Society Supportive Learning Project, HKYMCA Tin Shui Wai Family Wellness Center and teaches Psychology and Art Therapy as guest lecturer at local universities.

*All students are welcome!*

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