

- Music Therapy Workshop

Music Therapy Workshop

Music is everywhere in our daily live. Music may help to reflect our inner states and affect our physical and mental conditions. Therefore, using music properly could help us manage our behaviors as well as psychological wellness.

In this workshop, you will make use of available resources creatively, to identify and make sounds that you need. Facilitated by music therapist, you can express inner feelings, release mood and get support from others through improvising music with these resources.

After that, you will be led to enter a deep relaxed state through music and stretching exercise. You will be able to find inner resources to create a prosperous future and explore meaning of life in music and imagery journey. Then you can express your images in drawing and celebrate the journey with music.

Speaker



Ms Jenny Lam is a registered music therapist, qualified Bonny Method Guided Imagery and Music practitioner, as well as a certified counsellor. In the past ten years, she has served different people in various settings, including kindergartens, primary schools, special schools, elderly centre, cancer centre, hospice centre, and disabilities centre, etc. Her clients' age ranged from 3 to 100 years old. Jenny is specialized in serving the people with emotional issues these few years and successfully facilitating the youth, adult and elderly to tackle with their personal issues and explore ways out.

All students are welcome!

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