

**Code: PRE-1**

**2010 Joint World Conference on Social Work and Social Development: The Agenda**  
Pre- and Post- Conference Skills Training Workshop –

## **Brief Therapy with Clients Experienced Traumatic Losses**

Time: 9:30 – 12:30  
Date: 9 June, 2010 (Wednesday)  
Fee: US\$50 / HK\$400  
Venue: Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong  
Trainer: Professor Monit Cheung

# **Professor Monit Cheung, PhD, LCSW**

**Professor, Chair of Clinical Practice Concentration, &  
P.I. of Child Welfare Education Project  
Graduate College of Social Work, University of Houston**



### ***BACKGROUND/ WORKSHOP OBJECTIVES***

Dr. Cheung's book *Therapeutic Tools and Guided Imagery* is a practice manual for social workers, counsellors, school professionals, and other helping professionals in the medical and mental health fields. The book provides a collection of therapeutic techniques for working with children and adolescents, individually or in family and/or small group settings. The book contains 39 therapeutic games and 30 guided imagery exercises which were created and tested by a group of social workers and psychologists under Dr. Cheung's guidance. This workshop will discuss the application of the games and exercises that aim to help clients address their trauma and loss, and achieve the best healing effects within a short period of time.

The overall purpose of using these therapeutic techniques in practice is to assist professionals in observing and assessing client's problems and to help clients relax, express feelings, and enhance interpersonal relationships. The games and exercises also provide methods that can be utilized to prepare clients, including childhood trauma victims, for entering a helping relationship. Multiple relaxation strategies and insight-gaining methods can help therapists and clients seek solutions to different mental health needs. In this workshop, a holistic perspective will be used to organize the various themes of creative techniques; including physical and mental relaxation, tension reduction, joining in an imagery journey, group involvements, connecting with nature, body-mind connections, and connections through insightful music in a guided imagery context.

Using these brief modalities in therapy can help client gain insight through creative movements while maximizing their therapeutic interactions. Through the use of games and activities, therapists can help their clients rebuild confidence and develop a new perspective when dealing with their interpersonal relationships.

### ***WORKSHOP CONTENT***

- ✿ Practice therapeutic games and design creative and culturally relevant therapeutic questions
- ✿ Practice guided imagery techniques with a focus on specific problems such as sexual abuse, childhood trauma and depression.
- ✿ Design a new guided imagery exercise in the participant's area of interest

### ***LEARNING OUTCOMES***

1. Understand the purposes of therapeutic exercises when working with clients who have experienced traumatic losses
2. Combine directive and non-directive approaches to evaluate clients therapeutically but not limit creativity or enjoyment
3. Practice and design creative methods for treatment purposes

### ***WORKSHOP FORMAT***

Lecture, video demonstration, techniques practice, role play, creative learning and discussions

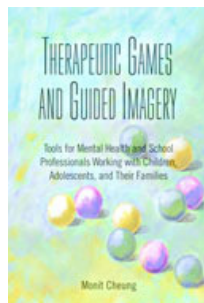
### ***THE PRESENTER***

Dr. Monit Cheung, MA, MSW, PhD, LCSW, is Professor and Chair of Clinical Practice Concentration at the University of Houston Graduate College of Social Work. She is Principal Investigator of the Child Welfare Education Project and Associate Director of the Child & Family Center for Innovative Research. She is a clinical consultant and Advisory Board Member at the Asian American Family Services and a Licensed Clinical Social Worker specializing in child sexual abuse investigations, family counselling, child/adolescent counselling, play therapy and incest survivor treatment. Dr. Cheung is Honorary Professor at the Centre for Behavioural Health of the University of Hong Kong. She is also a consultant trainer for the Hong Kong Social Welfare Department and the Hong Kong Police Force, a Board Member of End Child Sexual Abuse Foundation in Hong Kong, an Advisory Member of the Catholic Charities, and a Board Member of Charter for the Protection of Children and Young People Review Board of the Archdiocese of Galveston-Houston. In her 34 years of clinical and teaching experiences, she has been delivering professional workshops on topics related to child sexual abuse, trauma and loss, Asian immigrants counselling, child development and parenting issues, training child protection workers, and creative therapy. She has written more than 330 articles and books in child protection and parenting issues in English and Chinese.

### ***TARGET PARTICIPANTS***

All helping professionals (including Mental Health Professionals, Social Workers, Medical Practitioners, Nurses, Psychologists, Family Therapists, Student Counselors, Teachers, Child Care Professionals, Pastoral Counselors, and other professionals) who are interested in applying creative therapeutic skills in their work settings.

### **Suggested Reading:**



Dr. Monit Cheung's book on creative therapy: *Therapeutic Games and Guided Imagery* (2006, Lyceum Books) (<http://www.lyceumbooks.com/TherapeuticGames.htm>)