



Workshop on Dance Movement Therapy

‘Beyond Verbal Expression ~ Reflection on Life Event Experience’

About the Workshop:

Dance movement therapy is the therapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual, based on the empirically supported premise that the body, mind and spirit are interconnected. Dance and movement enhance the revelation of the body-stored memories. As we go through life events again and explore the body, emotion, thinking, spirituality and their relationships with self and others, we gain higher awareness of the experiences. In this workshop, the trainer will give an introduction to Dance Movement Therapy (DMT), lead an experiential process of using verbal and non-verbal means to explore a life event experience, and share the findings of a movement-based qualitative study of women with breast cancer.

About the Trainer:

Ms. Angela Leung, M.Phil., Grad. Dip. DMT, M. Soc. Sc. (Counselling), B. Ed.

Ms. Leung is an associate member of the Dance-Movement Therapy Association of Australia. She has her initial training in education, and graduated from the MSS counseling program at HKU in 2004. Since then, she has further training in dance movement therapy, and she obtained an MPhil. Degree at HKU in 2013. She specializes in using movement-based therapy with cancer survivors, being the first therapist to employ movement-based focus group to explore women’s breast cancer experiences in Hong Kong. She was invited by the Dance Therapy Association of Australia to facilitate the therapy process to professionals in an international conference in July 2015.



- Date: September 6, 2015 (Sunday)
- Time: 2:00 – 5:00 pm
- Venue: Room 533, Jockey Club Tower, Centennial Campus, HKU
- Target: AA members (Members without previous training on dance are welcome)
- Medium of Instructions: Cantonese
- No. of Participants: 20 (First come, first served)
- Fee: \$200 (Early bird rate: \$150 on or before August 15, 2015)
- Enrollment Procedures: Please credit the course fee to AA Bank Account 234-157089-001 (Hang Sang Bank), and send your full name, year of graduation, contact number and a copy of the deposit slip to AA email account.
- Enquiry: AA email hkucounsellingalumni@yahoo.com.hk / Debby Ma, Tel. 9806 3351