

Workshop on Creating Life in the Passing: Person-centered Expressive Arts Approach

This workshop combines the theoretical foundation of person-centered expressive arts and experiential learning about applying arts in the end-of-life care. It is a practice-based training of applying multi-modal expressive arts to enhance direct patient care, care for the care-givers and self-care. Expressive arts are profound tool for expression, communication, catharsis, self-awareness, letting go, wellness, expression of love and care.

Conceptual knowledge and working principles will be illustrated in integration with practice through experiential exercises, sharing of clinical experience and reflections. The arts modalities, including visual art, music, sounding, dramatic exercises, body movement, writing and creative activities, will be explored. This creative practice is person-centered, engagement-oriented and process-focused.