

INSPIREM

韻創樂集

Inspire Empower Transform



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相信音樂和藝術的力量, 相信創作的世界中人
能夠找回真實的自我, 激發個人潛能; 更相信
音樂和藝術是人與人之間原始的互動, 無論
能力、技巧和年齡, 都能自由表達, 相互連繫。

Inspirem Music, Art & Therapy

Believes the power of expressive arts- inspire,
empower & transform individuals. Through
interacting with music & art one can freely
express themselves and to realize one's full
potential regardless of abilities, skills and ages.

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治療師簡介 Our Therapists

黃欣慰 (Esther Wong) 註冊音樂治療師 Registered Music Therapist (MAMT, PGDip MT, BMus, ATCL)

Esther 早年畢業於紐西蘭奧克蘭 (University of Auckland) 大學, 主修作曲, 獲音樂學士學位, 曾在作曲, 編曲, 音樂教育方面發展。隨後於英國安格利亞羅斯金大學 (Anglia Ruskin University) 取得音樂治療碩士學位, 曾在不同的機構合作舉辦音樂治療活動和服務, 包括在倫敦一間精神科醫院、劍橋一間醫院內的兒童發展中心、香港明愛中度弱智人士宿舍及香港中文大學矯形外科及創傷學系的附屬社會服務計劃、及在香港的特殊和主流學校提供音樂治療服務。服務範疇包括有特殊需要的兒童及成人、情緒障礙及精神健康問題人士、住院患者等。

Esther Y.W.Wong is a registered music therapist (HCPC, UK) based in Hong Kong. Trained as a composer in the University of Auckland and further completed the Masters of Arts in Music Therapy degree at Anglia Ruskin University. Esther has acquired a range of clinical experience in various settings such as working in a psychiatric hospital in London in the field of adult mental health; working with children with autism, learning difficulties and physical disabilities in a child development center within a hospital in Cambridge; adults with learning disabilities in a rehabilitation center; mainstream and special needs school; as well as in integrated community centre and halfway house for mental wellness in Hong Kong. Esther's areas of interest includes adult and children mental health, hospice and hospitalized patients, facilitating positive changes, holistic growth and offering emotional and psychological support through musical interaction.

林家茵 (Kayan Lam) 註冊藝術治療師 Registered Art Therapist (MSEdu/AT, PGDip Psy, PGDip Edu, BA Graphic Design)

Kayan Lam 註冊藝術治療師, 教師, 和護理專業之導師。早年為插圖師和特殊教育教師, 隨後於美國佛羅里達州立大學獲頒藝術教育碩士, 同時接受藝術治療師之訓練。為青少年, 成年人, 送院人士, 及在囚人提供心理健康輔導, 濫用藥物/毒品輔導, 危機介入輔導。

Kayan lam is an art therapist (ATR, US registered), teacher, and trainer for caring professionals. She received her Masters of Science in Art Education, and Art Therapy training from Florida State University. While in the States, she had been working with adolescents, adults, and incarcerated population as Mental Health counsellor and Substance Abuse Counsellor as well as offering crisis intervention in Hospital Behavioral Unit.

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音樂治療是什麼? What's Music Therapy?

音樂治療是以個別或小組形式進行的音樂活動, 由註冊音樂治療師設計及帶領, 透過音樂讓參加者充分抒發內心情緒及想法, 並有助改善個人身體、社交、溝通、情緒、智力、精神等等需要, 從而提高生活質素。每一節音樂治療療程都為個別需要和治療目標而經過專業設計。

音樂治療形式包括:

- 唱歌
- 音樂遊戲
- 即興演奏
- 音樂創作
- 音樂聆聽
- 歌曲分析
- 音樂放鬆
- 引導想像
- 歌曲創作
- 口頭討論



Music therapy is the professional use of music and its elements as an intervention by a registered music therapist. Through musical interactions in an individual and group setting, helping clients to improve their physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing, thereby optimize an individual's quality of life. Each session is uniquely designed to meet the needs of the individual client.

Therapist and client engage in a variety of musical interaction such as

- Singing
- Musical Games
- Improvisation
- Song-writing
- Lyric Analysis
- Music Listening
- Music & Relaxation
- Guided Imagery
- Verbal discussion



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藝術治療是什麼? What's Art Therapy?

藝術治療都是以通過創作互動,讓思想、情緒、及身體得到調校與平衡,適合不同年齡層和不同需要人士。在創作過程中註冊藝術治療師會引導並協助成員去深入認識自己、理解自己需要、探索不同選擇,並從中啟發潛能和提升自信。

藝術治療能幫助不同年齡的兒童和成人達到各種不同的治療目標包括:

- 解難能力
- 增加自信
- 增強個人表達能力
- 表達情感
- 舒緩壓力
- 應對損失



Art therapists use art-making and creative process that involves sensory channels and motor activities in the counseling process. Art has the ability to unlock emotional expression by facilitating non-verbal as well as verbal communication utilizing kinesthetic, sensory, perceptual and symbolic modes of communication.

Art therapists help clients reach various goals Including:

- Enhancing Problem Solving Skills
- Increasing Self-Confidence & Self Esteem
- Expressing Emotions
- Facilitating Relaxation
- Coping with Loss



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小組治療及工作坊 Group Therapy & Workshop

音樂和藝術治療都是以通過創作互動,讓思想、情緒、及身體得到調校與平衡,適合不同年齡層和不同需要人士。在創作過程中註冊音樂/藝術治療師會引導並協助成員去深入認識自己、理解自己需要、探索不同選擇,並從中啟發潛能和提升自信。

音樂和藝術治療有別於一般輔導技巧,在於其充分運用視覺語言和協調左右腦的特性,而參與者無須具備任何音樂或美術知識和技巧。

工作坊目標:

- 增強自我認識和了解
- 改善溝通技能
- 情緒及壓力管理
- 應對技能
- 創意解難能力
- 團隊建立
- 時間管理



The workshop is about getting in touch with oneself, becoming more aware of one's own strengths and weakness through projects and tasks that open up safe avenue to express needs and beliefs at specific points in life.

It is also for those who want to have a hands-on experience on the therapeutic components of music & art within a committed period of time.

Components in sessions & workshops:

- Encourage Expressions/ Voicing out
- Promote Insight, Facilitate Self Awareness and Self Understanding
- Enhance Problem Solving skills
- Enhance Social Skills and Create Healthy Boundaries
- Empowerment

增強個人表達情感, 情緒能力

音樂和藝術提供一個空間讓參加者去表達自己的情緒, 想法和性格. 創作品也能成為一個盛載着不同情緒的容器, 協助參加者將內心的情緒具體化。表達出一些文字不能形容的情緒, 了解和辨識不同情緒的感受和來源, 以更加強管理及改善情緒。

增強自我認識和了解

在創作過程當中, 參加者當中使用不同的物料或樂器進行互動和創作, 表達及宣告個人定位及價值觀. 透過小組互動, 能加強自我認識, 環境以及他人; 轉換角度曠闊視野。

增強解決問題技巧

創作過程中遇到的限制及困難提升解決問題能力, 辨認已有技巧, 學習運用新技能等都是應對現實考驗的主要元素。

改善人際關係社交技能

小組互動和交流促進言語和非言語溝通, 參加者可以找回自己在社交圈子的定位。利用音樂和藝術創作過程認清個人/別人或群體的領域、權力和範圍及加強處理衝突能力。

激發個人潛能, 增加自信

利用音樂或藝術創作, 提供一個機會給參加者發現以及了解自己的長處, 特質和潛能. 清晰的人生方向取決於我們是否清楚:

- 我是誰?
- 我想要什麼?
- 我的方向?
- 如何到達目的地?

一旦認定了我們的長處、短處、價值觀、態度、行為、潛能, 我們或能重新為自己人生選擇和定位。

Encourage Expressions/ Voicing out

Music and arts provide a non-threatening way for individual to express thoughts, feelings and personality. The creative product can also act as a container for emotions, helping individuals to externalize specific emotions.

Promote Insight, Facilitate Self Awareness and Self Understanding

During the creative process, medium chosen and ways of interaction vocalize the opinions and values of the creator. Hence, interacting and exchanging opinions with others in a group setting facilitates better understanding of self, situations and others resulting in transformed perspective.

Enhance Problem Solving skills

Limitations and difficulties encountered in the creative process facilitating growth in problem solving skills, recognizing existing skills, developing and applying new skills are the key components of accepting and coping with reality.

Enhance Social Skills and Create Healthy Boundaries

Interaction within a session facilitate verbal and non verbal group conversation, allowing participants to find his/her place within a community.

The creative process makes boundaries setting either within an individual or in a group visible via art and music activities that require defining and redefining self within a group where individual have to determine where they stand when different opinion arise.

Empowerment

A clear direction in life begins with knowing ourselves:

- who we are?
- what we want?
- where we are heading to?
- How we get there?

Individuals would be more content and more capable to choose their own paths when their strengths, weaknesses, values, attitudes, behaviors, potentials are identified, ready to embark on the journey ahead.

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社區音樂小組 Community Music

夾樂圓

提供一個天馬行空的音樂互動空間, 連繫一班喜歡音樂的人, 大家沒有譜, 沒有固定玩樂器的方法, 每次透過即興和合奏, 用不同的樂器探索音樂世界, 表達自己, 抒發內心情緒及想法。透過音樂讓人與自己相遇, 與他人結連, 與小組一齊去創造屬於大家的音樂世界。

每一節包括即興, 合奏, 教導基本樂器技巧和分享。
我們會提供世界各地不同類型的樂器, 讓參加者可接觸和嘗試不同的「玩」法來表達自己。

歡迎任何人一齊來 jam music! 參加者不需要任何音樂經驗。

- 電子音樂工作坊
- 即興音樂工作坊
- 歌曲創作工作坊

對象: 對音樂有興趣人士, 不需任何音樂經驗

人數: 每組 8-10人



導師:

Esther Y.W.Wong 註冊音樂治療師, 多元音樂創作人及背包旅行者, 以踏進世界不同文化角落融合多元音樂, 模糊古典現代界限, 創造無疆界的音樂為樂。她更相信音樂的力量能使人找回真實的自我, 激發個人潛能, 故志在透過音樂治療提供情緒心理支持, 協助個人面對自我, 經歷成長, 活出自我。

Jamsical

Unleash your inner voices and find yourself through spontaneous musical expression! JAMSICAL offers anyone a space for playing, connecting a community of music lover to play together for self expression, creativity, relaxation, connections, support and friendships.

Each session includes improvisational drumming, facilitated drumming, basic drumming lesson, drum circle game, self-reflection, sharing and discussion.

- Music Improvisation Workshop
- Synth Jam Workshop
- Songwriting workshop

Target: Anybody interested in music, no prior music training required.

Size: max 8-10 people



Facilitator:

Esther Y.W.Wong, registered music therapist, multi-instrumentalist, composer and backpacker. Inspired by music around the world and all her travelling experiences, her style of music blends the modern with the traditional. She believes the power of music to inspire, empower and transform an individual, currently working as a music therapist to facilitate positive changes, holistic growth and offering emotional and psychological support through musical interaction.

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社區藝術小組 Community Art

相信藝術治療並不是要創造好看或吸引人的東西, 而是容讓我們可以探索心靈深處之美、窺探內心衝突的一扇門。通過創作過程, 內心感受和想法得以化成看得見及觸摸得到的形態、讓大家去多體會理解自己。藝術本就是生活, 是一個旅程: 無論環境際遇如何我們都可以從容面對、享受途中景色。

社區藝術工作坊內容:

- 互動式體驗
- 小組形式
- 混合素材
- 促進小組對話
- 加強自我形象和自尊感
- 激發潛能
- 鼓勵自我表達

工作坊形式可包括:

- 集體創作畫
- 集體雕塑創作
- 創意遊戲
- 集體拼貼



Art Therapy is not about making 'art that pleases the eyes', it is a door that brings out the beauty within and resolve inner conflict. The creative art process is a powerful tool to understand; an expression that makes thoughts & feelings visible. Art unfold who we are, help us to meet the challenges in life, to regain focus and to find balance while enjoying the scenes of whatever seasons and situations in the journey.

What happens during a community session?

- Interactive dynamic experiences
- Engaging a community or a group of people
- Involve a variety of media
- Facilitate dialogues within a group
- Build self-esteem
- To empower individuals in group
- To find a voice

Some sessions example may include:

- Mural
- Group Sculpture
- Creative games
- Group collages





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講座和培訓 Staff Training/Corporate Workshop

專業人士/員工培訓工作坊

半日至全日

對象: 專業人士/員工

內容: 即興音樂工作坊

機構可自行設定主題, 例如:

- 壓力抒發
- 團隊精神
- 提升自信
- 改善溝通技巧
- 自我了解
- 情緒管理
- 激發個人潛能

講座

對象: 社福機構/ 學校 / 團體服務 / 商業機構

主題: 認識及體驗音樂/藝術治療, 如何以音樂/藝術運用於機構服務上

(因應服務機構的對象度身訂造培訓內容及目標)

時間: 90 - 120 分鐘 (講座及工作坊)

Professional/Corporate Staff Training

Half Day or Full Day

Target: Professional/ Staff members

Themes and topics can be adjusted upon requested

e.g.

- Stress Relief
- Teamwork
- Improve Self-Esteem and Self Confidence
- Improve Communication Skills
- Facilitate Self Understanding
- Emotion and Stress Management

Talk

Target: NGO/School/Organization/ Corporate Company

Theme: To gain understanding of Music Therapy and Art Therapy and to participate in experiential workshop.
(Can tailor-made theme according to needs)

Duration: 90-120 minutes (Talk and workshop)