

INSPIREM

韻創樂集

Inspire Empower Transform



韻創樂集

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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創意藝術治療小組

Crossover Music/Art Therapy Group

創意藝術治療小組

多元創意藝術課程以小組形式進行, 提供一個有治療性質的創意互動空間, 透過音樂和藝術創作, 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, 提升洞察力, 並從中啟發潛能和提升自信。

小組目標 (包括但不限於)

- 抒發情感及想法
- 表達自我
- 釋放情緒
- 激發個人潛能
- 自我反思
- 提升創造力
- 提升人與人之間的互動
- 為人生從新定位

小組內容:

- 多元創意互動
- 小組討論

對象: 不需任何音樂和藝術經驗

人數: 6-8 人

節數: 建議最少8節

時間: 1.5-2 小時

收費: \$ 3600-4000 一節 (視乎時間, 人數)



Crossover Music/Art Therapy Group

Cross-modality session offers an individual a creative space to examine thought process, emotions and body sensation. Engaging individual with distinct processing styles for deeper exploration on specific topics, encourage reflection, develop insights and deeper understanding of oneself, develop potentials and enhance self confidence.

Program Goal (Including but not limited to)

- Release Emotions and Thoughts
- Self-Expression
- Greater Awareness of self and others
- Stress Relieve
- Self-Reflection
- Improve creativity
- Increase interpersonal interaction

Content:

- Collaborative activities involve expressive use of music & art
- Self Reflection
- Verbal discussion

Target: Anyone, no prior music & art training required.

Size: 6-8 people

Session: Minimum 8 sessions recommended

Duration: 1.5-2 hour

Cost: \$3600-4000 (depending on time and size)



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音樂治療小組 Music Therapy Group

身心靈健康, 認識自我

香港城市人的節奏急促, 壓力容易堆積如山, 我們有沒有機會慢一點, 觀察自己的真實感覺和想法? 有沒有空間去想一想自己究竟是誰? 我們是否在「活出真我»? 「玩」音樂又能減壓, 又能在音樂中找回和表達出真正的自己. 心理學家唐納德·威尼科特看「玩」作為一個人培養創造力和找到自我的起點, 是一個作為內心世界和外在世界的接觸點, 一個「過渡空間」容讓我們將內在的想像力以及一個人的內在本質和外在世界融合. 他提出, 一個人只有在玩的時候才能夠使用整個人的人格和個性. 只有一個人的「真我」才能夠發揮出創意, 而這個「真我」才是真實, 實在和活著的. 你今日「玩」左未?

小組目標

- 抒發情感及想法
- 表達自我
- 釋放情緒
- 減低壓力
- 自我反思
- 提升創造力
- 提升人與人之間的互動

小組內容:

- 即興彈奏
- 音樂創作
- 歌曲/歌詞創作
- 音樂放鬆練習
- 小組討論

對象: 有興趣利用音樂提升身心靈健康人士, 不需任何音樂經驗

人數: 6-8 人

節數: 建議最少8節

時間: 1 小時

收費: \$ 1200-1800 一節 (視乎時間, 人數)



Holistic Wellbeing

Hong Kongers has a fast-pace lifestyle, our stress can be piling up high. Have we got a chance to slow down to observe our true feelings and thoughts? Do we allow space to think about who we are? Are we living out who we truly are? Playing music is a way to 'de-stress' as well as a medium for us to fully be and find ourselves. Psychologist D.W. Winnicott saw the act of play as the basis for creativity and discovery of one's true self. Winnicott suggested that playing is something that crossover our internal world and the external world, a 'transitional space', where we are able to merge our imagination, our true self with the tangible external reality, yet not having the need to be compliant to the external world. It is through playing that an individual is able to use the whole of his personality. "Only the true self can be creative and only the true self can feel real". Have you been playing today?

Program Goal

- Release Emotions and Thoughts
- Self-Expression
- Greater Awareness of self and others
- Stress Relieve
- Self-Reflection
- Improve creativity
- Increase interpersonal interaction

Content:

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

Target: Anyone interested improving wellbeing with the use of music, No prior music training required.

Size: 6-8 people

Session: Minimum 8 sessions recommended

Duration: 1 hour



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音樂治療小組 Music Therapy Group

精神復康, 情緒支緩

音樂治療是一種已經被證實對有精神病的兒童或成人有效的心理治療程序。已被列於英國醫療體系之中的一個非藥物治療程序。參加者透過音樂互動和語言的表達探索內心。能幫助改善各種精神病的負面症狀, 例如缺乏動機, 社會退縮, 減低情感流露和反應等。

小組目標

- 抒發情感及想法
- 表達自我
- 釋放情緒
- 減低壓力
- 自我反思
- 提升創造力
- 提升人與人之間的互動

小組內容:

- 即興彈奏
- 音樂創作
- 音樂聆聽、歌詞分析
- 歌曲/歌詞創作
- 音樂放鬆練習
- 小組討論

對象: 精神復康人士, 不需任何音樂經驗

人數: 6-8 人

節數: 建議最少8節

時間: 1 小時

收費: \$ 1200-1800 一節 (視乎時間, 人數)



Mental Health & Emotional Support

Music therapy is recognised as an effective psychological intervention in the care of children and adults with mental illness, it has been integrated into the medical system in UK as a non-pharmacological intervention. It can have a positive impact on negative symptoms experienced with mental health illness, such as motivation, social withdrawal and diminished affective experience and responsiveness.

Program Goal

- Release Emotions and Thoughts
- Self-Expression
- Greater Awareness of self and others
- Stress Relieve
- Self-Reflection
- Improve creativity
- Increase interpersonal interaction

Content:

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

Target: Clients with mental health needs, no prior music training required.

Size: 6-8 people

Session: minimum 8 sessions recommended

Duration: 1 hour

Cost: \$1200-1800 (depending on time and size)



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音樂治療小組 Music Therapy Group

特殊需要兒童和成人

音樂治療提供一個有治療性質的創意互動空間, 能夠協助有特殊需要的兒童及成人(例如自閉症, 學習障礙, 學習遲緩, 弱能, 行為障礙等) 利用音樂發展不同方面的技能例如情緒, 認知, 身體機能和言語技能. 例如自閉症, 學習障礙, 學習遲緩, 弱能, 行為障礙等.

小組目標:

- 幫助改善大小肌肉運用
- 改善溝通技能
(例如聽從指令, 輪流, 聆聽技巧)
- 改善社交技能
(眼神交流, 專注力, 身體語言)
- 培養耐性, 團體合作
- 增強詞彙和句子運用
- 表達自己

小組內容:

- 唱歌 (協助語言發展, 矯正發音, 增加詞彙, 表達自我)
- 音樂遊戲
- 肢體律動
- 即興彈奏
- 音樂創作

對象: 特殊需要兒童, 青少年和成人, 不需任何音樂經驗

人數: 6-8 人

節數: 建議最少8節

時間: 1 小時

收費: \$1200-1800 一節 (視乎時間, 人數)



Special Needs Children and Adults (SEN)

Music Therapy offers an interactive, creative and therapeutic environment that can support many aspects of emotional, cognitive and physical development for children and adults with a range of special needs.

SEN children and adults: e.g. Autism, global developmental delay, Intellectual Disabilities, Conduct Disorder.

Program Goal

- Improve fine and gross motor skills
- Improve communication skills (e.g. following instructions, turn-taking, listening)
- Attention span
- Increase vocabulary and facilitate sentence building
- Self-Expression

Content:

- Singing
(Facilitate language development: Improve pronunciation, increase vocabulary)
- Musical Games
- Improvisation
- Music & Movement
- Song Writing

Target: SEN children, teenagers, adults, no prior music training required.

Size: 6-8 people

Session: Minimum 8 sessions recommended

Duration: 1 hour

Cost: \$1200-1800 (depending on time and size)



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社區音樂小組 Community Music

夾樂團即興音樂工作坊

夾樂團 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。

內容:

- 介紹即興音樂
- 介紹及嘗試各種奇形怪狀樂器
- 教導基本樂器技巧
- 鼓樂節奏即興
- 民族樂器即興
- 運用樂器表達自己
- 利用不同音樂元素與小組互動和創作
- 小組分享和討論
- 提供不同類型敲擊樂器包括: 非洲鼓友邦鼓、中東鼓、木箱鼓、拇指琴、舌鼓、鋼片琴、木片琴、小型敲擊樂器, 還有其他奇形怪狀的敲擊樂器

對象: 對音樂有興趣人士,
不需任何音樂經驗

人數: 6-15 人

節數: 1-4節

時間: 1.5 小時

收費: \$ 1200-1800 一節 (視乎時間, 人數)



Jamsical Music Improvisation Workshop

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.

Content:

- Introduction to Improvisation
- Introduction to instruments around the world
- Basic playing skills for a wide range of instruments
- Improvisational Drumming
- World fusion improvisation
- Express yourself with musical instruments
- Interact and collaborate with group members
- Group sharing and discussion
- Instruments provided in the session include: Djembe, Bongo, Darburka, Cajon, Hand Held Percussions, Kalimba, , Tongue Drum, Glockenspiel, Xylophone, Metallophone, Handbells, Chime bars, Boomwhackers and much more!



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

Size: 8-10 people

Session: 1-4 sessions

Duration: 1.5 hour

Cost: \$1200-1800 (depending on time and size)

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社區音樂小組 Community Music

夾樂園電子音樂工作坊

內容：

- 介紹即興音樂
- 教導各類Midi 控制器的運作
- 運用電子樂器即興和合奏
- 運用音樂表達自己
- 利用不同電子音樂元素與小組互動和創作
- 小組分享和討論

對象：對電子音樂/即興音樂有興趣人士, 不需任何音樂經驗

人數: 6-8 人

節數: 1-4 節

時間: 1.5 小時

收費: \$ 1200-1800 一節 (視乎時間, 人數)



音樂歌曲創作工作坊

內容：

- 聆聽每人的故事,將故事變成歌曲
- 表達自己心聲和想法
- 小組集體創作歌詞和歌曲
- 將製成品錄音
- 導師可幫小組加上後期製作

Jamsical Electronic Music Workshop

- Introduction to Improvisation
- Introduction to midi controllers and DAW
- Using midi controllers for improvisation and music creation
- Express yourself with music
- Interact and collaborate with group members using different electronic midi music instruments
- Group sharing and discussion

Target: Anybody interested in electronic music,
No prior music training required.

Size: 6-8 people

Session: 1-4 sessions

Duration: 1.5 hour

Cost: \$1200-1800 (depending on time and size)



Songwriting+Music Production Workshop

Content:

- A space for personal stories sharing, turning personal journey into song and music
- Express individual thoughts and feeling
- Collaborative lyrics and music creation
- Music Recording
- Facilitator assists group for post-production of creation

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藝術治療小組 Art Therapy Group

身心靈健康

藝術治療的創作過程,會用上感觀和觸感。藝術之獨特之處在於其非言語表達,通過動覺、觸感、知覺、象徵去溝通。藝術治療有別於其他心理治療,於其在輔導過程中運用視覺元素。通過多感官的創作過程,可以克服言語障礙,亦不受到能力、身體和心理狀況、或文化上的限制去表達情緒。

小組目標(包括但不限於)

- 抒發情感
- 提升洞察力
- 加強自覺能力
- 提升解決問題能力
- 提高社交能力
- 加強自信
- 放鬆壓力



小組內容:

創作活動及小組分享討論。創作活動會運用不同形式及材料。

對象: 有興趣提升身心靈健康人士, 不需任何藝術創作經驗

人數: 6-10 人

節數: 建議最少8節

時間: 1.5 小時

收費: \$2100-2600 一節包括材料 (視乎時間, 人數)

Emotional Wellbeing

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 Therapy distinguishes itself from other psychotherapies by encompassing the benefits of cooperating visual elements in the counseling process.

The creative process that involves sensory channels and motor activities, not only it overcomes language barriers that have a developmental, medical or cultural origin, but allowing the flow of genuine emotions that a lot of times, are not able to express with words.

Program Goal (Including but not limited to)

- Encourage Expressions
- Promote Insight
- Facilitate Self Awareness
- Enhance Problem Solving Skills
- Enhance Social Skills
- Increase Self Esteem
- Stress Relief



Content:

Participate in creative activities that utilize an array of material and format with time of sharing or discussion.

Target: Anyone interested improving wellbeing with the use of art, No prior art training required.

Size: 6-10 people

Session: Minimum 8 sessions recommended

Duration: 1.5 Hour

Cost: \$2100-2600 per session include materials

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藝術治療小組 Art Therapy Group

特別需要支援小組

不同年紀或人生階段的人士,均可受益藝術治療,去提升生活質素和洞察力。尤其是感受到生活是一種折騰,需要調適過渡每一天;受疾病的影響;各成癮;發展障礙;生活經歷突變的人士;弱勢群組等。

小組目標(包括但不限於)

- 發現自我身份
- 放鬆壓力
- 認知自我價值
- 認知情緒
- 設定目標
- 加強解決問題能力
- 維繫健康人際關係
- 防止重染毒癮
- 哀傷處理
- 提升溝通技巧



小組內容:

參與創作活動及小組分享討論。創作活動會運用不同形式及材料。

對象: 有特別需要兒童, 青少年, 成人, 不需任何藝術創作經驗

人數: 6-10 人

節數: 建議最少10節

時間: 1.5 小時

收費: \$2100-2600 一節包括材料 (視乎時間, 人數)

Support Group for Specific Needs

Art therapy works well with people of all ages who may be dealing with different aspects in life, from struggling with everyday living, trying to cope with presence because of medical conditions, addictions, developmental disadvantages, dramatic changes, underprivileged circumstances to promote insight and enhance overall well-being.

Program Goal (Including but not limited to)

- Explore Self-identity
- Stress Relief
- Identifying Values
- Identifying Emotions
- Goal Setting
- Enhance Problem Solving Skills
- Maintaining Healthy Relationships
- Relapse Prevention
- Dealing with Loss
- Enhance Communication Skills



Content:

Participate in creative activities that utilize an array of material and format with time of sharing or discussion.

Target: Children, Adolescents and Adults with specific needs
No prior art training required.

Size: 6-10 people

Session: Minimum 10 sessions recommended

Duration: 1.5 hour

Cost: \$2100-2600 per session include materials
(depending on time and size)