This workshop provides an experiential learning opportunity for participants to savor the blending of expressive arts therapy with Chinese traditions to help facilitate personal growth and self-healing.

Participants will get hands-on experience through experimenting with creative tea meditation which represents the Five Elements of creation and healing Chinese soup.

This experiential is based on humanistic principles of Person-Centered Expressive Arts Therapy. The Creative Connection® process is person-centered and process-focused.

Expected outcomes for participants:
- To have a basic understanding of the application of expressive arts therapy developed in Hong Kong.
- To experience the use of expressive arts and Chinese traditions to enhance self-awareness.
- To facilitate East-West exchange of experiences in the use of expressive arts.

What to wear and bring:
- Very casual, comfortable clothes for doing art, moving, and sitting on the floor.
- Your favorite “Five Elements” materials, such as wood, water, metal, earth, and fire (if possible).

Fiona Chang has integrated multimodal expressive arts processes in counseling and group therapy work for nearly 18 years. She studied the Person-Centered Expressive Arts Approach with Dr. Natalie Rogers at Saybrook University, and her work has focused on the use of expressive arts in the person-centered approach for self-healing and holistic well-being. Her work has taken place in a variety of settings with a range of populations, including people who are experiencing health challenges, disenfranchised women, parents and children with special needs, former drug addicts, and patients of palliative care.