



賽馬會耆智園
Jockey Club Centre for Positive Ageing



The Jockey Club Centre for Positive Ageing:
A non-profit making psychosocial organization dedicated to
the care for the *mild and moderate* demented elderly

One Day Training Workshop on Calligraphy Therapy: Foundation and Action

The Jockey Club Centre for Positive Ageing is a non-profit making psychosocial organization dedicated to the care for people with dementia. It is sponsored by the **Hong Kong Jockey Club** and managed by the **Chinese University of Hong Kong**. The Centre was inaugurated in June 2000.

We have the greatest pleasure to invite you to participate in the training workshop on '*Calligraphy Therapy: Foundation and Action*' to be held on Monday, 4 Sept 2006 at the 1/F, Shaw Auditorium, Postgraduate Education Centre, Prince of Wales Hospital, Shatin, N. T.. We have the honour to have Prof. Henry Kao, to share his expertise on the subject.

What is Calligraphy Therapy?

Calligraphy therapy refers to a graphonomic process involving handwriting or drawing of linguistic characters or letter forms through the control of a writing instrument for the purpose of improving one's general health or for rendering effective treatment of certain disorders associated with one's perception, cognition, emotion as well as psychosomatics. It is developed on the basis of behavioral theories, experimental research, and clinical verification.

Target Participants

All health-care professionals (occupational therapist, physiotherapist, and nurses etc.), social workers, teachers, counselors, clinical psychologist, general practitioners and those who wish to enhance knowledge and skills in behavioral therapy and counseling.



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Workshop Details

- Date: 4 September 2006 (Monday)
- Time: 9:00 a. m. to 5:00 p.m.
- Venue: Shaw Auditorium, 1/F Postgraduate Education Centre,
School of Public Health, PWH, Shatin, N.T.
- Fee: \$800
- Enquiries: 2636 6323 Ms. Ada Cheng
- Remarks: CME/ CPE/ CNE accreditation by the colleges or association
are under application.

Certificate of Attendance

A certificate of attendance will be issued to the participants who completed the whole day training workshop.

Application

Interested parties please send the completed application form, together with crossed cheque payable to “***PA Company Limited***” to Jockey Club Centre for Positive Ageing, 27 A Kung Kok Street, Shatin, N. T. on or before 31 August 2006. Please state the name of the participant at the back. Successful applicants will be informed via the email at the end of August.



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The Trainer

Professor Henry S.R. Kao, B.A. (National Taiwan), M.Sc. (West Virginia), Ph.D. (Wisconsin). He researched on Ergonomics at the University of Wisconsin-Madison on 1968. He had his first journal publication on *Nature*, 1969. He is now the Honorary Professor of Department of Psychology, University of Hong Kong.

Professor Kao fostered the scientific studies of Chinese language, Psycho-calligraphy and Chinese handwriting for few decades. He published books and monographs on these areas, to name a few, *Psychology of Chinese Calligraphy*, *Cognitive Aspects of Chinese Calligraphy*, *Psychology and the Art of Chinese Calligraphy and Chinese Calligraphic Therapy*. In 1995, he advocated the International Graphonomics Society and he named the study of handwriting behavior as ***Graphonomics***.

Professor Kao devoted him advocating international development of psychology. He was the ex-President of the Division of Psychology and National Development of International Association of Applied Psychology, ex-President of Hong Kong Psychological Society. He is a member of the editorial boards of *International Journal of Psychology (1989-2000)*, *Journal of Managerial Psychology (MCB) (2000-)*, *Psychology and Developing Societies (Sage) (1993-)*, *World Psychology (1995-1997)*. He has books and monographs publication in Chinese and English up to 30 categories and 300s journal publications.

27 A Kung Kok Street (Block A, Shatin Hospital), Ma On Shan, Shatin, N.T.
Tel: 2636 6323 Fax: 2636 0323



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Workshop Outline

9:00 Registration

Foundations of Calligraphy Therapy

9:30 ♦ Calligraphy Therapy: Introduction

♦ Calligraphic Writing: Physiological and Cognitive Effects

♦ Calligraphic Therapy: Emotions and Anxiety

11:00 Tea Break

11:30 ♦ Calligraphic Therapy: Psychosomatic and Psychiatric States

♦ Calligraphic Therapy: Alzheimer's Disease and Stroke Patients

♦ Calligraphic Intervention: MR, ADHD & Autism

12:30 Lunch

Calligraphy Therapy in Action

2:00 ♦ Practice techniques: materials, **PROTOCOL** & trainer

♦ Video Presentations

♦ Discussions

♦ On-site Demonstrations

♦ Experimental Comparisons: Biofeedback, Meditation &
Calligraphy

4:00 Open Discussion & Experience Sharing



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Application Form

One Day Training Workshop on

Calligraphy Therapy: Foundation and Action

First Name: _____ Last Name: _____

Title / Post: _____

Organization: _____

Correspondence address: _____

Tel. (Mobile): _____ Tel. (Office): _____

Fax: _____ E-mail: _____

Date: _____ Signature: _____

(for office use)

Name of applicant: _____ Registration #: _____

Cheque #: _____ Issued Bank: _____ Received on: _____