

Registration Form

2-day Workshop on Dance Movement Therapy by
Mr. Zvika Frank

Date: April 19 & 20, 2024 (Fri & Sat)

Time: 9:30 am – 5:30 pm

Venue: 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.

Fee: 2-day Workshop – HK\$3,000

Please return the completed form with cheque payable to **"The University of Hong Kong"** by mail, or in person to the following address:

Centre on Behavioral Health, HKU
2/F., 5 Sassoon Road, Pokfulam, Hong Kong.

Title:* Professor Dr. Mr. Mrs. Ms.

First Name: _____

Last Name: _____

Correspondence Address:

Tel: _____ Fax: _____

Email: _____

Organization: _____

Position: _____

I would like to learn the following from this course:

1. _____

2. _____

3. _____

Date: _____ Signature: _____

* Please tick as appropriate. * Fee paid is not refundable

2-day Workshop on Dance Movement Therapy by Mr. Zvika Frank



For further information, please contact us:

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E-mail: bhealth@hku.hk

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香港大學行為健康教研中心
Centre on Behavioral Health, HKU

About the Trainer

Zvika Frank, BC-DMT, is a renowned Dutch/Israeli dance-movement therapist.

Zvika was a Dance Movement Therapist at the Delta Psychiatric Centre in Rotterdam, the Netherlands, where he worked with different client populations such as the elderly, people with psychosis, depression or borderline disorder for 27 years. He was also a member of the committee of the Master Program of Dance Therapy at Codarts, Rotterdam. He helped to develop the content of the program and had tremendous experiences in offering supervisions and internships for students.

Besides, he is known for his dance therapy program for sexually abused victims. He adopted an interdisciplinary approach that combines cognitive behavioral elements with dance movement therapy. The program has been introduced as a unique treatment model worldwide.

Zvika has presented his workshops internationally and always present in the international panel for the ADTA conference. He is also a recipient of Outstanding Achievements Award from the ADTA for his pioneering work with sexually abused victims and for his contribution to promote DMT in China. Zvika is the first non-American who got this award.

Workshop Description

Participants in this workshop will have the opportunity to experience how you can treat trauma client by using DMT (Dance Movement Therapy). We shall work on the four stages of treatment that the trainer uses to develop and working with sexual abuse victims.

The four stages are:

1. The feeling-safe stage (confidence and limits)
2. The fighting stage (expression of feelings such as aggression, anger and grief)
3. The intimacy stage (feelings of warmth, also in relation to the body, contact, sexuality, becoming aware of the body)
4. The parting stage (letting go of the therapy and the therapist)

Workshop – Day One

Introduction to Dance Movement Therapy. Gain a broad understanding of the use of DMT from both theoretical perspectives and practical perspectives. Understanding the definition of trauma and how it affects the body.

Workshop – Day Two

Focusing on and practicing the use of DMT in combination with Pesso (psychodrama therapy) and TA (transactional analysis). Group sharing and discussion will be followed to consolidate the learning experiences.

Learning Objectives

1. Understanding and knowing the definition of trauma.
2. Understanding and knowing the basics of DMT approach.
3. Learning and experiencing how DMT can help to treat trauma clients.
4. Understanding and experiencing how we can use the 4 Stages of the treatment.
5. Applying the method of Pesso, and explaining the 5 basic needs of a child.
6. Understanding the client using TA approach.

Details of Workshop

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Language:

English

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