



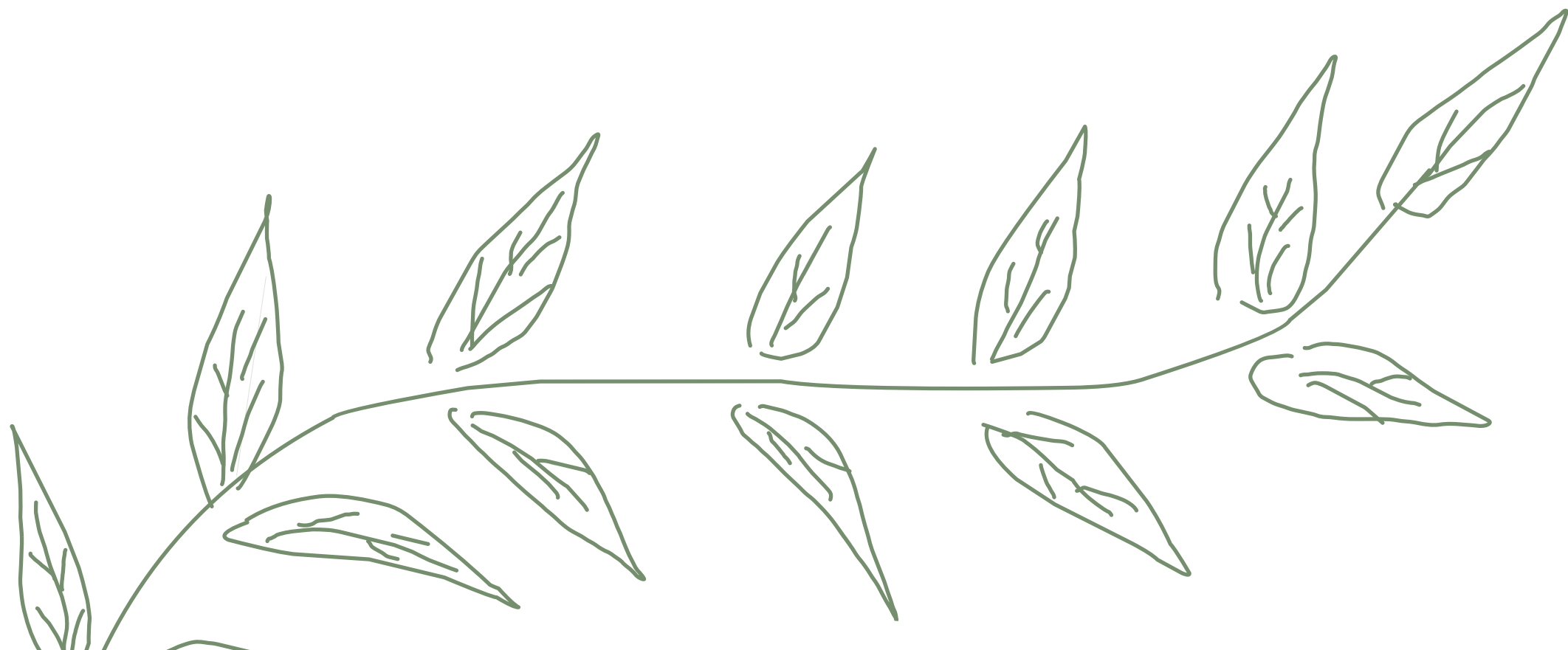
# Marriage of Jungian Psychology and Expressive Arts for Emotional Healing

*Workshop by* Dr. Kate T. Donohue

## Workshop Content

Weaving two imagistic approaches to therapy creates a dynamic and penetrating process for emotional healing. Expressive Arts Therapy emphasises the power of each artistic modality, while Jungian Psychology explores the symbolic meaning of each image. Participants will learn the fundamental paradigms of Jungian Psychology and Expressive Arts Therapy, as well as how to integrate these two approaches to create a powerful and meaningful tool for healing.

From the Jungian perspective, we will explore the archetypal realm, dream investigation, and active imagination, while honouring the Expressive Arts approach of engaging with the phenomena of each image created. You will discover the transformative power of this marriage and learn how to apply it to your practice. The workshop will include experiential processes, didactic presentations, and case studies.





## About Dr. Kate T. Donohue

Kate T. Donohue, Ph.D., REAT, is a licensed psychologist and expressive arts therapist with 45 years of counselling psychotherapy practice. She has taught at California Institute of Integral Studies, Institute for Transpersonal Psychology, JFK University the San Francisco C.G. Jung Institute and many international universities and institutes for over 40 years. She is one of the co-founders of the International Expressive Arts Therapy Association.

Kate integrates her passion of arts into her work, drawing on expertise in visual arts, drama, and dance, particularly West African and Afro-Cuban forms. Her visual arts work in painting and drawing has helped her explore an interest in understanding the sacred feminine. The scope of her work includes a private psychotherapy practice with individuals, adolescents and couples. Additionally, she mentors professionals, provides supervision, and has published in several journals, including Arts and Psychotherapy Journal, San Francisco Jung Library Journal, Encyclopaedia of Creativity and Poiesis Journal.



**8 April 2025 (Tue)**

9:30am - 5:00pm (Lunch & tea included)



**Stewards High Rock Centre**


102 Sha Tin Tau Village, Sha Tin

## Application

- Workshop fee: HKD \$1500
- Deadline of application: 5 March 2025
- Please scan the QR code and fill out the online form.
- Application will be accepted on a first-come-first-served basis.
- A confirmation email will be sent to successful applicants within a week.



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