



SOVEREIGN™

SovereignArtFoundation.com

2026-2027

THE SOVEREIGN ART FOUNDATION

Make It Better Expressive Arts Therapy Programme

我們是誰 WHO ARE WE

Sovereign 藝術基金會（SAF）是一個成立於2003年的全球性非營利組織，致力於透過藝術改變生命、創造影響。

The Sovereign Art Foundation (SAF) is a global non-profit organization established in 2003, that uses art to transform lives and make a difference.

願景與使命 VISION AND MISSION

讓藝術療癒的力量惠及需要幫助的兒童，使他們能夠过上充實而富有創造力的生活。我們致力於發掘並推廣當代藝術人才。

透過藝術改變生命，建立連結。我們憧憬這樣的未來：每個人都能接觸藝術，感受藝術對身心健康的積極影響。

To bring the therapeutic benefits of art to children in need, so they can live full and creative lives. We recognise and promote contemporary art talent.

To transform lives and build connections through art. We strive for a future in which everyone has access to art and its impact on wellbeing.



表達藝術治療計劃

EXPRESSIVE ARTS THERAPY PROGRAMME

由2013年起，SAF開辦 Make It Better (MIB) 支持弱勢特殊學習需要兒童 (SEN) 及其家庭福祉、教育與生活技能的公益計劃，助他們更容易融入主流教學環境。

為進一步擴大受益兒童的數目及推廣融合教育，治療服務更發展至照顧者，並與資深的藝術治療/表達藝術治療專家開辦培訓計劃予夥伴機構及學校。

Since 2013, SAF has launched the Make It Better (MIB) programme, an initiative to support the well-being, education, and life skills of disadvantaged children (SEN) and their families, helping them integrate more easily into mainstream educational environments.

To further expand the number of benefiting children and promote inclusive education, the therapeutic services have also developed to support caregivers, offering training programs in collaboration with experienced art therapy/expressive arts therapy experts for partner organizations and schools.

計劃目的 OUR GOALS



- 以表達藝術增強SEN兒童的溝通技巧和擴展他們的學習效能，提高自我效能感及自信心；
- 提升基層及有SEN的兒童家長的照顧兒童的能力感、親子關係及提供情緒支援；
- 幫助基層及有SEN的兒童在學校得到足夠的支援，融入主流學校的校園生活；
- 老師能掌握運用不同藝術手法去融入教學，培養良好師生關係，優化教與學的質素。

- Enhance SEN children's social skills, learning capacities, self-efficacy, and confidence through expressive arts interventions.
- Strengthen parental efficacy, parent-child relationships, and emotional wellbeing among caregivers of underprivileged and SEN children.
- Support underprivileged SEN children in integrating into mainstream school settings and receiving appropriate attention and support.
- Equip teachers with effective arts-based pedagogies to improve teacher-student relationships and create a positive learning environment.

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框架 OUR FRAMEWORK



小一至小六兒童 (主流小學)
P.1- P.6 of Mainstream school



低收入或獲綜緩家庭
Low income or financial aid



8人一組
8 students per group



一年共20-24 節 (分上下學期)
20-24 per year (In 2 school terms)



以視覺藝術為主，配以音樂、戲劇、遊戲、舞動等多種創意藝術媒介
Visual arts-based along with music, play and drama, body movement



註冊藝術/表達藝術治療師
Lead by Registered Art / Expressive Arts Therapist



核心向導 OUR CORE FOCUSES


自我探索、應對技巧及新機會
Self-exploration, Coping skills, New Opportunities




自我表達與覺察
Self-expression and Self-awareness

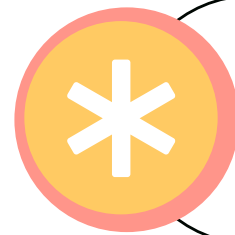

溝通、關懷與同理心
Communication, Respect and Empathy



介入結構 OUR INTERVENTION STRUCTURE



輔引理念 OUR COLLABORATIVE VALUES



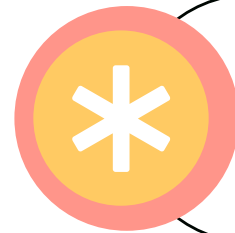
安全及規條性

Safety group structure & rules



保密專業操守

Confidentiality, Code & Ethic



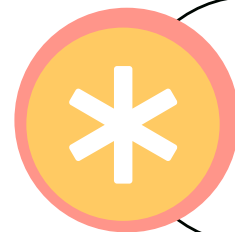
不批判、不壓迫

Non-judgmental /intimidation



內外合理開放溝通

Communicate openly to self & others within boundaries



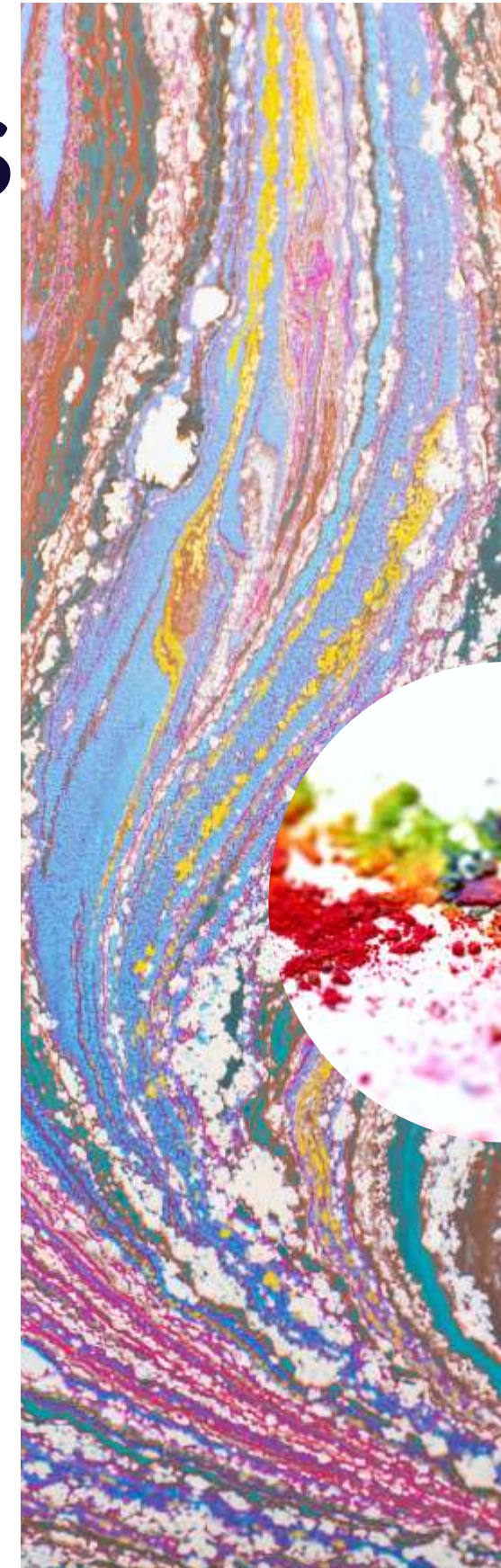
專重不同與獨特性

Respect differences & uniqueness

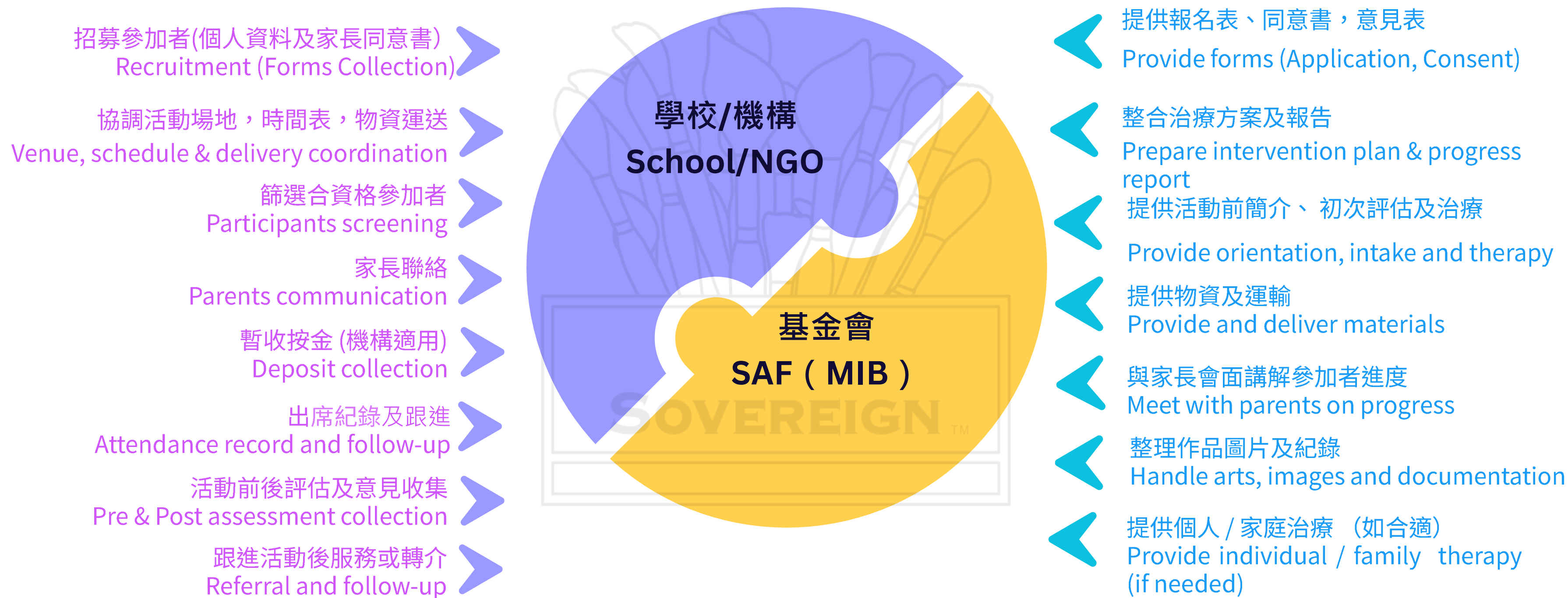


心理教育

Psychoeducation



夥伴關係 OUR PARTNERSHIP



其他服務 OTHER SERVICES



照顧者支援服務

Caregivers Empowerment and Engagement Services



親子藝術治療

Parent-Child Expressive Arts Therapy



個人 / 家庭治療

Individual / Family Therapy



老師及社工培訓（費用商議）

Staff Training upon request (Fee to be discussed)



查詢及報名 ENQUIRY AND ENROLMENT

計劃主管

Person In Charge Clinical Supervisor,
Chief Programme Officer:
Mimi Tung, FSERA®, ATR-BC, MFT

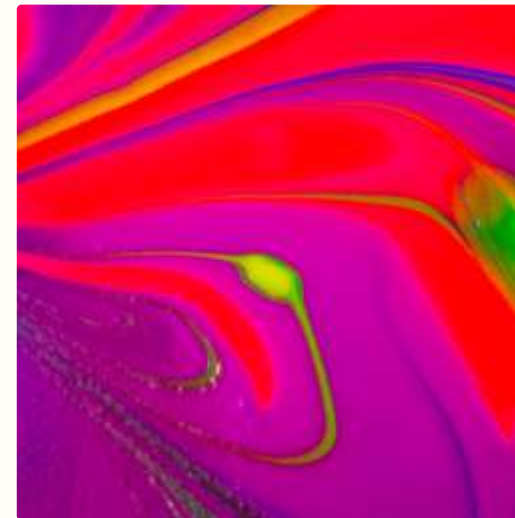
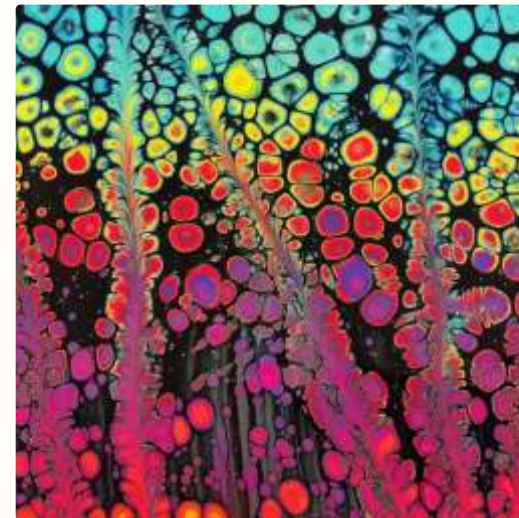
活動統籌

Programme Coordinator:
Joy Yu

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