



**“Promoting Harmony in a World of Conflicts”:  
An International Conference on Social Work and Counseling Practice  
June 1-5, 2009**



Workshop Topic: **Guided Imagery Applications in the Counseling Process**

Workshop Speakers: Monit Cheung, PhD, LCSW and Patrick Leung, PhD

### **Description of the Workshop:**

This workshop focuses on applying the six major techniques of guided imagery to both social work and counseling practice. Participants will be engaged in various forms of guided imagery techniques, as well as design creative and interactive scripts to help traumatized children and their families release anxiety and find insight to resolve difficulties. Dr. Leung will demonstrate the Tao of guided imagery and present ways to bridge counseling practice between the east and the west. Dr. Cheung will use examples from her 2006 book, *Therapeutic Games and Guided Imagery*, to highlight creative guided imagery skills used in clinical practice.

### **Objectives:**

By the end of this workshop, participants should be able to:

- 1) Improve therapeutic skills through their own experience of an experiential journey;
- 2) Design guided imagery to suit the various needs of diverse client populations;
- 3) Identify the best modalities through integrating therapeutic approaches between the east and the west.

### **Presenters' Bios**

**Dr. Patrick Leung**, Professor and Coordinator of the Office for International Social Work Education at the University of Houston Graduate College of Social Work (UH-GCSW), and Co-Chair of Texas Title IV-E Child Welfare Roundtable Evaluation Committee, teaches program evaluation, research methodology, survey design and doctoral level multivariate statistics. Currently, he is the President of the Asian & Pacific Islander Social Work Educators Association. His research areas include: cultural sensitivity training, Asian mental health issues, children and families, immigrant issues, domestic violence and gerontology. He received his Ph.D., M.S.W., M.A. (Public Administration) and B.S.S.W from The Ohio State University. He has served as principal investigator and evaluator on numerous projects at the federal, state, and local levels. He

has been a grant reviewer for both NIDA (National Institute of Drug Abuse) and CSAP (Center for Substance Abuse Prevention, SAMSHA), and is currently coordinating the Social Work Research Center at the UH-GCSW. Recently, he has completed two studies entitled “Mental health needs among Asian Americans” and “Houston area epidemiological report.” He has published over 80 articles, book chapters, and reports and has made numerous presentations at international, national, and local conferences. He has served on many boards of directors and was the President and one of the founders of the Asian American Family Services (AAFS) in Houston, Texas. He is co-author of a book entitled *Child Protection Training and Evaluation and Multicultural Practice & Evaluation: A Case Approach to Evidence-Based Practice*. For Dr. Leung detailed curriculum vitae, please go to: <http://www.sw.uh.edu/faculty/pleung.php>

**Dr. Monit Cheung**, MA, MSW, PhD, LCSW, is Professor at the Graduate College of Social Work, University of Houston. She is Principal Investigator of the Child Welfare Education Project, a state partnership program funded federally by Title IV-E for training child welfare workers. She has been a social worker for 33 years and is currently a Licensed Clinical Social Worker specializing in child/adolescent counseling, child protection, sexual and domestic violence, and incest survivor treatment. She is a case consultant at the Asian American Family Services and a consultant trainer for the Hong Kong Social Welfare Department and the Hong Kong Police Force. Using an experiential and practice-oriented approach in teaching, Dr. Cheung has taught at the graduate level for 23 years. She has presented 185 papers in workshops or conferences and written 368 articles and books on child protection and parenting issues in English and Chinese languages. Her research interests are related to treatment effectiveness in areas of child sexual abuse, creative therapy, therapeutic touch, and immigrant adjustment. Dr. Cheung currently serves on the Diocesan Review Board for the Protection of Children and Young People at the Diocese of Galveston-Houston, the Board of Asian American Family Services, Advisory Board of Catholic Charities, and the Board of End Child Sexual Abuse Foundation in Hong Kong. In the past two years, Dr. Cheung received the following awards: Honorary Professorship with the University of Hong Kong, Favorite Faculty Award, and Unsung Hero Award from Channel 39 KHQB-TV. For Dr. Cheung detailed curriculum vitae, please go to: <http://www.sw.uh.edu/faculty/mcheung.php>

- **Dr. Cheung's book on Guided Imagery**
- Can be purchased through <http://www.lyceumbooks.com/TherapeuticGames.htm>

Cheung, M. (2006). *Therapeutic games and guided imagery: Tools for mental health and school professionals working with children, adolescents, and families*. Chicago: Lyceum Books.

