



香港
表達藝術治療
服務中心
Hong Kong
Expressive Arts Therapy
Service Center

2021-2022 年度報告 Annual Review





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中心簡介及使命

Introduction and Missions

關於本中心

香港表達藝術治療服務中心為全港首間以表達藝術治療為主要介入模式的註冊慈善機構，透過視覺藝術、音樂、舞動、戲劇、創意寫作等藝術媒介為社會大眾包括低收入家庭提供專業的心理治療服務。本中心創辦人深信表達藝術治療能提升大眾的身、心、靈健康，並改善社會整體的福祉。除了透過推廣加強各界對表達藝術治療的認識外，本中心亦積極提供多元化的表達藝術治療服務，讓更多社會人士受惠。本中心認為所有人皆有獲得表達藝術治療服務的公平權利，不論貧富、階級、種族、主流或小眾，都應擁有同等機會獲得治療服務。本中心重視每一位立於不同處境、懷有不同需要的人士，為其提供合宜的服務，令更廣泛的人受惠於藝術的治療性。

About HKEXAT

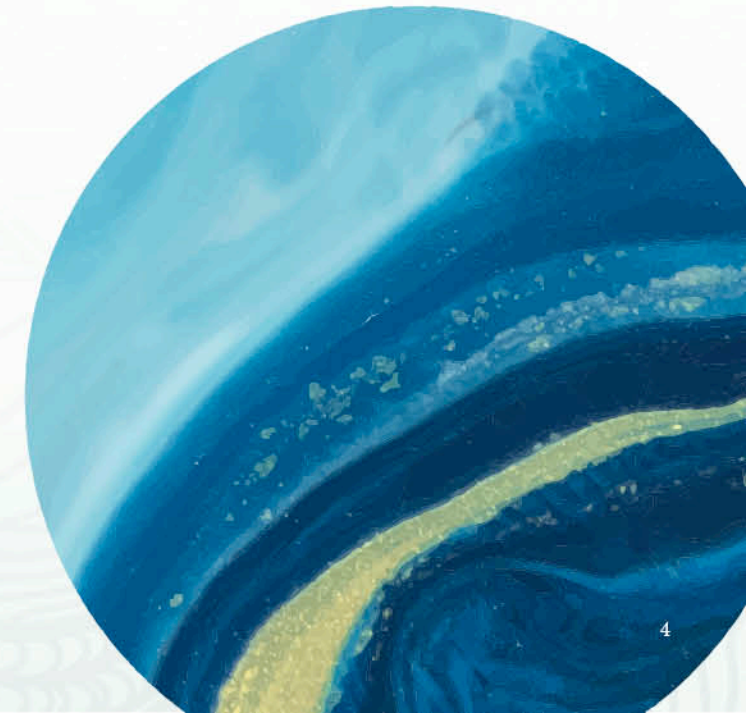
Hong Kong Expressive Arts Therapy Service Center (HKEXAT) is the first registered charitable organization that uses Expressive Arts Therapy as a psychotherapeutic approach to improve mental well-being. Expressive Arts Therapy (EXAT) is a multimodal intervention approach integrating various arts, like visual art, music, drama, dance & movement, creative writing, that fosters therapeutic outcomes of body-mind-spirit in a supportive environment. Our mission is to promote EXAT locally and provide a wide range of EXAT services for enhancing arts participation and mental well-being among the general public. It is HKEXAT's vision to create a world where everyone, regardless of their socioeconomic status, ethnic or any form of disabilities, have equal opportunities to be benefited from Expressive Arts Therapy.

中心使命

1. 透過表達藝術治療提升大眾人士的身、心、靈健康。
2. 致力於本地推廣表達藝術治療，讓大眾人士認識到藝術參與對自身的裨益。

Our Missions

1. To facilitate public health in body, mind, spirit via expressive arts therapy.
2. To promote expressive arts therapy locally to enhance public understanding in how arts participation can facilitate well-being of people.



機構管治 Corporate Governance

作為本港首間為社會提供表達藝術治療服務、關注公眾心理健康的註冊慈善團體，香港表達藝術治療服務中心一直透過專業、誠信及高透明度，取得公眾信任。

本中心由四位創辦人暨機構總監專責管治，並由董事委員會進行監管。委員會成員來自教育界、社福界、學術界、藝術界和商界，全部均是對推廣藝術與身心靈健康有抱負的專業人士。他們以義務性質參與，並運用專業知識提供意見、訂立策略性方向、批核社區項目和每年的財政預算案，以及監察本中心的營運。

本中心深明自願披露資訊對建立公眾信心至關重要。為確保財政資源用得其所，我們提供清晰、準確及具透明度的財政資訊讓公眾監察。我們的財務帳目是根據《香港財務匯報準則》制訂，由進鏗會計師行獨立核數，並刊載於每年的年報內。

As the first charitable organization that provides Expressive Arts Therapy services to the public, HKEXAT commands a high degree of public trust due to our professionalism, integrity and transparency.

HKEXAT's governing body is the Executive Council. Its members, professionals from education, social service, academic, arts and business fields, are strongly committed to mental health issues. They serve on a voluntary basis, providing advice from their professional perspectives, approving strategic direction, community programs and annual budget, and monitoring operations of HKEXAT.

HKEXAT understands that voluntary disclosure is essential in establishing public confidence. To ensure that our financial resources are spent appropriately, we are committed to providing clear, accurate and transparent financial information for public scrutiny. Our financial accounts, prepared in accordance with the Hong Kong Financial Reporting Standards, are independently audited by CH CPA & Co. and published yearly in our annual report.

中心創辦人 Founders

營運總監 Chief Operating Officer
鄧智珊女士 Ms. Tang Chi Shan

宣傳推廣總監 Promotion Director
周文傑先生 Mr. Chow Man Kit

社區教育總監 Community Education Director
蘇立怡女士 Ms. So Lap Yi

服務總監 Service Director
李慧莊女士 Ms. Li Wai Chong

董事委員會成員

Board of Directors



主席 President
區永東先生 Dr. Au Wing Tung



副主席 Vice-President
黎浩懷先生 Mr. Lai Ho Wai



司庫 Treasurer
文橋康先生 Mr. Man Kiu Hong



委員 Directors
呂家祺先生 Mr. Lui Ka Ki

營運總監的話

COO Message



這一年，大家都走來不易。香港表達藝術治療服務中心和每位香港人一樣，經歷了三年疫下生活以來最嚴重的第四、第五波疫情爆發，不論在服務運作、財政資源、人力資源、社區支援等的範疇上我們都遇上極大挑戰。

縱使日子艱辛如此，2021至2022年於香港表達藝術治療服務中心來說卻絕對是標誌性的一年，尤其更是充滿感恩和富有冒險精神的一年。這一年，中心上下都共同經歷和創造了許多的第一次。

2021年七月，本中心成立以來第一次得到商界慈善基金會的信任和成功爭取到年度資助，感恩有捷成集團慈善基金在去年本中心急需服務資源的時候提供資助，讓我們有能力和資源把這份信任和無私給予的精神透過表達藝術治療的服務延伸到社會上有不同需要各階層的服務受眾。

2021年十一月，本中心第一次成立名為〔ExArteers 藝伴〕的社區藝術義工隊，讓本中心的治療師們可帶領一眾有心的義工以藝術作為與社會大眾溝通的語言，打破身分地位背景的阻隔，更甚是打破疫症的限制，在疫境中服務社區。藝伴義工隊更聯同本中心治療師創作了第一套以表達藝術治療的理念為基礎而設計的「表達藝術自助探索卡」(EASY卡)，此日常表達藝術應用圖卡旨在把非批判的藝術表達帶進每個人的生活中，引起大眾關注心理健康的重要性，以及鼓勵大眾透過日常藝術參與以推動心理保健的理念。各治療師及義工們更積極把EASY卡應用到不同群組，並將之引入大大小小的學校及社福機構。

2021年十二月，本中心第一次把表達藝術治療導向劇場帶到正式的舞台上，在聖誕佳節於劇場中搬演了名為《向死而生》的戲劇，與劇場接近300名觀眾以多元藝術的方式分享演出及創作者有關生死的思考及當中所發現的愛。

2022年二至三月，第五波疫爆發最嚴重的日子，我們第一次將疫下社區情緒支援的服務帶到網上平台，隔空為受疫症影響而衍生情緒需要的社會大眾提供以藝術盛載情緒的安全空間，亦為因疫症而面對親友突然離世的人士提供緊急情緒支援服務。

2022年四月，我們第一次把以藝術連繫大眾為宗旨的大型社區活動放諸於網上平台以直播形式進行，除了打破舊有服務形式及習慣、衝破疫下隔離措施所帶來的限制外，更首次邀請到與中心同樣關注藝術與身心靈健康的名人嘉賓，例如創作歌手周國賢先生及傅珮嘉小姐與中心協作，同心宣揚藝術的治癒性。

除了上述數項，過去一年間，本中心秉承了表達藝術治療中對創造力和想像力的重視，以不同視角檢視現有服務，在中心上下同工的共同努力下齊心創造了許多的新服務和新嘗試。每一個踏出安舒區的嘗試，都讓我們滿有感恩。感恩在疫症肆虐的日子中，也未有阻隔大眾參與藝術和連繫社會的心，以讓我們在表達藝術治療的推廣路上得著了更多同伴，在此再一次感謝各位今年的新舊同伴們，包括捷成集團慈善基金全人、各位捐助

者、第二屆董事局專業成員、第一屆藝伴義工隊成員、各劇場演出者、劇場觀眾、各界協作藝術家、創意藝術治療師、協作的社福及教育界同工等。更重要的是感謝一直參與本中心服務的服務使用者們，你們每一位的參與、真誠分享和回饋，都是本中心每位同工在艱難日子中堅持服務的動力。不論前路如何，香港表達藝術治療服務中心均會堅守著表達藝術治療的非批判態度、擁抱多元和鼓勵創意的信念走下去，冀為社會上有需要的人士提供更多身心靈健康上的支援，以藝術回應社會的需要。

This is definitely a tough year. We, the HKEXAT, together with every single person in Hong Kong, experienced the most severe pandemic outbreak. Under the fourth and fifth wave of the epidemic, HKEXAT faced the greatest challenges in all the aspects, including service operation, finance, human resources, and social resources etc.

Inevitably the days were so difficult, nevertheless Year 2021-2022 was also the most important year with the influential milestone since the establishment of HKEXAT, especially a year full of gratitude and adventurous spirit. This year, the team of HKEXAT has experienced and created many “For The First Time” moments.

In July 2021, for the first time HKEXAT has earned the trust and our very first annual fund from a corporate charity fund. We are so grateful to have the financial support from Jebesen Group Charity Fund (JGCF) last year when the team urgently needed resources for maintaining our services, which enabled HKEXAT to share this spirit of trust and selfless giving to our service users from different background with various needs in Expressive Arts Therapy.

In November 2021, for the first time HKEXAT has established a community arts volunteer team named “ExArteers”. The ExArteer team would be led by our therapists to break the mental barriers of differentiated social-economic status and physical limitations from COVID-19, to communicate with and serve the community using arts. They have cooperated in developing the Expressive-Arts-Serve-You Cards (EASY cards) with the therapist team of HKEXAT, which helps to bring the healing effects of arts to more people in the community, schools and NGOs.



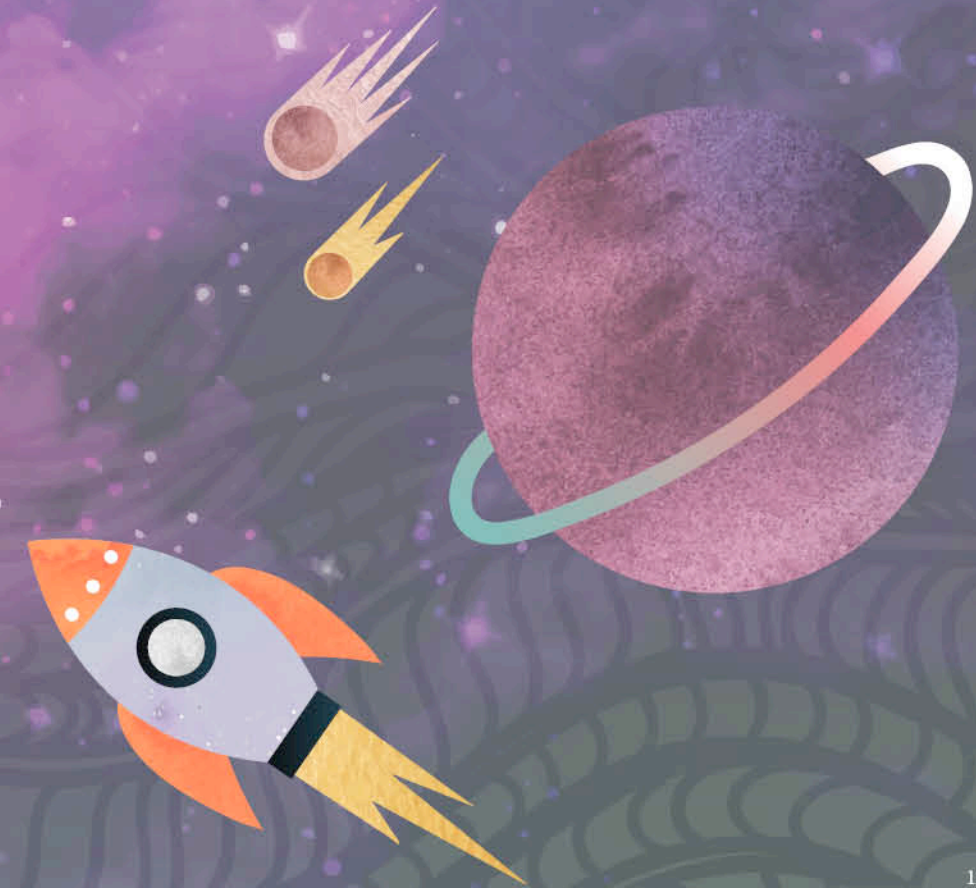
ExArtOTheatre performance “Sein zum Tode” (Being-Towards-Death) last Christmas with over 300 audiences on the stage of Fringe Club, to share the exploration of the performers about Life-and-Death in multi art modalities, and to spread the love found in the creation process.

From February to March 2022, during the period of the most severe pandemic outbreak, HKEXAT brought our community emotions support scheme to the online platform for the first time, regardless of the physical limitations brought by COVID-19, we provided virtual emotional support and a safe space for emotion expression in expressive arts for whom the emotions were influenced by the outbreak.

In April 2022, It was the first time HKEXAT placed the mass community program which aimed to connect the public in arts to the online broadcast. The broadcast broke the past form and practice of service, and led us out of our comfort zone. And for the very first time, we were honored to have invited celebrities, e.g. Mr. Endy Chow and Ms Maggie Fu, who share the same concern of the connection between arts and body-mind-spirit health with HKEXAT, to be our special guests in the program, and together we promote the healing power of arts to the public.

Besides, in the past year, in accordance with the trust for power of creativity and imagination, the HKEXAT has reviewed our current services from different perspectives, and created plenty of new services and made new steps out of our comfort zone. We walk every single step with a heart of gratitude. We are thankful with our whole heart to the supports from Jebesen Group Charity Fund (JGCF), donors, the board of directors, the first ExArteers volunteer team members, all the performers and audiences from the ExArtOTheatre, all collaborated artists, creative art therapists, workers from the field of social services and education. We could not have reached and connected the

general public and the community with arts in these difficult days of pandemic without your precious companion. Last but not least, we have to thank all the service users of HKEXAT, each of your participation, genuine sharings, reflections and feedback are the greatest motivation to keep us going in this difficult time. Whatever long and hard the road ahead may be, the Hong Kong Expressive Arts Therapy Service Center will walk with the non-judgmental attitude, respect of diversity and encouragement of creativity that rooted in Expressive Arts Therapy, to provide body-mind-spirit supports for more who are in needs, and in response to the needs of society with the power of arts.



服務報告 Service Report

香港表達藝術治療服務中心的服務範疇廣泛，2021-2022年度在捷成集團慈善基金的支持下，中心主要服務增加至六大範疇：

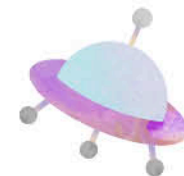
In the year 2021-2022, with the support from Jebesen Group Charity Fund (JGCF), Hong Kong Expressive Arts Therapy Service Center (HKEXAT) has widen the range of service scope and service coverage to six major service categories:

1. 社區表達藝術及精神健康推廣暨教育活動

Expressive Arts and Mental Health Community Promotion & Education

於本地疫情最嚴峻的情況下，本中心繼續以實體與網上並行的模式接觸社區人士推廣精神健康的重要性，並為疫情期間有情緒需要人士提供即時而合宜的支援。於2021年八月至九月期間，本中心把握疫情稍為緩和的時間，推出以《Be Together》為題的表達藝術與身心靈健康文化節，為期一個月的文化節為公眾獻上了一系列免費而實體進行的表達藝術治療社區工作坊，讓在疫下已經歷長時間社交隔離的社會大眾透過藝術與社會及他人重新連結，並以藝術舒緩壓力及情緒。

在2022年初，第五波疫情爆發的時候，中心團隊留意到公眾的情緒需要，故迅速調節服務計劃以回應社會的需要。我們於2022年3月至4月期間，緊急推出了一系列《疫下免費情緒支援網上工作坊》，使社區人士安在家中仍可保持與人互動，並以藝術表達第五波疫情下的情緒及壓力。本中心亦同時透過郵遞向140名參與疫下免費情緒支援網上工作坊的社區人士送上免費的藝術創作物資，及一套由本中心製作的《表達藝術自助探索卡》，鼓勵社區人士在家透過跟隨探索卡的指引，進行以低技巧、高敏度為原則的多元藝術創作來保持身心健康。《表達藝術自助探索卡》鼓勵大眾覺察及表達情緒，冀望將情緒抒發意識及藝術創作習慣帶到大眾的生活當中。



HKEXAT remained providing support for people who suffered from emotional disturbances even in the outbreak of pandemic, by using various virtual and physical forms. HKEXAT managed to keep contact with different people in need in the community.

In August to September 2021, when there was fewer social restrictions, HKEXAT launched a series of physical expressive arts therapy community workshops in the <Be Together> Mind-Body-Spirit Wellness Expressive Arts Cultural Festival, which aimed to reconnect people who experienced social isolation for a long time under the pandemic and release stress and emotions in arts.

In the 5th outburst of COVID-19, HKEXAT noticed the emotional needs of the general public and adapted the service plans immediately in response to the needs of the community. Our team brought the programs online and provided emotional support through “Under-pandemic Free Emotional Support Service”, in order to serve the general public who have suffered from mental and economic pressure during the period of pandemic. HKEXAT has also mailed a set of free art materials and Expressive-Arts-Serve-You Card (EASY Card) developed and designed by HKEXAT, to 140 participants of “Under-pandemic Free Emotional Support Service”, to encourage the public to create arts in accordance to the Low-Skill_High-Sensitivity principal by following the lead of EASY card, and bring the emotions awareness and expressions into their daily routine.

2. 社區慈善機構的服務項目

Community Charitable Organization Outreach Service Program

本中心與各界社福機構及基金會合作，持續為各機構之服務使用者及職員提供表達藝術治療個案、小組、工作坊及培訓服務，尤為社區中易被忽略或相對較少資源的群組提供表達藝術治療服務。2021-2022年度，本中心曾與不同社福機構攜手，為低收入家庭的兒童、具特殊學習需要及肢體障礙的成年人，以及少數族裔的兒童、婦女、長者及男性照顧者等有需要人士提供表達藝術治療的服務。

受疫情影響下，本中心與各合作單位靈活變化服務方式，提供網上服務及實體與網上並行服務，以應社會不同人士的獨特需要，例如為自殺者家屬、長期病患者、精神病患者、面對哀傷的人士等提供疫下情緒支援服務。香港表達藝術治療服務中心的願景是盼讓所有人皆有獲得表達藝術治療服務的公平權利，不論貧富、階級、種族、主流或小眾，都應擁有同等機會獲得治療服務，並受惠於藝術的治療性。

This is HKEXAT's vision to serve people regardless of their socioeconomic status, ethnic or any form of disabilities, provide equal opportunities for anyone to be benefited from expressive arts therapy.

HKEXAT walks hand in hand with different NGOs and Foundations, continuously provides Expressive Arts Therapy in the form of individual cases, groups, workshops and professional training for service users and staff of different organizations, especially for minorities that were neglected and with fewer resources.

This year, we collaborated with different organizations to provide Expressive Arts Therapy services for underprivileged families which their kids have no access to arts at all, for adults with special educational needs and physical disabilities, also for ethnic minorities ladies and elderlies who could only communicate using Nepali, and for male caretakers. We explored creative and flexible ways to deliver our services with different collaboration parties under the influence of the pandemic, developing hybrid mode in providing services to answer the needs of different people, such as online under pandemic emotion supports for family members of people who committed suicide, chronic illnesses patients, e.g., AIDS or breast cancer patients and people with different mental illnesses etc. This is HKEXAT's vision to serve people regardless of their socioeconomic status, ethnic or any form of disabilities, provide equal opportunities for anyone to be benefited from expressive arts therapy.

3. 各區中小學校及大專院校的入校服務項目

In-School Support Service Program

本中心聯合有需要的中、小學及大專院校，為學生及教職員提供個案、小組、工作坊及培訓服務。本年度中心尤其關注教職員及學生於疫情影響下生活及教學變化的適應及情緒需要，並為有需要的師生提供有關支援。

有見及此，本年度我們將自主研發及製作的《表達藝術自助探索卡》免費分發到各區學校及教育工作者手上，超過三十間學校申請領取自助探索卡套裝及參與由本中心治療師帶領的自助探索卡應用教學工作坊，鼓勵教育界人士運用探索卡，帶領學生們進行以低技巧、高敏感度為原則的多元藝術創作來保持身心健康。

4. 中心主辦小組及個案治療服務

Center-based Individual Therapy Service

本中心持續地為有需要人士提供小組及個別治療服務。鑑於不少社區人士反映在疫情及現時社會經濟環境影響之下出現不同程度的身心情緒困擾，而本中心求助數字亦有明顯上升趨勢，本中心推出《表達藝術治療：免費情緒支援服務3.0》，以免費短期個案服務形式，支援因離散問題或第五波疫情而出現情緒困擾之社區人士。除個案服務外，本中心亦於2022年2-3月期間推行名為《都市抗焦慮》的表達藝術治療小組，為日常生活中遭受情緒困擾的都市人提供表達藝術治療服務。

HKEXAT collaborated with primary schools, secondary schools, colleges and universities to provide Expressive Arts Therapy: individual case services, therapy groups, workshops and training for students, teachers and staff. We hope to address the emotional and adjustment needs for teachers and students who are facing the rapid change of learning and teaching environment in the influences of the pandemic and provide timely and eligible support.

Hence, this year we developed an Expressive Arts self-help kit set for free distribution to schools and educators, more than 30 different schools applied for Expressive-Arts-Serve-You Card (EASY card) set, applicants including school principals, teachers, school social workers, counselors, and educational psychologists, all of them have attended the tutorial workshop of using EASY card provided by expressive arts therapist of HKEXAT and would apply on improving their students' mental health.

HKEXAT continuously provides individual therapy services for people with emotional and psychological needs in the community. In review of the body-mind needs of the society under the pandemic, increasing cases of mental disturbances among the community were spotted, HKEXAT launched the "Expressive Arts Therapy : Free Emotional Support Scheme 2.0" , to support people with emotional disturbances in a free-of-charge and short-term individual case format.

5. 創新服務計劃

HKEXAT Originated Innovative Project

作為以多元藝術作心理治療介入手法的服務機構，本中心一向重視創意及革新。本年度，中心亦作出不同嘗試以推行新穎的表達藝術治療相關服務予我們的服務使用者，務求為他們帶來嶄新的服務經驗。

表達藝術治療導向劇場

表達藝術治療導向劇場為本中心創辦人鄧智珊自2016年起獨創的演出方式，結合編作、表演及治療模式，將表達藝術治療中的多元藝術介入及理念融入劇場演出，創造具治療性質的互動觀賞及藝術創作平台。2021年十二月，本中心首次把表達



藝術治療導向劇場帶到正式的舞台上，在聖誕佳節於劇場中搬演了名為《向死而生》的戲劇，以獨有的表達藝術互動創作及劇場演出模式將有關生死的思考、回憶和情感，與接近300名觀眾同以藝術和劇場真誠盛載及分享。

「ExArteers 藝伴」表達藝術義工培訓計劃

本中心為首間設計及創立名為〔ExArteers 藝伴〕社區藝術義工計劃的機構，以表達藝術概念融入社區服務，帶領一群熱心的義工們以藝術服務大眾。〔ExArteers 藝伴〕義工隊的成員於參與一年有系統的表達藝術應用訓練及社區服務後，均能更了解如何以非批判態度於社區服務中鼓勵大眾進行創作，並以之為連結社區的溝通語言。21-22年間，藝伴義工隊更聯同本中心治療師創作了第一套以表達藝術治療的理念為基礎而設計的「表達藝術自助探索卡」(EASY卡)，此日常表達藝術應用圖卡旨在把非批判的藝術表達帶進每個人的生活中。義工們於過去一年在推廣及鼓勵自身親友、以至大眾透過運用EASY卡作日常藝術參與、於社區傳播藝術的治癒力量及推動心理保健的理念等重大議題中都成為不可或缺的角色。

As an organization which adapts arts in psychotherapy services, HKEXAT always values creativity and innovation. This year, HKEXAT attempted various first tries in creating brand new services for our service users.

Expressive Arts Therapy Oriented Theatre

HKEXAT brought the performance “Sein Zum Tode” (Being-Towards-Death) Expressive Arts Therapy Oriented Theatre (ExArtOTheatre) to a formal theatre in December 2021, it was the first time we explore life and death with general public in multi-art modalities and with the powerful containment of theatre. Expressive Arts Therapy Oriented Theatre was created in 2016 by one of the founders and Expressive Arts Therapists of HKEXAT, Ms. Canna Tang. ExArtOTheatre is a unique performance method that incorporates devising, performance and therapy. It brings together the concept of multimodal transfers and the containment of theatre performance to create a platform for therapeutic, interactive arts appreciation and creation.

“ExArteers” Expressive Arts Volunteer Training Program

HKEXAT is the first organization designed a volunteer training and service program that leads a team of enthusiastic volunteers to serve the community with arts. The volunteer team of HKEXAT is named <ExArteers>, after one year systematic training and outreach service practice, all the ExArteers learned how to facilitate art creations with non-judgmental and encouraging attitude in community settings, they cooperated in developing EASY card with the therapist team of HKEXAT, and they learned and practiced how to contain and express emotions with daily artmaking. The ExArteers provide treasurable help to spreading expressive arts therapy and its artmaking attitude to their social circle and to the community, which help HKEXAT to bring the healing effects of arts to more people in the community.

6. 表達藝術治療成效研究

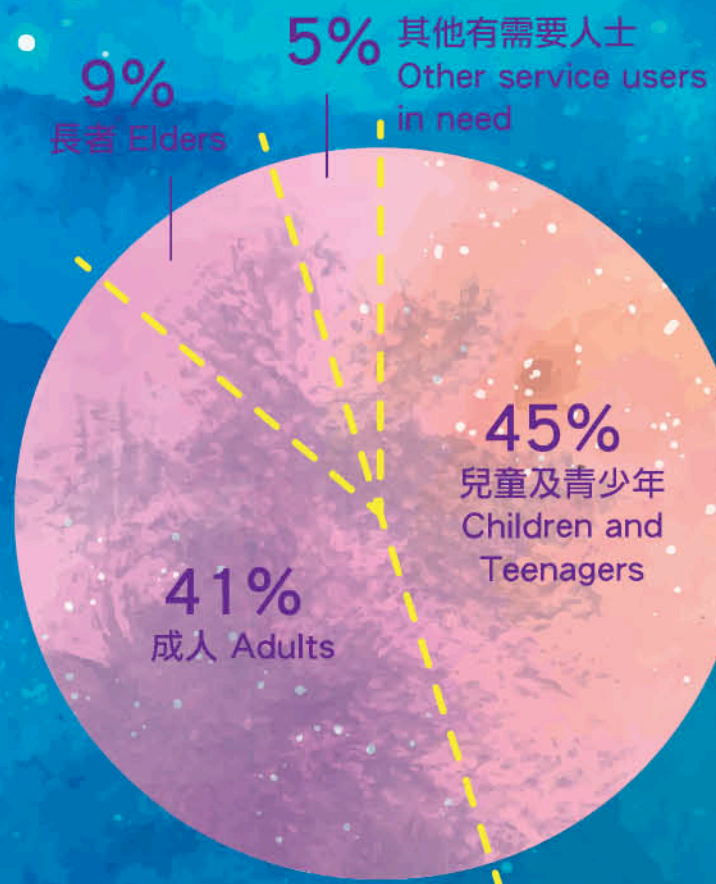
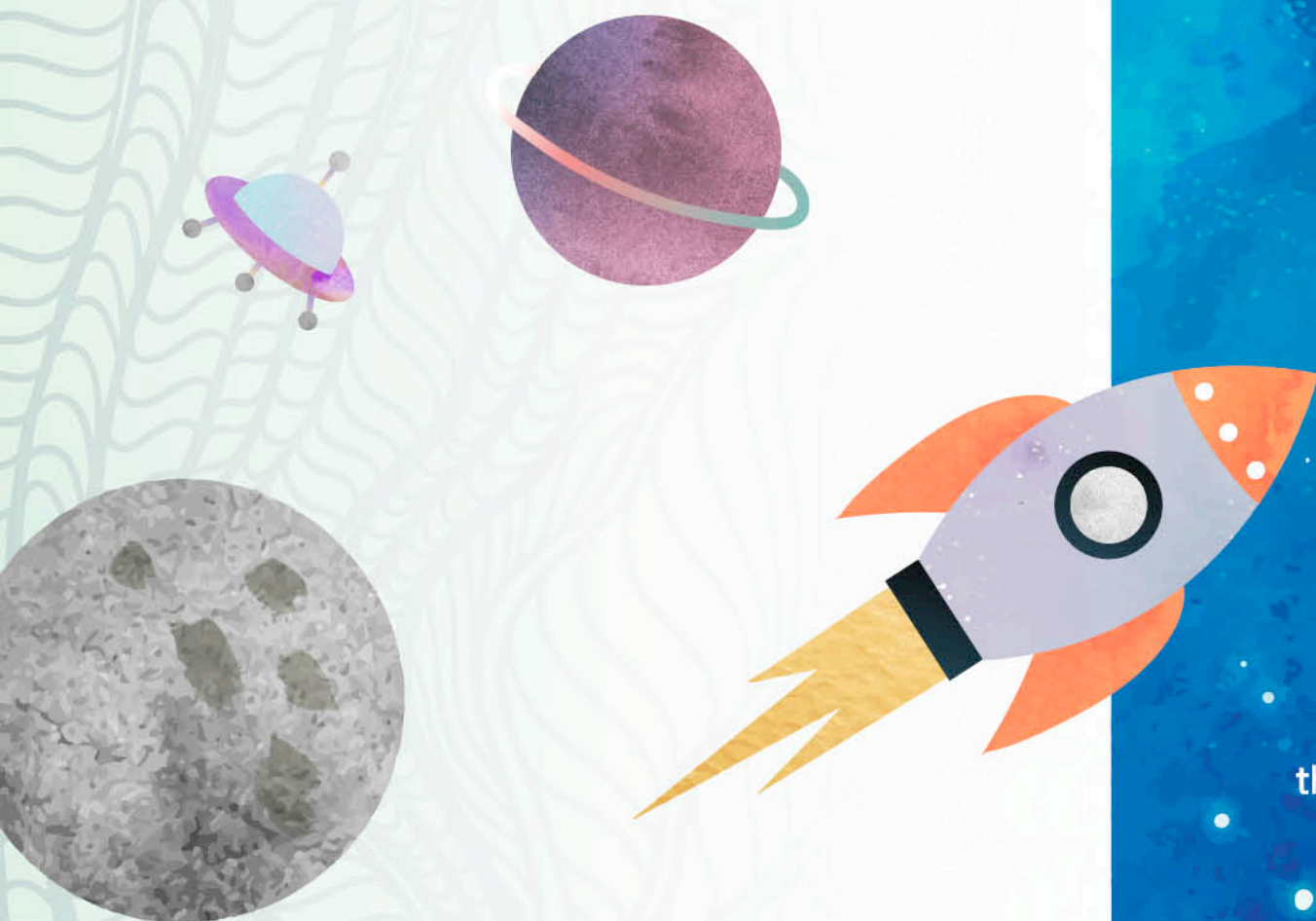
Research on Expressive Arts Therapy Service Effectiveness

香港表達藝術治療服務中心自2021-2022年度起與香港中文大學心理學系合作，推行有系統的年度表達藝術治療服務的成效研究，研究服務包括：治療小組、個案治療服務、大型社區服務及其他創新服務等。根據不同服務的性質及目的而釐定不同的研究項目，研究項目包括：參與服務原因、服務滿意度、服務使用者對精神健康的知識及自我覺察、社會功能及日常任務能力、整體焦慮及抑鬱程度等。

HKEXAT has been collaborating with psychology department of CUHK in conducting a systematic annual survey to measure the effectiveness of the therapy groups, case services, community program and other events of this service year, the components measured in various program are different in each program according to the nature and purpose of the program, including the reasons for joining, satisfactory level, awareness and knowledge about mental health, general anxiety/depressive level.

服務統計

Service Statistics



為約 4500 名有需要人士

提供工作坊、小組或個別表達藝術治療服務
Providing Expressive Arts workshops,
therapy groups and individual therapy services
for around 4500 service users
in the year of 2021-2022

本中心於過去一年與超過 60 間學校、慈善團體及非牟利組織合作，去年已為約 4500 名自行求助或經相關機構轉介的有需要人士，包括兒童及青少年（45%）、成人（41%）、長者（9%）及其他有需要人士（5%）提供工作坊、小組或個別表達藝術治療服務，反應正面，當中98%受訪服務使用者表示對本中心服務感滿意。本中心於第五波疫情最嚴峻的時刻，以網上小組及工作坊形式為大眾紓解情緒困擾，期間接觸約300人。本年度中心亦推出表達藝術自助探索卡，並免費派發予超過1300套探索卡予服務使用者，經由申請的社福機構及學校派發予有需要的社區人士或學童。

超過 60 間

學校、慈善團體及非牟利組織合作

Collaborated with over 60 schools,
charitable organizations and NGOs

第五波疫情期間接觸約

300名有需要人士

In the 5th wave of pandemic outbreak
Successfully reached over 300 people in need

In the past year, HKEXAT has collaborated with over 60 schools, charitable organizations and NGOs, which has an 70% increase compared to the year of 2020-2021. HKEXAT provided Expressive Arts workshops, therapy groups and individual therapy services for around 4500 service users in the year of 2021-2022, including people seeking help voluntarily or were referred by other parties, which has an 125% increase compared to the year of 2020-2021. Among all the 4500 service users, figures showed that 45% of them were children and teenagers, 41% were adults, while 9% were elders and 5% as other service users in need. 98% of the interviewed service users' reported being satisfied with the services of HKEXAT. New services such as online free emotional support service for citizens who were affected by the 5th wave of pandemic outbreak and online community services were developed in the past year in order to respond to the needs of the society and successfully reached 300 people in need. This year HKEXAT developed an Expressive Arts self-help kit set (Expressive-Arts-Serve-You Card) for free distribution to over 1300 service users of our center, and of other applied NGOs or schools.

免費派發予服務使用者

超過1300套探索卡

Developed an Expressive Arts self-help kit set
(Expressive-Arts-Serve-You Card)
for free distribution to over 1300 service users

財務摘要 Financials

以下是香港表達藝術治療服務中心截至2022年3月31日的財務摘要及分析，由進鏗會計師行審核，並按香港財務報告準則編製。

The following highlights provide an analysis of the Financial Report and Accounts of HKEXAT for the year ended 31 Mar 2022. The Financial Report and Accounts have been audited by CH CPA & Co. and are prepared in accordance with the Hong Kong Financial Reporting Standards.

主要收入

本中心於2021-2022財政年度的總收入較上年度上升百分之340，由63萬港元升至281萬港元。收入大幅上升的其中一個原因為大部分於上年度因受疫情影響而需延期或取消的恆常服務大多已回復正常，外間服務的收入部分較上年度上升百分之138，並佔總收入百分之44.7，成為本中心第二大的收入來源。收入上升的主因，則來自捷成集團慈善基金的慷慨捐贈，令本年度中心的善款收入增加至155萬，成為本中心本年度最主要的收入來源。

主要開支

因應服務增長，本財政年度的總支出亦較上年度上升百分之113，為172萬港元。香港表達藝術治療服務中心亦於本年度增聘人手以應付服務需求的增加，表達藝術治療小組、個別治療服務、公眾推廣及教育所涉及的治療師薪酬及相關費用續為本年度最主要的支出範疇，所佔百分比與去年相約，為百分之67，租金則佔百分之14，為中心第二大開支。

Major Income

HKEXAT's income increased by 340% from HK\$630 thousand in FY21 to HK\$2.81M in FY22. One of the reasons for this major increase was due to the reversion of the previous suspended and canceled services under COVID-19 in FY21. Income from outreach services, which became the secondary income source, is raised by 138%, representing 44.7% of the total income for FY22. The other reason for the increase was due to the generous donation from the Jebsen Group Charity Fund, which raised the donation income of HKEXAT in FY22 to 1.55M and became the major income source of HKEXAT in FY22.

Major Expenditure

In response to the major growth of services, total expenditure for FY22 of HKEXAT amounted to HK\$1.72M, recording a 113% raise compared to FY21. The wages for Expressive Arts Therapists and other relevant expenditure involved in the projects of Expressive Arts Therapy groups, individual cases, community promotion and education, remained our major investments in FY22, represented 67% of the total expenditure, similar to FY21, while the rental fee represented 14% of the total expenditure, serve as the second greatest expenditure of HKEXAT.

衷心致謝 Acknowledgements

本會衷心感謝各撥款機構、捐款者、合作夥伴、學校和機構於去年對本會之資助、合作和支持。
由於篇幅有限，鳴謝名單未能盡錄，如有遺漏，謹此致歉。

We are grateful for the support from the following funders, donors, companies, organizations and schools in last year.
We apologize for any omission from the list due to limited space.



機構及基金會：

NGOs and Foundations:

捷成集團慈善基金 Jebesen Group Charity Fund

香港東區崇德社 Zonta Club of Hong Kong East

亮光文化有限公司 Enlighten & Fish Ltd.

仁愛堂吳金玉紀念長者鄰舍中心 Yan Oi Tong Ng Kam Yuk Memorial Neighbourhood Elderly Centre

元朗大會堂 Yuen Long Town Hall

生命熱線 Suicide Prevention Services

明愛香港仔長者中心 Caritas Aberdeen Elderly Centre

和富社會企業 Wofoo Social Enterprises

香港乳癌基金會 Hong Kong Breast Cancer Foundation

香港家庭福利會 Hong Kong Family Welfare Society

香港耆康老人福利會 The Hong Kong Society for Aged

香港萬國宣道浸信會社會服務 Hong Kong ABWE Social Services

香港婦女中心協會 Hong Kong Federation of Women's Centres

香港基督女少年軍 The Girls' Brigade Hong Kong

香港婦女中心協會 Hong Kong Federation of Women's Centres

香港西區婦女福利會松鶴老人中心 Womens Welfare Club Western District HK

香港心理衛生會 The Mental Health Association of Hong Kong

香港神託會寬滙人生 Stewards Enrichment Practice

香港盲人輔導會 The Hong Kong Society for the Blind

香港社會工作人員協會 Hong Kong Social Workers Association

東九龍居民委員會有限公司樂滿坊 Joyful Square

東華三院賽馬會大角咀綜合服務中心 Tung Wah Group of Hospitals Jockey Club Tai Kok Tsui Integrated Services Centre

東華三院越峰成長中心 TWGHs - CROSS Centre



東華三院朗情綜合家庭服務中心 Twghs Long Love Integrated Family Service Centre

東華三院男天匯男士成長中心 Sky Blue Club Men Development Centre

新生精神康復會 New Life Psychiatric Rehabilitation Association

協康會 Heep Hong Society

聖雅各福群會 St. James' Settlement

循道衛理亞斯理社會服務處 Asbury Methodist Social Service

童軍知友社賽馬會朗屏青少年服務中心 The Friends of Scouting Jockey Club Long Ping Service Centre for Children and Youth

義遊 VolTra

愛滋寧養服務協會 The Society For AIDS Care

基督教家庭服務中心 Christian Family Service Centre

基督教協基會社會服務部 The Church of United Brethren in Christ Social Service Division

基督教香港信義會沙田護老坊 ELCHK, Shatin Caring Centre

博愛醫院慧妍雅集新Teen地 Pok Oi Hospital Wai Yin Association Youth City

救世軍油麻地青少年綜合服務 The Salvation Army Yaumatei Integrated Service for Young People

救世軍油麻地長者社區服務中心 The Salvation Army Yaumatei Multi-service Centre for Senior Citizens

鄰舍輔導會屯門綜合就業服務中心 The Neighbourhood Advice-Action Council Tuen Mun Integrated Employment Services Centre

撒瑪利亞防止自殺會自殺危機處理中心 The Samaritan Befrienders Hong Kong

博愛醫院兒童及家庭服務 Pokoi Children and Family Services

學校：

Schools:

九龍工業學校 Kowloon Technical School

仁濟醫院林百欣中學 Yan Chai Hospital Lim Por Yen Secondary School

天主教新民書院 Newman Catholic College

天主教母佑會蕭明中學 Daughters of Mary Help of Christians Siu Ming Catholic Secondary School

何文田官立中學 Homantin Government Secondary School

加拿大神召會嘉智中學 PAOC Ka Chi Secondary School

匡智元朗晨曦學校 Hong Chi Morninglight School, Yuen Long

匡智屯門晨曦學校 Hong Chi Morninglight School, Tuen Mun

長沙灣天主教小學 Cheung Sha Wan Catholic Primary School

東華三院李潤田紀念中學 Tung Wah Group of Hospitals Lee Ching Dea Memorial College

東華三院黃士心小學 TWGHs Wong See Sum Primary School

博愛醫院歷屆總理聯誼會梁省德中學 The Association of Directors & Former Directors of Poi Oi Hospital Ltd. Leung Shing Tak College

匯基書院(東九龍) United Christian College (Kowloon East)

新界喇沙中學 De La Salle Secondary School New Territories

慕光英文書院 Mu Kuang English School

嶺南中學 Lingnan Secondary School

路德會梁鉅鏐小學 Leung Kui Kau Lutheran Primary School

寶血女子中學 Precious Blood Secondary School

樂善堂顧超文中學 Lok Sin Tong Ku Chiu Man Secondary School

香港真光中學 True Light Middle School of Hong Kong

聖公會偉倫小學 S.K.H. Wei Lun Primary School

聖母書院 Our Lady's College

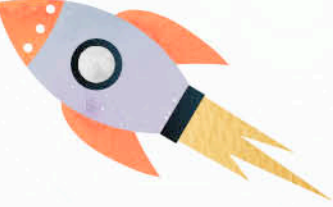
聖嘉勒女書院 St. Clare's Girls' School

港九街坊婦女會孫方中書院 Hong Kong and Kowloon Kaifong Women's Association Sun Fong Chung College

基督教崇真中學 Tsung Tsin Christian Academy

圓玄學院妙法寺內明陳呂重德紀念中學 The Yuen Yuen Institute MFBM Nei Ming Chan Lui Chung Tak Memorial College

紡織學會美國商會胡漢輝中學 TIACC Woo Hon Fai Secondary





香港
表達藝術治療
服務中心

Hong Kong
Expressive Arts Therapy
Service Center