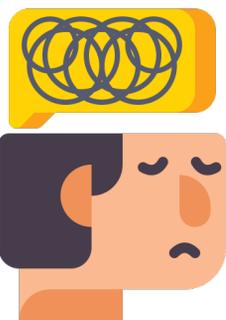


# Centre for Lifelong Education

## Workshops

# Art Therapy for Preventing Dementia

This course aims to strengthen learners' ability to reconnect with their senses and emotions through art therapy using sensorimotor processes to stimulate sensory memory, storytelling and tactile expressions. In addition to acquiring understanding of the relationship between memory and mental well-being, dementia, and ways of preventing memory loss, learners will be guided along carefully designed activities such as sensory collage painting which involves action painting; painting with food dyes, natural ingredients and spices; hand moulding with paper mache, clay work, acrylic painting and printmaking. This course is recommended for learners aged 50 and above, or anyone interested in the area of preventing dementia through art therapy.



## Course Content:

- Exploring sensory-motor processes
- Non-verbal communication through art therapy
- Haptic communication
- Relationship between memory and mental wellbeing
- Understanding dementia





# Hello!

## **Yoko Choi**

A former architect from Hong Kong, Yoko relocated to Singapore in 2013. In 2014, Yoko volunteered at a local organisation which served children and adolescents with cancer. She was also involved in community art services, supporting children with adverse childhood experiences, and people with special needs, chronic illness, cancer, and physical challenges. These rewarding experiences led her to pursue a MA Art Therapy programme at LASALLE. In 2018, she executed a pilot art programme for adults with diverse special needs in collaboration with Nanyang Academy of Fine Arts. She continues to provide art education, mentorship, curation, and wellness programmes in educational and rehabilitation settings. As a visual artist, Yoko's practice reflects on human experiences and societal issues. She is the winner of the 2016 UOB Painting of the Year, Most Promising Artist in Singapore, and will exhibit her works at the 36th Annual International Dream Conference in the Netherlands in 2019. Yoko's artworks have also been shown in group and solo exhibitions at Art Stage Singapore, UOB Hong Kong Art Space, Singaplural and Art Apart Fairs.

# Enquiries

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