



ART THERAPY FOR PREVENTING DEMENTIA (4 SESSIONS X 3 HOURS)

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



Certification:

Learners will be presented with a digital Certificate of Participation upon attaining a minimal 75% attendance rate.

Enquiries:

1) Application

Apply online during application period.
Click [here](#) on "How to Apply".

2) Contact details

Tel: 6512 1388

Email: lifelongeducation@nafa.edu.sg

Trainer's Profile:



Yoko Choi

Yoko currently works at the humanitarian mission, The Red Pencil, where she provides art therapy and designs wellbeing programmes for vulnerable populations, children, and the public. She also provides art therapy for adults with mental challenges at a disability home. Collaborating with the Centre for Lifelong Education of Nanyang Academy of Fine Arts (NAFA), Yoko teaches fine art to students of Pathlight School and conducts short art therapy courses for the public. Additionally, she also teaches a module in creative art therapy and education for Singapore University of Social Sciences. In 2020, Yoko introduced an art therapy programme at Very Special Arts to support their clients with disabilities. To date, she continues to serve as the clinical adviser of this organisation.

A former architect, Yoko relocated to Singapore from Hong Kong in 2013. Since 2014, she has worked as a volunteer art teacher with Children's Cancer Foundation and has been actively involved in various community arts projects and wellbeing programmes. Through these projects and programmes, she has served children and adults living with adversities, special needs, or chronic illnesses, as well as vulnerable families in various settings.

Yoko holds a Master of Art Therapy degree from LASALLE College of the Arts, a Master of Architecture degree from The Chinese University of Hong Kong, and a Diploma in Fine Art from NAFA. In 2016, she won the Most Promising Artist of the Year Award at the UOB Painting of the Year Awards. Although Yoko specialises in painting, she enjoys exploring different methods and mediums. Her art works have been exhibited in Singapore, Tokyo, Hongkong, and the Netherlands.