

## ART THERAPY FOR PREVENTING DEMENTIA (LEVEL 2) (4 SESSIONS X 3 HOURS)

In this course, learners will be guided through a breadth of creative processes using sensorimotor artmaking, cognitive stimulation, storytelling, memory making, and communal painting to reconnect with their self-identity, memories, thoughts, and emotions. Learners will explore advanced weaving, creative drawing, journaling, group painting, black-out poetry and memory collage. Learners will be encouraged to interact and socialise with the group through sharing their perspectives, memories, and life experiences. This course is designed for learners who have completed the course 'Art Therapy for Preventing Dementia (Level 1)' offered by NAFA CLE (or Art Therapy for Preventing Dementia before 1 March 2022) and would like to continue to explore using art therapy for preventing dementia.

### Course Content

- Sensorimotor artmaking
- Cognitive stimulation using storytelling
- Memory making
- Communal painting

### Notes for learners

1. Learners do not need to have any artistic skills or prior artistic experience.
2. This course does not qualify learners in training or practice of art therapy.
3. Learners currently receiving other forms of mental health or healthcare support is advised to continue to consult the existing healthcare professional(s)/clinician(s) for their ongoing treatment/therapy.
4. As the group may consist of learners from all walks of life and ages, learners will have the opportunity to learn from different perspectives and experiences in different life stages.



### Certification:

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

### Enquiries:

#### 1) Application

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

#### 2) Contact details

Tel: 6512 1388

Email: [lifelongeducation@nafa.edu.sg](mailto: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.