



ART THERAPY FOR SELF-CARE (LEVEL 1) **(4 SESSIONS X 3 HOURS)**

The course will provide both theoretical and art experiential learning experiences to fulfill the aims and learning outcomes. An outline of the sessions plan are described below, however art therapy works dynamically with the group of participants according to the individual and group needs, intersubjective experiences, and the emerging themes from the artmaking process in the sessions, session plans are constantly adapted to the group needs and therapeutic rationale.

Course Content

- Introduction to Art Therapy
- Managing Stress
- Emotional Awareness
- Cultivation of self-compassion

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 are 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.
5. Learners who have completed this course may continue to explore Art Therapy for Self-care (Level 2).



Certification:

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

sEnquiries:

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.