



ART THERAPY FOR SELF-CARE (LEVEL 2) **(4 SESSIONS X 3 HOURS)**

In this course, learners will be guided through a series of art therapy activities to gain deeper personal insights and awareness on self-aspects and discover inner strengths and personal qualities to improve their wellbeing. The course will cover important therapeutic topics such as inner child work, identity, trauma and letting go. This course is designed for learners who have completed the course 'Art Therapy for Self-Care (Level 1)' offered by NAFA CLE (or Art Therapy for Self-Care before 1 March 2022) and would like to continue to use art therapy for self-care and gain deeper personal insights.

Course Content

- Grounding and body regulation
- Exploring self-identity and deepening of self-reflection
- Reflecting personal, relational or existential needs
- Internal and external resources for healing

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 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.