ART THERAPY SINGAPORE – REPOSITORY

To cite:

Lay, R. (2025). *Art Therapy Singapore – Repository*. LASALLE College of the Arts, University of the Arts Singapore. Singapore.

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A. INTENTION OF THIS ART THERAPY – SINGAPORE – REPOSITORY

Art therapy in Singapore and the region continues to develop, continues to be accessed by a full range of people locally and internationally, and is a distinct mental health profession that continues to evolve and mature in Singapore and the region, accounting for the unique and diverse context in this city-state. Hence, there is a critical need to archive the significant work that is being achieved in this regard, and to consolidate an expansive archive of publications and related material that can be accessed, documented, referred to, and expanded upon through ongoing contributions by other art therapists, researchers, students, stakeholders, the industry and other kindreds invested in the mental health and wellbeing of others through creative and expressive means.

Since its early beginnings in Singapore in the late 1990s, the art therapy literature base in the context of Singapore (and Asian contexts for that matter) continues to emerge exponentially, and where appropriate and feasible, these are integrated throughout the MA Art Therapy curriculum and throughout student assignments.

Publications and resources collated here in this current version of the **Art Therapy Singapore – Repository** aim to further substantiate local and international trends asserting inclusion of a fuller range of worldviews, lived experience, cultural and context-specificity to more accurately reflect the complexities of art therapy in areas outside of its typically historical origins.

The MA Art Therapy teaching team is pleased to share this list of publications on art therapy with links to Singapore.- you may recognise several of the authors, including our MAAT alumni, postgraduate students and teaching staff.

This list is rather impressive given our relatively brief history in the local mental health and wellness landscape. It is wonderful to see this increasing collection of local context as well as the significant contributions being made by our graduates and/or their colleagues regionally and internationally.

The vision for this discipline specific repository was years in the making and was first realised in February 2023. It was shared with our key industry partners, including the Art Therapists' Association (ATAS), The Red Pencil, MA Art Therapy faculty and students, alumni, and is further archived on the Ngee Ann Kongsi Library website.

Every effort has been made to widely source and consolidate publications and materials that were readily available across databases, personal archives and/or from within the public domain – it is hoped that those accessing this document will affirm accuracy of the contents here, and provide us with any other publications and/or resources that were unintentionally overlooked at this time…for those of you with knowledge of additional publications and/or resources, please forward them onward to Dr Ronald PMH Lay at Ronald.lay@lasalle.edu.sg

Note: *this repository is to be considered a 'living' and collaborative document wherein new material will be updated and shared periodically through the contributions of others.*

B. ART THERAPY CONFERENCES HELD IN SINGAPORE

2025 Art Therapy Research – Singapore Perspectives

2025 Creative Arts Therapies Symposium 2025: Harmonising Colours: United in Creative Arts Therapies

- conference schedule

2025 Art in Art Therapy: Arts-Based Research/Practice Symposium 2025

2019 Digital International Creative Arts Therapies Symposium (DICATS): Research and Education Using Virtual Online and Live Methods (REVOLive)

- conference catalogue

2014 Embracing Ripples of Growth: An International Critical Reflection on the Discourses of Contemporary Art(s) Therapy Research & Practice

- conference catalogue

2010 The Internationalization of the Creative Arts in Therapy

- conference catalogue

C. ART THERAPY THESIS/DISSERTATIONS

PhD research:

Durrani, H. (2019). [Doctoral dissertation, Mount Mary University]:

> Durrani, H. (2021). Sensory-Based Relational Art Therapy Approach (S-BRATA): A framework for art therapy with children with ASD. *Art Therapy: Journal of the American Art Therapy Association, 38*(2), 78-86. https://www.tandfonline.com/doi/full/10.1080/07421656.2020.1718054
>
> Durrani, H. (2020). Art therapy's scope to address impaired attachment in children with ASD and comorbid SID. *Art Therapy: Journal of the American Art Therapy Association, 37*(3), 131-138. https://www.tandfonline.com/doi/full/10.1080/07421656.2019.1677063
>
> Durrani, H. (2019). A case for art therapy as a treatment for autism spectrum disorder. *Art Therapy: Journal of the American Art Therapy Association, 36*(2), 103-106. https://www.tandfonline.com/doi/full/10.1080/07421656.2019.1609326?utm_source=researchgate

Kehila, D.A. (2018). *Developing and managing knowledge and practice of care-giving: The case of Filipina domestic workers in Singapore*. [Doctoral dissertation, Lesley University].

Keng, E.S.Y. (2024). *Exploring the third space borderland in art therapy education and practice.* [Doctoral thesis, Charles Darwin University].

Lay, R. (2024). *Credentialed art therapists located in Singapore and the role of experiential learning in art therapy education*. [Doctoral thesis, The University of Western Australia].

MA research:

MA Art Therapy, LASALLE College of the Arts, University of the Arts Singapore; postgraduate art therapy thesis can be searched for through this link:

- elib.lasalle.edu.sg

Note: *as more thesis/dissertations become available, they will be added here.*

D. ART THERAPY EXHIBITIONS; ART GALLERY & MUSEUM PROGRAMMES

2025 *SPACE*, MA Art Therapy/LASALLE/UAS group art exhibition. Ngee Ann Kongsi Library, LASALLE/UAS. (29 October – 5 December 2025).

2025 MA Art Therapy, LASALLE/UAS student graduation exhibition catalogue archive

2025 There & Then, Here & Now
2024 RHYTHM: Flux, Flow, Pause
2023 transcending
2022 The Spaces Between
2021 INTER-BEING
2020 THE CURIOS COLLECTIVE
2019 inflorescence
2018 VESSEL
2017 ONTOGENESIS
2016 SYMBIOSIS
2015
2014 A.Th.R. (2014): Artists. Therapists. Researchers.
2013 9° shift
2012 CONNECTING THE **DOTS**

***Invitation to the MAAT alumni from classes of 2008-2011: if anyone has a copy of your exhibition catalogue, MAAT/LASALLE/UAS would be honoured to archive it digitally and include it in our archive**

2025 To Have and To Hold: An Exhibition of Care and Connection. Thought Partner Studio. (17-26 January 2025). https://www.artweek.sg/event-detail/to-have-and-to-hold--an-exhibition-of-care-and-connection

2025 *The Care Collection: Caring through the Arts*. National Gallery Singapore and Singapore Art Museum. https://www.nationalgallery.sg/sg/en/about/our-initiatives-and-collaborations/art-wellness/the-care-collection.html

2024 *BIG BIG small small*. Group exhibition featuring: Yenn Ang, Chee Li Ping, Roxanne Chew, Ong Gillian, Lee Sze-Chin, Lee Wan Xiang, Calvin Pang, Moni Pang, Poh Shu Ning & Vivian Wong. Art Outreach Singapore Ltd. (29 March – 7 April 2025). https://www.artoutreachsingapore.org/hearth-project/big-big-small-small

2024 ____*Space*. Art exhibition by MA Art Therapy, LASALLE College of the Arts Year 2 students. 10 Kampung Eunos Gallery Space. (3-4 August 2025).

2021 Tapestries of Grief: Witnessing through Art Therapy. Conceptualised and facilitated by Jolene Chiang. Plaza Singapura (4-25 September 2021). https://www.lasalle.edu.sg/features/feature-witnessing-grief-through-art-therapy

- Goh, Y.H. (2021). *Art show among events leading up to bereavement conference in September*. The Straits Times. (25 August 2021). https://www.straitstimes.com/singapore/community/art-show-among-events-leading-up-to-bereavement-conference-in-september

- Loh, S. (2021). *Tapestries of Grief is a new festival in Singapore that focuses on support for bereaved persons*. SG Magazine. (07 September 2021). https://sgmagazine.com/drupal/city-living/news/tapestries-grief-2021-montfort-care

2021 *FoundSpace* (2021). *Project Memors: Hawker Edition*. FoundSpace.

- Choi, Y.C.M., Bhatia, R., Boo, X.N., & Lee, S. (2021). Project Memories: A community-based arts project from an art therapy perspective in Singapore. *JoCAT: Journal of Creative Arts Therapies, 16*(1), 55-65. https://www.jocat-online.org/a-21-choi

- https://arttherapycollecti.wixsite.com/website-1/projects

- https://arttherapycollecti.wixsite.com/website-1/programs?fbclid=PAdGRleANrDqxleHRuA2FlbQIxMQABpyVg4q9UOHSapjR6DWESc08MHOO4mmitcjc9Jk4eAvRTN0l8t1zFdJ70GTea_aem_MbVR3iHwFrM-9iX8vyIgXQ

2019 An Art Therapist's Calling: Clinician, Artist, Researcher

- Ngee Ann Kongsi Library, LASALLE College of the Arts, University of the Arts Singapore

2019 *TRACES*, MAAT/LASALLE group art exhibition. Ngee Ann Kongsi Library, LASALLE/UAS. (2018-2019).

- Ma, R. (2018). Emylia Safian Talks 'Traces', an exhibition on art therapy and mental health. City Nomads. https://citynomads.com/emylia-safian-talks-traces-an-exhibition-on-art-therapy-and-mental-health/

- Welch, P.B. (2019). Traces: An exhibition that gives one pause for thought. *PASSAGE*, 7.

- Yimin, H. (2019). Emylia Safian's Traces exhibition sheds light on art therapy & childhood wounds. DANAMIC. https://danamic.org/2018/12/21/emylia-safians-traces-exhibition-sheds-light-on-art-therapy-childhood-wounds/

2019 *Shared Narratives: Museum, Memory Boxes & Art Therapy*. National Museum of Singapore. Facilitated by MA Art Therapy faculty and students. (16-24 February 2019).

- https://sagg.info/event/shared-narratives/

- Reedy, K., & Wong, D. (2019). 'Shared narratives: Museum, memory boxes and art therapy.' *ANZJAT: Australian and New Zealand Journal of Arts Therapy,14*(1), 32-35. https://static1.squarespace.com/static/62cb6c4f3dd8c74a52efdb24/t/6320098043c7631f1c3bb6ba/1663043970473/6.ANZJAT_2019-KR-DW.pdf

- https://www.facebook.com/StLukesElderCare/posts/shared-narratives-museum-memory-boxes-and-art-therapygraced-by-ms-denise-phua-ma/2494514580576233/

2019 *Art Therapy Meets*. MINDSET Care Limited with Singapore Association for Mental Health.

- Art Therapy Meets: Art Therapy and Mental Health Come Together

2019 KDF Desk Calendar & Primer 2019. Art-based collaboration between MA Art Therapy, LASALLE College of the Arts and the Kidney Dialysis Foundation.

- https://www.kdf.org.sg/event/KDF-Desk-Calendar-2019

2018 *HANDMADE*. People's Studio: Exhibitions, Installations & Workshops. Neighborhood.SG. STUDIO@Neighborhood.SG.

- https://drive.google.com/drive/folders/1p27oZK7Bpp8872di69h5yqB4mqIPnxZn

2018 *KDF Desk Calendar & Planner 2018*. Art-based collaboration between MA Art Therapy, LASALLE College of the Arts and the Kidney Dialysis Foundation.

- https://www.kdf.org.sg/event/KDF-Desk-Calendar-n-Planner-2018

- https://www.youtube.com/watch?v=HFrLbmmX8Ys

2018 *Art Exhibition: I Can Breathe*. Organised by MSD, in support of Singapore Cancer Society. MSD Pharma (Singapore) Pte. Ltd.

- https://www.singaporecancersociety.org.sg/i-can-breathe.html
- https://www.youtube.com/watch?v=bB4qEk7NOCQ

2017 *TAKE HE(ART)!* Art exhibition with a series of events; Art Exhibition (11-29 September 2017); Public Talk: Arts & Dementia (13 September 2017); Meet the Artists (14 September 2017). Co-organised by MA Art Therapy, LASALLE College of the Arts, Ngee Ann Kongsi Library, and Apex Harmony Lodge as part of Alzheimer's Action Day 2017 on the theme: Building Relationship, One Respectful Community.

- https://www.facebook.com/ApexHarmonyLodge1999/photos/take-the-heart-art-exhibition-opens-todaythus-marks-the-start-of-a-month-long-ce/167940083769378/

- https://www.facebook.com/lasalle.sg/posts/savethedates-for-take-heart-a-series-of-events-organised-by-the-ngee-ann-kongsi-/10155959640088690/?locale=es_LA

2016 *Tangible Stories*. Studio Chronotope: Curating Whampoa. Tsao Foundation and Associate Professor Thomas Kong, School of the Art Institute Chicago, supported by the National Heritage Board.

- https://www.studiochronotope.com/curating-whampoa-singapore.html

2016 *Bully Free* (Singapore). MA Art Therapy students contributed to this UK participatory arts project after being introduced to UK contributors during an overseas MAAT student trip in 2015. https://bullyfree.cchs.org.uk/about-us/

2014 *Perspectives: Art, Inflammation and Me*. Collaborative art project and exhibition between Abbvie Pte. Ltd., the National Arthritis Foundation, and the MA Art Therapy programme at LASALLE College of the Arts. Project Space, LASALLE College of the Arts, Singapore. (01-23 November 2014).

2013 Hospice Is…, MAAT/LASALLE group art exhibition with Dover Park Hospice. Project Space, LASALLE College of the Arts.

- Sim, W. (2013). *President Tony Tan launches Hospice Is… art exhibition*. The Straits Times.

2012 *Intimate Confrontations*. MA Art Therapy – Class of 2013 with Ronald PMH Lay & Kirsty McTaggart. Print Gallery, The Arts House (16-25 November 2012).

E. ART THERAPY PUBLICATIONS & RELATED TOPICS - SINGAPORE

ADA (Alzheimer's Disease Association). (2016). *Towards an inclusive society: Annual Report 2015-2016*. ADA. https://dementia.org.sg/wp-content/uploads/2021/03/ADA-AR-2015-2016.pdf

AIC Wellness Programme. *Improving the quality of life of seniors in Nursing homes and Daycare Centres: Objects, Memories, Belongings: Lions Home for the Elders with Karen Koh & Lee Sze-Chin*. AIC (Agency for Integrated Care). (accessed 27 October 2025). https://www.aic.sg/community/wellness-programme/

AIC Wellness Programme. *Improving the quality of life of seniors in Nursing homes and Daycare Centres: Objects, Memories, Belongings: Villa Francis Home for the Aged with Karen Koh & Lee Sze-Chin.* AIC (Agency for Integrated Care). (accessed 27 October 2025). https://www.aic.sg/community/wellness-programme/

American Art Therapy Association (AATA). (2020). *Featured Member: Laurence Vandenborre, MA, AThR*. (29 January 2020).

American Art Therapy Association (AATA). (2017). *Featured Member: Ronald P.M.H. Lay, MA, ATR-BC, AThR*. (19 January 2017).

Angell, A., & Gunaratna, R. (2012). Art of war (Chapter 11). In A. Angell & R. Gunaratna, *Terrorist rehabilitation: The U.S. experience in Iraq* (pp. 303-330). CRC Press; Taylor & Francis Group. [authors interviewed art therapists and art therapy educators Elizabeth Coss and Ronald PMH Lay, pp. 322-325]. https://www.taylorfrancis.com/books/mono/10.1201/b11028/terrorist-rehabilitation-ami-angell-rohan-gunaratna

Anis, N.A.A. (2024). *Lebih 600 karya dipamerkan di Pameran LASALLE 2024* [interview with Aisyah Mariah Jailani]. Berita; Mediacorp Ptd Ltd . (07 May 2024). https://berita.mediacorp.sg/singapura/lebih-600-karya-dipamerkan-di-pameran-lasalle-2024-845756

AsiaOne. (2025). A modern take on traditional Indian art in Singapore. Threads – AsiaOne. https://www.dailymotion.com/video/x9mhxvi

Assisi Hospice. (2024). Young child obtained closure through art therapy. Assisi Hospice. https://www.assisihospice.org.sg/grief-stories/young-child-obtained-closure-through-art-therapy/

Aw, H.Z., & Chan, J. (2017). Serving and journeying with cancer patients: The Singapore Cancer Society Rehabilitation Team is a multidisciplinary team of rehabilitation therapists critical for a holistic approach to rehabilitative management. *The Hospice Link Sep-Nov*, 17. https://www.singaporehospice.org.sg/wp-content/uploads/HL3-2017SepEN.pdf

Balthazor, K., Goddard, D., Liu, S., Marino, R., Marnau, M., Moore, S., Reiersen, W., Rowlands, E., Chan, S.Y., Takashina, K., & Walters, A. (2025). The autistic student's perspective: Training the trainers. In M. Marnau (Ed.), *On being an autistic therapist*. PCCS Books. https://www.pccs-books.co.uk/products/on-being-an-autistic-therapist

Baraba, M. (2024). *I AM NOT OKAY: A mental health guide for parents and caregivers to self-harm and suicidal ideation*. Psych Connect. (15 February 2024). https://www.psychconnect.sg/updates/2024/02/15/i-am-not-okay-a-mental-health-guide-for-parents-and-caregivers-to-self-harm-and-suicidal-ideation

Baraba, M. (2023). *Art psychotherapy: Nurturing wellbeing through creativity*. Psych Connect. (12 July 2023). https://www.psychconnect.sg/updates/2023/07/12/art-psychotherapy-nurturing-wellbeing-through-creativity

Bennett, K.K., & Kehila, D.A. (2021). Art therapy with foreign domestic workers in Singapore. In V. Huet and L. Kapitan (Eds.), *International advances in art therapy research and practice* (pp. 224-232). Cambridge Scholars Publishing. https://cambridgescholars.com/product/978-1-5275-7273-7-2/?fbclid=IwAR2aCFBoFEXm7pRItzE_0C5YYHwiqejtVBZ2qR-bkHOGyCVRiSp4dvuwe5E

Boh, S. (2016). *Art therapy for seniors at risk of dementia: 30 in local study will visit museums and be tracked for improvements in cognition*. The Straits Times. (08 April 2016). https://www.straitstimes.com/singapore/art-therapy-for-seniors-at-risk-of-dementia

Bowen, H. (2024). *Graduate outcomes and core competencies for Masters level creative arts therapy graduates*. ANZACATA Co. Ltd. https://www.anzacata.org/Sys/Store/Products/352491

Bovornkitti, L. (2015). The first ASEAN art therapy conference. *Fine Arts International Journal, Srinakharinwirot University, 19*(1), 127-132. https://so01.tci-thaijo.org/index.php/jfofa/article/view/92953

Broad, A. (2022). Experts & Advice: What is art therapy, and do you need it? Honeykids. (26 August 2025). https://honeykidsasia.com/what-is-art-therapy-and-do-you-need-it/

Bruce, N. (2021). Art is more important for your mental health than you might imagine [interview with Wendy Lim]. *yahoo!news*. (30 November 2021). https://sg.news.yahoo.com/art-therapy-is-more-important-mental-health-wellbeing-043006262.html?guccounter=1

Chan, C.P.Y., & Kang, N.Q.Y. (2025). Exploration of symbolism in art therapy: Self-care for early intervention. *Envisage: The Canadian Art Therapy Online Magazine*. https://www.canadianarttherapy.org/blog/2025/aug/chan-kang

Chan, J. (2017). Life after cancer treatment: Finding a safe space. *ANZATA Singapore News - PRESENT, 6*, 32-33.

Chan, S.Y. (2025). Art therapy, somatic experiencing and empathy. In M. Marnau (Ed.), *On being an autistic therapist*. PCCS Books. https://www.pccs-books.co.uk/products/on-being-an-autistic-therapist

Chan, Y. (2014). Creating changes: Reaching out to China. *Singapore Art Gallery Guide, 10*(4), 10-11.

Chan, Y. (2014). Creating changes: Art therapy with caregivers at Muscular Dystrophy Association Singapore. *Singapore Art Gallery Guide, 10*(3), 16-17.

Chan, Y. (2013). Creating changes: Art therapy with the seniors. *Singapore Art Gallery Guide, 9*(8), 6-7.

Chan, Y. (2013). Creating changes: Connecting with Korea. *Singapore Art Gallery Guide, 9*(7), 6-7.

Chan, Y. (2012). Creating changes: Art therapy and social changes. *Singapore Art Gallery Guide, 8*(1), 8-9.

Chan, Y. (2011). Creating changes: Books, love, parenting and art therapy. *Singapore Art Gallery Guide, 7*(3), 8-10.

Chee, X.M., Koh, Z.Q., Tee, N.Y.S., & Fedotova, S. (2025). From there and then, to here and now: Reflections on art-making and identities through an art therapy graduate exhibition. *JoCAT: Journal of Creative Arts Therapies, 20*(1), 1-13. https://static1.squarespace.com/static/62cb6c4f3dd8c74a52efdb24/t/68622dbaecee863cba388dfa/1751264699683/RE-25-LASALLE.pdf

Chen, J.D., & O'Sullivan, J. (2023). An occupational therapist's heuristic self-inquiry using the El Duende One-Canvas Painting to explore one's emerging art therapist identity. *The Arts in Psychotherapy, 85*(102052). https://www.sciencedirect.com/science/article/pii/S019745562300059X

Choi, Y.C.M., Bhatia, R., Boo, X.N., & Lee, S. (2021). Project Memories: A community-based arts project from an art therapy perspective in Singapore. *JoCAT: Journal of Creative Arts Therapies, 16*(1), 55-65. https://www.jocat-online.org/a-21-choi

Choo, C. (2023). Seeking wordlessness: Reflections on a knitted journal. *JoCAT: Journal of the Creative Arts Therapies, 18*(2), 1-11. https://www.jocat-online.org/pp-23-choo

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Corbett, A. (2023). *We speak to an art therapist to find out how it can help your mental health* [interview with Khoo Ling In]. Gempak. (01 June 2023). https://gempak.com/rojakdaily/lifestyle/we-speak-art-therapist-find-out-how-it-can-help-your-mental-health-81352

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Divya. (2021). The use of non-traditional mediums in doll making with children who have experienced trauma. In D. Wong & R. Lay (Eds.), *Found objects in art therapy: Materials and process* (pp. 73-87). Jessica Kingsley Publishers. https://uk.jkp.com/products/found-objects-in-art-therapy?_pos=2&_sid=c5f9664e9&_ss=r

Dover Park Hospice. *Watch Channel U – Before You Go (S1 E5)*; featuring Ms Meng Joke and Dover Park Art Therapist Ms Amy Toh. Dover Park Hospice. https://www.doverpark.org.sg/patient-stories/a-safe-space-for-expression-and-healing/

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Durrani, H. (2024). Practical implications of the Sensory-Based Relational Art Therapy Approach. In, S. Aithal & V. Karkou (Eds.), *Arts therapies research and practice with persons on the autism spectrum* (pp. 55-68). Routledge. https://www.routledge.com/Arts-Therapies-Research-and-Practice-with-Persons-on-the-Autism-Spectrum-Colourful-Hatchlings/Aithal-Karkou/p/book/9781032063102

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Essame, C. (2017). Rises in Autism Spectrum Disorder and the role of art and creativity in improving social communication. *PRESENT: ANZATA Singapore News, 6*, 44-45.

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F. SPEECHES

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G. LINKS – ART THERAPY SINGAPORE AND OF INTEREST (select)

Agency for Integrated Care (AIC)

Allied Health Professions Council (Singapore)

American Art Therapy Association (AATA)

- Art Therapy: Journal of the American Art Therapy Association

Art Therapy Credentials Board (ATCB)

Art Therapists' Association Singapore (ATAS)

Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA)

- JoCAT: Journal of Creative Arts Therapies

British Association of Art Therapists (BAAT)

- IJAT: International Journal of Art Therapy

Canadian Association of Art Therapy (CATA)

- Canadian Journal of Art Therapy: Research, Practice, and Issues

Health & Care Professions Council (HCPC) (UK)

- Arts Therapists
- Professions and protected titles

International Association for Creative Arts in Education and Therapy (IACAET)

- CAET: Creative Arts in Education and Therapy: Eastern and Western Perspectives

MA Art Therapy, LASALLE College of the Arts, University of the Arts Singapore

National Mental Health and Well-being Strategy 2023

NHG Health

Personal Data Protection Commission (PDPC)

Singapore Statutes Online: Official Secrets Act 1935 (2020 revised edition)

superhero me: https://www.superherome.sg/projects/

The Red Pencil (Singapore)

ACKNOWLEDGEMENTS

Dr Malar Villi Nadeson, Director, Ngee Ann Kongsi Library, LASALLE College of the Arts, University of the Arts Singapore

Division of Communications, LASALLE/UAS

All authors, colleagues, art therapists, postgraduate art therapy students, professionals, caregivers, creative arts therapies associations, settings, stakeholders, current and yet-to-be industry partners, kindreds, artists, communities, individuals, and participants who are fully engaged with incredibly creative, meaningful and live-changing work that clearly evidences impact in terms of the mental health and well-being of substantial numbers of people and communities across the life span.

All writers and interviewers who have and continue to document the significant work being achieved in Singapore, the region, and globally, especially in regard to art therapy, art therapy education, and Arts in Health overall.

All platforms and arenas that generously acknowledge art therapy and share stories, services, resources, publications, research and inspiration in this regard.

ON-GOING INVITATION

We welcome your comments, feedback and contributions to ensure that the information contained within this document remains accurate and current.

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