



Artists  
**A.Th.R.**  
Therapists.  
**(2014)**  
Researchers.



Amanda Chen Yishan  
Amy Toh Ming Chuen  
Chloe Aline Marion Dunn  
Deepika Ramchandani  
Disha Dutt  
Eva San Yen Keng  
Fijeanty de Wit  
Grace M Foo  
Grace Ong Xuelin  
Krystle Teo  
Loh Wan Ting

# A.Th.R. (2014)

Low Hwee San  
Ng Hui Ling  
Ong Chui Nghoh  
Saw Kooi Bee  
Shimali Goonetilleke  
Soong Suk Lin  
Sruthi Sriram  
Sylvie Magnaval  
Tan Huang Tat (Chris)  
Yip Wan Hung (April)  
Zhou Jing Long (Eva)

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The MA Art Therapy Programme at LASALLE College of the Arts offers an internationally informed, two year, full-time art therapy training in a contemporary psychodynamic psychotherapy framework. Integrated into the curriculum are inter-subjective approaches, attachment, and trauma theory with the ability to connect these concepts through the process of creativity and expression in treatment, in the Southeast Asian context.

This training Programme achieved approval status in 2009 with ANZATA, the Australian and New Zealand Arts Therapy Association, an international professional arts therapy association. Upon graduation, our graduates can apply for the credential AThR (Registered Art Therapist) allowing them to practice as registered art therapists in Australia, New Zealand and Singapore. The Programme was validated by Goldsmiths, University of London in 2012.

The Programme maintains significant sustaining partnerships, relationships and collaboration with various industry and community partners and officially became the Educational Partner with The Red Pencil in 2012.

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**We are  
Artists.  
Therapists.  
Researchers.**

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# FOREWORD



**Ladders**  
Photography  
2014

## **MA Art Therapy, Faculty for the Creative Industries LASALLE College of the Arts, LASALLE Show.**

Although psychodynamic art psychotherapy strategically relies on the triangular relationship (complex interrelationships between image, client and therapist), the understanding of human development throughout the life cycle and psychological theory from various perspectives, and sensitivity to culture and difference, it also involves systematic, organised and structured inquiry to effectively inform and impact the overall therapeutic encounter. Observation, creative exploration and reflexivity establish the basis from which insight is supported, promoted, contained, challenged, understood and articulated.

Within the MA Art Therapy training programme trainees assume multiple roles such as artist, therapist, and researcher. These roles are carefully and sometimes precariously navigated and negotiated through active personal art practice, through practical experience by means of a substantial clinical placement within the community, and through consolidation of theory and relevant literature.

All of this contributes to the professional development and identity of an art therapist, one that is confident, competent and ethical adhering to established international best practices. Each trainee comes into a programme such as this with unique and varied experiences, skills, hopes and aspirations.

This current art exhibition demonstrates the varied talents, individuality and interests that this graduating cohort possesses and showcases the significant and valuable links that they have made with and between their artwork, research and therapy. Much of the artwork contained within are personal, reflective and explore the myriad dynamics, interpretations and experiences of providing therapeutic services to various groups of people.

This MA Art Therapy training programme has equipped each graduating trainee with a strong foundation from which they can delve deeper into the rich clinical and visual material and to aspire to attain higher degrees of insight through ongoing inquiry and investigation. As you witness and engage with this exhibition you are invited to reflect upon and consider each artwork in relation to artist, therapist, and researcher.

**Ronald P.M.H. Lay, MA, AThR, ATR-BC**



**Untitled**

Sculpty  
21 x 21 x 21cm  
2014

**AMANDA CHEN**

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Amanda is versatile and experienced in event management, advertising, graphic design and charity work. She is an enterprising and independent individual who is objective, creative and passionate. She functions effectively, both independently and as a team player. Inspired by the potential of the healing arts, she has embarked on this passionate journey of art therapy.

Her artwork is untitled to inspire the viewer to name the sculpture of a newborn baby. This task is set to challenge the concepts of self awareness, attachment and primary patterns of object relations in the viewer. Symbolic of her learning journey, which involved deep reflection through psychodynamic theories and art making processes, Amanda encourages the viewer to experience the connection, the processing of thoughts and emotion, and personal development and healing that art offers, thereby illustrating the very crux of the creative and therapeutic work of art therapists.



### ***The Rescued Accessory***

Feces of a rescued guinea pig  
20 x 15 x 1 cm  
2014



### ***Colors of the Rain***

Acrylic paint on canvas  
100 x 100 cm  
2014

## **AMY TOH MING CHUEN**

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Since she was a teenager, Amy had been interested in understanding human behavior so that she would be able to help individuals in need to improve their emotional and psychological well-being. This led her to pursue a bachelor's degree in psychology. Her passion in helping people in need motivates her to constantly improve herself in order to be of better help to them. Thus, after two years of working as a researcher in the advertising and media industry, she decided to pursue a master's degree in art therapy at LASALLE College of the Arts.

Amy is also an animal lover and pet owner to three guinea pigs. In her artwork, she used the feces of her rescued guinea pig to create a necklace. Through the artwork, Amy hopes to sensitize people to animal adoption and create public awareness on the high rate of animal abandonment in Singapore.



***A Feather's Journey to Safety***

Paper  
237 x 184 cm  
2014



**CHLOE ALINE MARION DUNN**

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Chloe Dunn is a strong believer in the healing power of art. She aspires to encourage, strengthen and even challenge viewers through her art works.

Much like a feather, a human life is exquisite, yet delicate and fragile. A single feather is subject to winds which can sweep it to places unknown, into unforeseen circumstances beyond its control. Therefore, throughout life's toss and turns, it is imperative to cultivate strong ties. To weather the storms of life, we must seek out friendships that can be counted on, relationships that we feel safe in. With the support of others, together we are not easily swept off our feet. Collectively, we draw closer to the safety found in the strongest bond between a mother and her child. Finally, protecting our foundation is a higher power, represented by the transparent glass, providing a safe base for the feathers to rest on.



**Hope**

Clay  
Dimension variable  
2014



**DEEPIKA SUNDER RAMCHANDANI**

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After living in India, Australia and Singapore, Deepika recognised that her calling is in a field that creates value in the lives of others as well as within her own. The Master's in art therapy presented her with an opportunity to work with people with physical disabilities and mental illness, and this further informed her cognizance toward people, emotions and life.

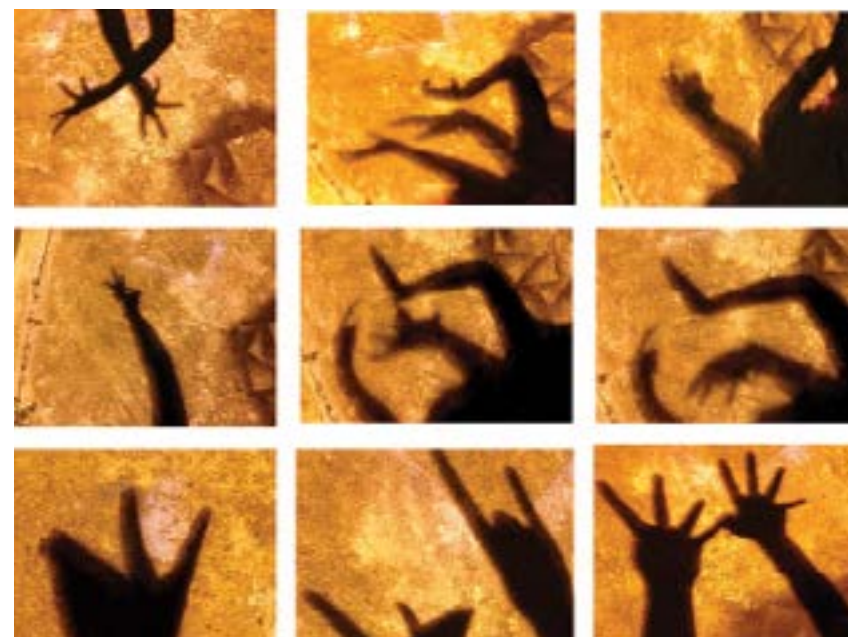
The artist uses Kintsugi, a technique used by the Japanese to aesthetically repair broken pottery. The motivation to understand one's experiences when *broken* and the different approaches one takes to self-regulate is what leads to the making of this artwork. Through this metaphoric representation of the artist's personal and professional life, she aims to instill the idea of *hope* in her viewers. Hope for repair to take place in relationships, and in the mind and soul of an individual. Hope, not only for themselves but also for others.





***Silhouette of Memories***

Photography  
74 x 105 cm  
2014



**DISHA DUTT**

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Disha is a graduate of fine arts specializing in painting from the Maharaja Sayajirao Univeristy in Vadodara, India. An interest in psychology, and the belief that art could be therapeutic brought Disha to the MA Art Therapy course at LASALLE. Apart from painting, Disha has had experience in printmaking and sculpture as part of her graduation program. She intends to continue developing and building her knowledge on art therapy and its therapeutic benefits for various populations.

This series of photographs attempts to illustrate the various emotions related to endings in therapy. The colours and the basic format of all the photographs are the same. However the gestures of the hands differ in all the photographs. This is symbolic of the idea that even though the basic essence of therapy remains consistent, the imprint and shadow that each client leaves on the therapist varies with the time, situation and client group.



***Worm-hole***

Mixed media  
15.5 x 13.5 cm  
2014



**EVA SAN YEN KENG**

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BA of Arts (Social Sciences) MA in English Literature MA in Art Therapy

Eva loves art, breathes art, lives art. The flow of her life experiences has eventually inspired her to undertake learning in the Masters of Art Therapy at LASALLE.

She is a Jill of many trades and hopefully a Master of some. An artist, a feminist, a hungry bookworm, she believes healing the world starts with being a witness to beauty in our day-to-day experiences.

*Worm-hole* explores a mother's ambivalence in raising her child. The artwork challenges the societal expectations placed on mothers to be *perfect* and *self-sacrificial*. Working with mothers of children with special needs as an art therapist intern has made her reflect deeply upon their non-normative maternal experiences. She wishes to evoke empathy in regard to the mothers' struggle, not forgetting their strength and resilience in surmounting challenges through their maternal efforts.



### ***Colliding Realities I***

Analog photography  
40 x 40 cm  
2013-2014



### ***Colliding Realities II***

Analog photography  
40 x 40 cm  
2013-2014

## **Fijeanty de Wit**

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Born and raised in The Hague, The Netherlands, Fijeanty de Wit is a graduate of Art Foundation from Newcastle College (diploma) and a Bachelors Degree in Interior Design from Northumbria University, Newcastle, UK. She has recently completed her Masters in Art Therapy. 'Expressing feelings through words can be limiting' - Fijeanty hopes to enable others to express their inner emotions and thoughts through the process of art-making.

A photographer, artist, traveller and yoga enthusiast, Fijeanty began her photographic journey using Analog Film. *Colliding Realities* is a series of images that encapsulates her experience of moving from Europe to Singapore. Initially she found the two realities to clash, yet discovered an emerging fusion creating a whole new image. Through the use of analog images from Europe and Singapore she created an integration. One experiences colliding realities everyday, any interaction is a collision, yet it is up to us to integrate it.



Above:  
**Isolation**  
Ink on paper  
45 X 45 cm  
2014



Left:  
**Tension**  
Ink on paper  
45 X 45 cm  
2014



**Resolution**

Ink on paper  
45 X 45 cm  
2014

**GRACE M FOO**

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Prior to art therapy training, Grace worked in research (high performance) computing, utilizing her education and interests in physical and computing sciences. Later, she pursued new interests in counselling and art, which converged in art therapy. Grace has a passion to work with young people, helping them strengthen their sense of self and form their identity. The art therapy journey also helped her explore her identity as an artist.

The artwork was inspired from a clinical internship with adolescents, and also reflects interests and experiences in art. It comprises three pieces as visual metaphors of the states of isolation, tension and resolution. Isolation is a single horizontal stroke in Chinese calligraphy representing aloneness of the self. Tension captures the imbalance of the state, also incorporating elements of the self in opposition. Resolution is an imprint, representing a coming to completion.





***It's a Pretty Useless Thing***

Mosaic on ukulele  
70 x 15 x 7 cm  
2014

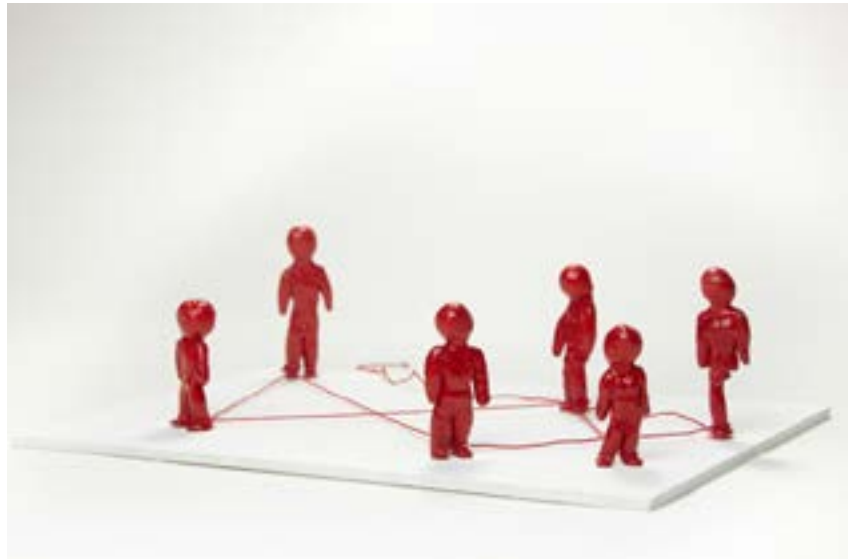


**GRACE ONG**

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In this two-year journey of discovery in the MA art therapy program, the privilege of working with adults in palliative care and children with trauma has inspired her to facilitate an environment for individuals to experience healing through expression in art. Her personal artwork uses an array of materials and the process usually involves putting things together.

*It's a Pretty Useless Thing* features a mosaicked, string-less ukulele. By removing the strings of the ukulele and mosaicking it in pretty colourful glass pieces, it has lost its value in rich music making, akin to losing its soul. We too can lose our humanity to the pretty and useless things around us as we get swept up in the silent but powerful process of materialism. It is a reminder that the value of our intrinsic selves is far greater than any external beauty.



***The Thread That Binds***

Thread and clay installation

30 x 22.5 cm

2014



**KRYSTLE TEO**

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After graduating from the National University of Singapore with a major in Psychology, Krystle has worked with children with autism. From there, she experienced the potential of art making as a creative modality for self-expression. As an art therapist, she aspires to bring the benefits of art therapy to a wider population and to increase awareness that art making can be a process where people authentically express themselves. She also has a strong interest in humanitarian missions where she can offer art therapy to individuals caught in overwhelming situations or crisis in the region.

*The Thread That Binds* features miniature clay figurines of various shapes and sizes, suggesting human diversity. This art installation speaks to an inherent interconnectedness in our human existence, which finds expression in the continuous meshwork of red threads, and the hopefulness that this connectivity will surpass our apparent differences.



**Diary**

Hand stitched book  
50 x 30 x 7.5 cm  
2014



**Black Pool & Beginnings**

Hand stitched books  
35.5 x 18 x 0.5 cm, 30 x 21 x 1 cm  
2014

**LOH WAN TING**

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Trained in graphic communication, Wan Ting's approach transcends the borders of art, design, and installation. Fascinated with the potential of encounters for play, chance and happenings in our surroundings, Wan Ting draws inspiration from everyday objects, people and little stories as an artist. Her artworks explore the relationships between individual narratives and objects in relation to time, memory and participation.

*Diary, Black Pool and Beginnings* is a series of hand-stitched books that explores personal narratives and memories. A performative-based experience that hopes to evoke thoughts and actions through an act of exchange.



Above:

**Portrait**

Found objects  
26 X 2 X 34 cm  
2014

Left:

**Ring**

Found objects  
5 X 5 X 6 cm  
2014



**Trophy**

Found objects  
23 x 8 x 29 cm  
2014

## LOW HWEE SAN

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Formerly a teacher, Hwee San was drawn by the healing potential of art and how art therapy connects her love for the arts, and commitment to reach out to the disadvantaged in the community. Her previous experience as an educator has exposed her to social issues as she engaged the community together with her students through service-learning. As a recipient of the Lien Foundation Scholarship for Social Service Leaders 2013, it is Hwee San's desire to work with youth with history of abuse in particular, to journey with them at a deeper level through the art therapy modality.

*Tribute* is a collection of three pieces of found object sculptures: *Ring*, *Trophy* and *Portrait*. *Tribute* seeks to engage viewers in pondering, questioning assumptions and re-evaluating the value and place of the *neglected* in their own lives, be it the disadvantaged in our community, family members or aspects of themselves.





***Interactions***

Mixed media  
38 x 38 cm  
2014



**NG HUI LING**

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Hui Ling was involved in the theatre industry for 12 years as a stage manager before embarking on her art therapy journey. This suits her wanderer nature and she seeks to continue her learning expedition in this milieu that does not fail to fascinate her.

Interactions between

spices:clients/

agar:setting/

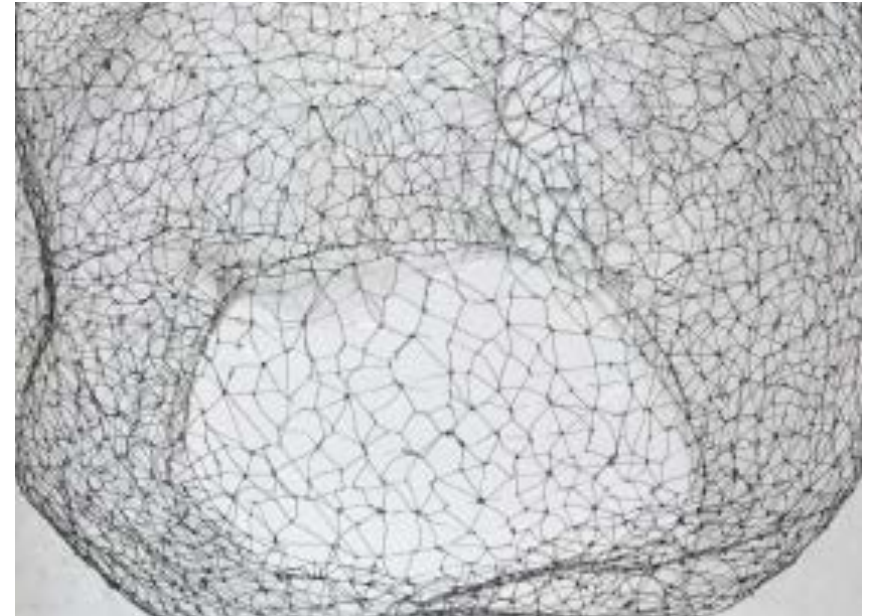
dish:art therapist

Awareness/Containment/Witnessing/Expectations/Perseverance



***Inclusion***

Wood & wire installation  
76 x 76 x 50 cm  
2014



**ONG CHUI NGOH**

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Chui's interest in people motivated her to specialise in the field of human resource development. This brought her to Australia, where she completed her Master's of Training & Development at University of Melbourne. Her desire to work at a deeper level with individuals has led her to the recent completion of her MA in Art Therapy at LASALLE College of the Arts. Chui loves the outdoors as it energises her, and often brings her new learning.

Working with people with autism has inspired her to create this artwork. Although society promotes inclusion of this population, individuals with autism are often expected to fit into the social norms. Is this considered as inclusion? The artwork aims to raise awareness about the dilemma of inclusion and mirrors the potential harm affecting people with autism. As you view the artwork, think about the meaning of inclusion and how you can make it possible.



***Celebration of Life***

Balloons  
150 x 15 x 0.5 cm  
2014



**SAW KOOI BEE**

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We die, and so we live. We choose how we want to live, how far we want to go, we create what we want in life, and we leave a mark in our life, in our name. We celebrate as we live, and we die. Time passed, things fade, but we live, at least, NOW.



### ***Move***

Photography  
150.48 cm  
2014



## **SHIMALI GOONETILLEKE**

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Shimali received her Bachelor of Science in psychology from the Missouri University of Science and Technology in the U.S.A. Upon completion of her degree, she volunteered in art-based projects that were in the areas of mental health and post war trauma. Recently, she completed her Masters in Art Therapy at LASALLE College of the Arts. During her training, she worked with two populations, which were adults with addictions and children who have undergone trauma, namely abuse and neglect. These placements have helped Shimali to become more aware of these populations and have especially increased her passion in working with populations that have undergone trauma. Shimali, hopes to return to her country, Sri Lanka, to provide art therapy to those who are less fortunate.

*Move* is an expression of joyful movement, which plays with reality and encapsulates a dialogue between the external world and the individuals that have been transformed into gestures.



### ***Emotional Drought***

Dried leaves and recordings of people talking

Dimension variable

2014



## **SOONG SUK LIN**

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Suk Lin enjoys working with people and believes that learning is a journey of seeing beauty, hearing music, perceiving truth and having the heart set on fire for this quest. Suk Lin firmly holds to the belief that all should be given the wonder of free expression in learning and communicating through art.

The title of her art work is *Emotional Drought*. It is to depict the possible emotional dryness of people in society. There may be many exchanges of words in everyday conversations, but at the end of those conversations, one may find that there is no connectedness with the other, there is only exchange of words, and one is left emotionally dry. Gradually, the feelings are left to decompose and break into pieces. A collection of dried leaves fallen from trees and recordings of people talking in the background are used to express this idea.

WHAT DO  
GRAVITY, A PUNCH AND AN EMPTY STAGE  
HAVE IN COMMON?

***The Hiccup***

Vinyl Sticker  
42 x 29.7 cm  
2014

**SRUTHI SRIRAM**

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The drudgery of everyday life charts our journey in the search for meaning, as a mode of response to our existence based on the experiences we encounter and the diversity of patterns in which it occurs. This riddle is an ode to such a journey.

A discipline is when you consciously follow a path, not knowing where it leads, but understanding what it can yield. Enriched by the learning gained through 10 years of practicing the Indian classical art form of Bharatanatyam, Sruthi's journey to understand the flow of expression and creation of experience, has led her through a Bachelors in Electronic Media, engaging with art forms of film, animation and sound, landed her a career in advertising as a copy writer, and through realization of the art inherent in the nature of being, brought her to complete a Masters in Art Therapy at LASALLE College of the Arts.





***The Tap of Art Therapy***

Mixed media  
50 x 25 x 20 cm  
2013



***Layers***

Found object  
25 x 20 x 15 cm  
2013

**SYLVIE MAGNAVAL**

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Paris, Lawyer  
Singapore, Mother  
Washington DC, Sculptor, Metal  
Singapore again, Art Therapist, Sculpture, Found Objects.

*Layers* is a piece of a city, collective unconscious. A piece of my mind, what lies behind the marble? Artist reflection on the correspondences between the hidden layers of a prosperous city and human mind.

*The Tap of Art Therapy* - Mirroring and holding, until it can bounce back. Opening, letting flow, but how much is too much? Artist reflection on the processes of art therapy and its social role.



**Half/Full**

Acrylic paint and wax crayon on square canvas  
76.2 x 76.2 cm  
2013



**Oope**

Acrylic paint on round canvas  
81.28 cm  
2014

**TAN HUANG TAT (CHRIS)**

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Chris' art therapy experiences include working with the elderly and children with learning disabilities. His creative approach helped him to devise age-appropriate art therapy programs for the elderly, as well as fun art-making activities for children. Chris was awarded a BA in Graphic Design by LASALLE in 2008. He has previously worked as a project manager and social media consultant in the IT industry. Therefore he is keen to promote art therapy for working adults and use social media to reach out to the wider community in Singapore. Chris is a recipient of the LASALLE Scholarship (Master of Arts).

*Half/Full* depicts *emotional diarrhea*, where bursts of pent up emotions are released through the opening at the center of the painting. *Oope* depicts the ambivalent mother-child relationship. The word is an onomatopoeia for the reserved exclamation of the mother's pain when the feeding baby accidentally bites her breast.





### ***Self Reflection***

Accordion Book (66 pages)  
12 x 18 x 5.5 cm (when closed)  
2013-2014



### **YIP WAN HUNG (APRIL)**

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April holds an MPhil degree in psychology from the University of Hong Kong. In the past, she has conducted research in dementia and health care. She has also worked as an illustrator. Her passion in both psychology and art drove her to pursue an MA in Art Therapy. During her art therapy training, April had opportunities to work with older adults in a nursing home, pre-school children with autism at an early intervention centre, and young adults with cerebral palsy in a day centre.

The artwork *Self Reflection* is part of April's journey of self-discovery during her art therapy training. Self-reflection is a process of exercising introspection and reflecting on one's sense of self in order to increase one's self-awareness. It is an essential component in an art therapist's training. Through a series of self-portraits drawn from August 2013 - April 2014, April practiced self-reflection and attempted to gain a deeper understanding of herself.



***Acceptable & Releasable***

Oven-bake clay  
6 x 7 x 10 cm  
2014



**ZHOU JING LONG (EVA)**

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Following an education in musicology and fueled by her passion for psychology, Jing Long moved to Singapore to pursue a Masters in Art Therapy at LASALLE when she became aware of the healing effects of art, in an effort to achieve her childhood dream of helping people. During her two-year study and clinical practice, witnessing the potential of the discipline to reach out to different populations has strengthened her determination to be an art therapist.

Touch and movement are primal modes that help people to get in touch with their intuitive selves. This work attempts to explore the role of the art therapist during the clay modeling process. The artist realized that an art therapist needs to accept imperfections and release personal obsessions before assisting clients to deal with their imperfections and issues. Thus, accepting what we can accept and releasing what we cannot change becomes the concept of this artwork.

# AFTERWORD

## AFTERWORD



**Alphabet Soup**  
Photography  
2014

This exhibition speaks to many of the key themes that arise in the journey and practice of the art therapist in training, as experienced and deeply felt by each individual within this graduating cohort. In this training, students engage not only in rigorous academic work but also as you have seen within each exhibit, with the process of delving into their own psyche, building sensitivity, to diversity, emotional complexity and in their own experience(s). In this, each has found a place to think, a challenge, an opportunity to deconstruct to rebuild, ideas, re-experience, self, in relation to other.

One of the wonderful contrasts of an art therapist and art therapy training sits in words and experience. On the academic side the students have had to negotiate words, how to understand them and how to write with them. So many words, words with rich ideas behind them, the poetry of relations, emotion and being as expressed through art psychotherapy and psychodynamic theory, with its multiplicity of meaning, history and approach. On the clinical and practical side an art therapist has to develop the ability to sit without words, with silence, when no words are possible or necessary.

The art therapist facilitates a space for a person to renegotiate in art media the raw experience before words were found. To create words of meaning for our clients who cannot find how to express, for words to be deconstructed, to become meaningless, when the art, the process says it all, we sit without words with a person creating, recreating their being, within the potential space.

As Ron has described we aim to provide each student with the core skills and foundations of art therapy helping our students to develop the boundaries that enable growth, and the knowledge to become a professional art therapist.

As letters give form to words our students leave with new letters to their names, M. A., A. Th. R, this new alphabet is an underpinning and a starting point of much more learning. These building blocks described, the a's and b's of the profession of art therapy have enabled the graduates to begin to explore and put the pieces of our practice together, each individual creating their own contribution to this alphabet and constructing and reflecting in their own unique language.

As can be seen each artist, therapist, researcher represented here is driven by a passion to provide a compassionate service for the emotional welfare of people that they have met and will meet as they continue to wander through the 'enchanted wood' (Soong, S.L. 2014) of words, learning, of art and art therapy.

**Kirsty McTaggart, PGDip, BA Hons Fine Art, HPC RaTh (Art), BAAT**

# THANK YOU

## ACKNOWLEDGEMENTS

Our most heartfelt thanks to

**Mr Ronald Lay**

for his leadership of the programme and guidance over these 2 years.

We also wish to show our deep appreciation to

**Ms Kirsty McTaggart**

for her patience in guiding and supervising us especially in our clinical work.

Most sincere thanks also to

**Ms Emylia Safian, Ms Shubigi Rao and Ms Joanna Tan,**

for their time spent in supervising us, and

**Ms Marianne Teo and Ms Laura Ngai,**

for sharing their expertise, contributing to our development as art therapists.

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**Faculty for the Creative Industries**

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**Division of Communications & Advancement**

**Institute of Contemporary Art Singapore and**

**The Ngee Ann Kongsi Library**

Besides our lecturers, supervisors and LASALLE, we are grateful to

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for their continuous support of our programme.

Last but not least, we wish to thank

**our clients**

for allowing us into their world, to learn from them and their artworks.

Photography credit:

**LASALLE College of the Arts.**

pg. 8,10,12,14,15,18,19,22,23,24,25,26,27,  
28,29,30,31,32,34,40,41,46,48,49,50 & 51

**Ronald Lay**

pg. 5

**Amy Toh Ming Chuen**

pg. 11

**Chloe Aline Marion Dunn**

pg. 13

**Disha Dutt**

pg. 16/17

**Fijeanty de Wit**

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**Ng Hui Ling**

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**Ong Chui Ngoh**

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**Matthew Barauskas**

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**Shimali Goonetilleke**

pg. 38/39

**Hariharan**

pg. 42

**Sylvie Magnaval**

pg. 44/45

**Tan Huang Tat**

pg. 47

**Kirsty McTaggart**

pg. 52



Partner institution:  
**Goldsmiths**  
UNIVERSITY OF LONDON