

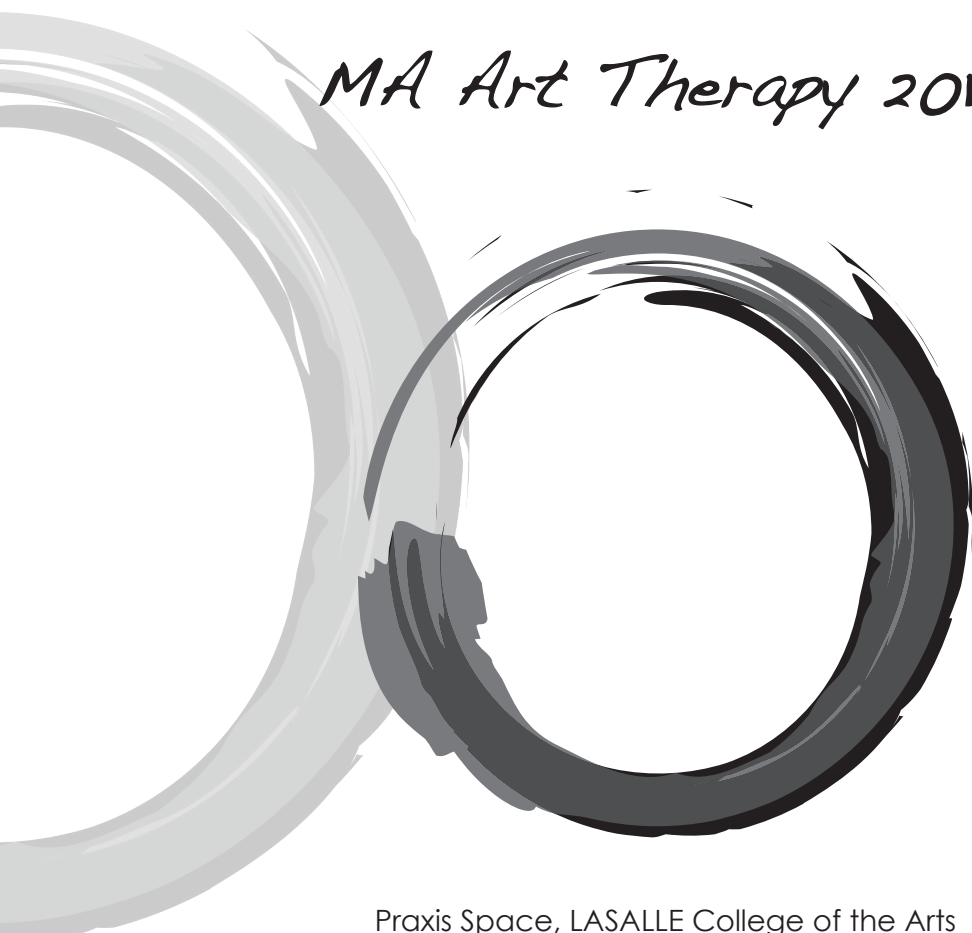


LASALLE College of the Arts
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Partner Institution:
Goldsmiths
UNIVERSITY OF LONDON

MA Art Therapy 2015



Praxis Space, LASALLE College of the Arts
21 May - 3 June 2015



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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 the Australian and New Zealand Arts Therapy Association (ANZATA), 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.

For Programme enquires, email: admissions@lasalle.edu.sg, or call +65 6496 5111

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FOREWORD

The very act of creating art involves leaving a mark, leaving an impression. Attempts to make sense of these through a conscious process of *looking at*, *being with*, and *witnessing* are further enriched through a sensitive reflexive process. Similarly, engaging in the therapeutic interchange, such as through psychodynamic art psychotherapy, marks and impressions, whether actual, symbolic or psychological are made, encountered and considered. These marks and impressions are complex, multi-layered and impact both the artist/audience, therapist/client, and within this MA Art Therapy training programme, the lecturer/student and researcher/participant.

This current exhibition by the graduating MA Art Therapy students involves a strategic interplay and expression of both the art making process and the consolidation of theory, best practices and application. A range of human emotion and experience are acknowledged, interpreted and re-interpreted in creative ways. The theme of the exhibition, as represented by their collective symbol, further situates the impression(s) that this cohort has had on each other, their training, their clients, and indeed, the audience that witnesses the exhibition itself.

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

Programme Leader, MA Art Therapy

Faculty for the Creative Industries

LASALLE College of the Arts

Treads

Photography

2014

FOREWORD

The 2015 Master's graduates in art therapy are distinguished by their awareness of the connection between the individual and collective in caring for those in need. I had the honour and pleasure of meeting these future art therapists during the formulation of their research interests. I was greatly impressed by their depth, creativity, and deeply ethical examination of interests in inquiry. This catalogue of art and dissertation research reflects not only the students' awareness of the emotional and psychological impacts of art therapy but also concern for the social realities of their practice within a range of contexts, from schools and institutions to hospice, shelters, residential, and medical facilities. Their experiences provoked inquiry into how art therapy fosters resilience, manages change, provides emotional support, or connects people to their cultural memory. They have shaped these and other compelling questions into artistic responses, visual narratives, digital media, pictorial language, and detailed case studies. We celebrate these compassionate art therapists for work that reflects a willingness to be present to others. And this is a very great gift to our world.

Lynn Kapitan, PhD, ATR-BC

Professor and Director of Doctoral Art Therapy at Mount Mary University
Past President of *American Art Therapy Association*
Former Editor of *Art Therapy: Journal of the American Art Therapy Association*

FOREWORD

In chalk and other outlines

So what is a graduation show? Is it a culmination, a corpus or a corpse? Is it a bookmark, a postscript, an end-note (sweet swan-song!) or a mere academic footnote? Does an exhibition of a group as diverse as this merely describe, like a chalk-outline, the end of an experience, or can it perhaps be seen as a sketch, a skeleton of something more, a glimmering of what is to come?

This graduating cohort of 2015, from the MA Art Therapy Programme at LASALLE College of the Arts, Singapore will showcase briefly, too briefly, their ideas and skills in "O," an exhibition of work that runs the gamut from the elegiac, the poetic, the private, to the provocative and the whimsical. It has been a privilege (again, too briefly) to work with a group of current artists and future therapists whose world-views are exquisitely distilled into the visual forms that you see between these pages. Making art is more like making war than love sometimes, and much like both it can only be best read after the fact. And so with the benefit of a certain wistful hindsight it is my privilege and pleasure to introduce you, the reader, to this catalogue of voices from the graduating MA Art Therapy cohort of 2015.

Shubigi Rao

Artist, Writer and Lecturer



ANCHANA MEEMOOTTI

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Untitled

Digital print on fabric

100 x 100 cm

2015

Anchana holds a BA degree in Art Education from Chulalongkorn University in Thailand. She used to be a part-time art teacher and full-time graphic designer and illustrator. As her interests in art have never ceased, she decided to pursue an MA in Art Therapy to learn and understand this creative and aesthetic expression in depth. Anchana had practiced art therapy with a number of populations, including elderly with dementia in a nursing home, children with chronic illness, abused young people and children with special needs in a hospital. Her wish is to contribute to society through the method and process of art.

In art therapy practice, it is important to understand what is the possible cause that affects a person's inner conflict and difficulty. Anchana finds that "attachment theory" is one of many principles that helps therapists gain more understanding of an individual. When it comes to the final art project, she ties the idea of parent and child relationship into the work. As it relates to a connection between two people, Anchana invited her mother to collaborate in this project. The content of the art product reflects various aspects of the relationship between her mother and herself.



FRANZISKA MAGDALENA LAPPIN-SMITH

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4' 4' 3' + 1'

Photography
2015

Franziska is a qualified kindergarten teacher and psycho-motor therapist from Switzerland; she has worked in education with the international community in Singapore for many years. Combining her interest in the arts and her desire to work at a deeper level with individuals, she was inspired to pursue an MA in Art Therapy. Franziska's interests lie in working with individuals, especially with children, with physical and mental disabilities. In her clinical training she has had the opportunity to work with children and adolescents at risk, as well as people with muscular dystrophy and their families.

Franziska's experience of working with clients who are physically challenged inspired her to create *in situ* artworks, using natural materials available in the immediate environment. Walking in solitude through parks and trails, her work draws on the dynamic interaction between nature and the artist creating an awareness of our connection with nature. In places not accessible to most of her clients, she engages in a non-verbal communication with nature that mirrors the therapeutic communication she has with her clients. The artwork seeks to engage the viewer to reflect and question the value of nature, their lives and that of all members of our community.



JULIA PASIFULL OH

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Untitled

Pigment on wood

120 x 120 cm

2015

With a background in nursing and a BA in social anthropology, Julia Oh has worked as a researcher with NGOs for women in development and for eldercare in Singapore, as a volunteer in museums and as Secretary General for the World Federation of Friends of Museums. A multi-media artist, she returned to study in 2013, undertaking the Master of Arts Art Therapy at LASALLE in order to bring together her creativity and her wish to be able to support patients and their caregivers in hospice and palliative care.

Julia is interested in the dynamics of process in art making. As an art therapy student, her art has become an expression of deep personal changes in response to her studies. Viewing art works on display in an exhibition, and art therapy both deal with non-verbal communication. There is a silent, triangular dialogue that involves the artist, the image and the viewer. Julia's work explores this wordless process, whether it is her observation of the art made by her clients during art therapy or if it is art that she has created to interact with an unknown audience.



KOH JIN TIAN KAREN

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psyche

Yarn on pillow
50 x 80 x 20 cm
2015

Karen has a Bachelor of Arts in Psychology and has experiences connecting with children as an art educator. With her passion in psychology and the arts, she pursued the Master of Arts in Art Therapy. Her clinical interests include adolescents, children, trauma and self-care.

Her artwork is a personal archive on connections with explorations of the unconscious. She believes that dreams are where our unconscious dynamics are at work and that the manifestations of our hidden fears and anxieties unlock possibilities for valuable insights and self-awareness.



MA. ANDREA FRANCESCA C. LAGMAY

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Untitled

Collected objects and kinetic installation

21 x 30 x 30 cm

2015

Ma. Andrea Francesca C. Lagmay, “Franchie” for short, is a multi-disciplinary graphic artist from the Philippines who likes to dabble with technology. Her introduction to art therapy was unconventional at best. Practically non-existent in her country, she discovered art therapy while searching through potential Masters courses. Now, she sees great potential in bringing the profession back to her home country, where the community is open to exploring this therapeutic modality. Franchie hopes to put art therapy onto the radar of the Filipino community, and further develop it due to being one of the few, if not the first, art therapists upon her return.

Conceptualising this artwork involved plenty of brainstorming while thinking back on the journey as both an artist and a training Art Therapist. What stood out the most was the many connections that have been made, and how much has been learned and gained from these. Thus, this artwork represents this journey of connections through collected objects from friends and family. The piece itself is an interactive sculpture that aims to represent the lessons that are taken from connections made in life, while also being a visual metaphor for the connections, as well as how interactions may affect an individual's life journey.



MESHA GUNADY

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The feast down memory lane

Mixed Media

Dimensions variable

2015

Mesha has an interest in how the human mind works and its influence on behavior. This led her to pursue a Bachelor's degree in psychology, and later, her interests in art making and its effects on the mind led her to pursue an MA in Art Therapy. Through her clinical placements, she had the opportunity to work with the elderly at a senior's activity center and children at a special needs school. Through these placements, her contact with the clients deepened her understanding of human experiences as well as fostered a greater appreciation of humanness.

The feast down memory lane juxtaposes fond memories of the artist's childhood food. Inspired by working with children, the artist reminisced about her childhood food. Through this reminiscence, she found that food plays a role in her life. Food as nourishment. Food as the vehicle in our daily social interaction. Food as the source of comfort. As the creative process unfolded, the artist found that these foods had a new meaning for her. The food is a reflection of her growth throughout her journey as a postgraduate student.



NG JUE ANN

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樹 (Tree)

Photography

2015

During Jue Ann's undergraduate training she volunteered in an art-based studio which helped underprivileged children to express themselves through art. This experience enlightened her to the importance of artmaking, and inspired her to pursue postgraduate study in art therapy. During her training in this program, she had clinical placements in a hospital and in a community service centre. Since being on the MA Art Therapy programme, she developed a passion for working with the elderly and she gained insights on how to facilitate aging with dignity. Her understanding and communication skills with older adults have been greatly enhanced as a result of her clinical practice.

This series of photographs are a visual response of Jue Ann's journey of working with older adults in Singapore. All of the images depict different stages and circumstances that are experienced by them. These trees illustrate the subjective world which was shared intimately with Jue Ann by her clients. It has helped her to understand their longings and desires – a sense of being remembered by people whom they love and care about, or as a reflection of remembering themselves in their process of ageing.



NG YIAM HUA DIONNE

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Encounter Series - Encounter #2 (detail)

Mixed media (used book and digital prints)

Dimensions variable

2015

Dionne graduated from The School of the Art Institute of Chicago in 2004, with a focus on art history, theory, and criticism. Upon her return to Singapore, she developed an interest in how art facilitates self-expression and self-awareness, and also how it supports the healing process. This led her to enrol in the MA Art Therapy at LASALLE College of the Arts, Singapore. As a trainee art therapist, Dionne has completed her clinical placement in a children's residential home setting. She has also facilitated art therapy support for persons with progressive terminal illness at a voluntary welfare organisation. Dionne continues to be a regular volunteer at art therapy-related community events and programmes.

When one meets the other, one is never the same again.



NICHA LEEHACHAROENKUL

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An actress and a character

Tissue roll

9 x 10 cm

2015

Nicha has a background in theatre. She worked with the We Understand Group in Thailand as a social worker for children living with HIV. Creative arts were used as a tool to address the children's trauma. She is interested in children's mental health and she earned an MSc in Mental Health. This further inspired her to pursue a degree in art therapy, funded by BSI Bank through The Red Pencil Foundation. Upon graduation, she will work in the Child and Adolescent Psychiatry Department at King Chulalongkorn Memorial Hospital in Thailand as an art therapist to support children and family members who have been traumatized by their experiences.

On the stage, an actress cannot be herself, she has to become a character. The character who disconnects with her feelings. The feelings of anger, pain, and rage that the actress inevitably has to perform repeatedly. She drifts between fantasy and reality. "To be or not to be. To feel or not to feel", she says to herself. She identifies herself with the character and feels overwhelmed. Endlessly, like a vicious circle, she continues investing herself with the character until she is the character. It is as if she can no longer differentiate between her own feelings and the character's. Off the stage, she wonders who she is, herself or the character?



SANDRA FRANCINE JULIEN VERSELE

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Restoration Function I & II

Mulberry bark, silk cocoons, cricula

Dimensions variable

2015

Sandra graduated from the Paris III Sorbonne Nouvelle with an MA (Postcolonial Literature) in 1998. She then ran two careers in parallel: university lecturer of English as a Second Language by day and volunteer birth worker by night. When she moved to Singapore in 2008, she dedicated herself entirely to birth work and international missions, supporting women, children, and families in Singapore and Indonesia. But in her pocket, together with her tape measure, were always drawing pens and watercolors and the fierce desire to provide a creative therapy for all. Embarking on the Master of Arts Art Therapy has allowed her to merge her artistic talents with caring for people of all cultures and backgrounds.

Natural environments provide attention restoration. A mindful watching to bring about a healing we don't even know we need. Focusing on the micro and macro experiences of the senses, *Restoration Function I & II* cover the gap between the soothing sensory impulses to a repressed reptilian brain and the ceaseless questioning of an overburdened neocortex.



SRIRUPA BOSE

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Imprints

Permanent marker on acrylic sheets

42 x 32 x 31cm

2015

Srirupa is a post graduate in Psychological Counselling and thereafter has been associated with schools and NGOs in the capacity of a counsellor, working mostly with children and adolescents. She is also an avid painter and has always used art to express herself. Having found art as a very effective medium, Srirupa wanted to help others use art as a form of therapy, which led to her pursuing Master of Arts Art Therapy in LASALLE. Srirupa is keen to promote art therapy as she continues to volunteer to reach out to a wider community in Singapore.

Meaningfulness comes out of integration of experiences across a lifespan. When we look at a standalone image or an occurrence, we may not be able to comprehend the phenomenon. However, when we try to understand our experiences, in relation with what lies through the layers of time, it moves us towards insight and self-awareness. Through the representation of tree rings in the artwork, the artist has tried to convey, the significance of adopting an eclectic perspective to unravel these layers and perceive experiences in its entirety.



THAM YEHUI NICOLE

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CREATURES

Video installation of film stills

24 x 24 x 35 cm

2015

Nicole is passionate about working with children and supporting their holistic growth and recovery. Art therapy has enabled her to harness the healing powers of creative expression for herself, and for the children she has had the privilege of working with. Prior to pursuing art therapy, she worked in marketing communications and as a teacher for young children with autism. As part of her art therapy internship, Nicole has gained experience of working with children and adolescents with chronic illnesses and medical trauma, as well as with children and adolescents from disadvantaged families who have experienced abuse and neglect.

We live, existing together with creatures big and small. We see them in our neighbourhood park, in the lights of our city or in the skies of a foreign land. Often, we also see them within ourselves. *CREATURES* is a record of an evolving discovery of mystery, myth and imagination. These found creatures blur the lines between reality, fantasy and the unknown. Upon contemplating their existence, perhaps we contemplate ourselves.

ACKNOWLEDGEMENTS

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Besides our lecturers, supervisors and LASALLE College of the Arts we are grateful to **Australian and New Zealand Arts Therapy Association (ANZATA)** and **The Red Pencil** for the various opportunities they offer to students on this Programme.

Our final thanks go to **our clients**, who shared their life experiences with us through their art, and allowed us to gain valuable skills, insights and experience.



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Ronald Paul-Michael Henry Lay

pg. 7

Franziska Magdalena Lappin-Smith

pg. 13-14

Koh Jin Tian Karen

pg. 17

Ng Jue Ann

pg. 23-24