

# Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24



## The Melodic Brushes 心韻畫情

[Professor Rainbow Ho](#), Centre on Behavioral Health

**Date:** May 28, 2024 (Tuesday)

**Time:** 2:00 p.m. – 3:30 p.m.

**Venue:** Centennial Campus, HKU

### Overview

Expressive Arts encompasses a variety of creative mediums, such as visual arts, dance movements and music, to facilitate personal growth and improve overall well-being. It is utilised in various contexts and is beneficial for individuals of all ages and cognitive abilities, including non-clinical populations. The use of expressive arts provides an alternative avenue for self-expression and exploration. It has been shown to effectively reduce anxiety and stress, promote positive psychological outcomes, enhance communication and increase job satisfaction. This transformative process is facilitated by encouraging self-expression, active participation, imagination, and the mind-body connection through the integration of multiple art forms.

The workshop offers an opportunity for participants to get a taste of expressive arts therapy and understand how the arts-making process can help relieve stress.

### Learning Outcomes

- Obtain a basic understanding of expressive arts therapy
- Understand the experiential arts-creation process (using different art forms to express and understand thoughts and feeling)

### Learning Activities

Music, visual art, dance, and games

### Remarks

- Arts training is not required.
- Comfortable clothing is preferred.

