

Andy H. Y. Ho/Geraldine Tan-Ho

A one-day experiential workshop on Mindful-Compassion Art Therapy (MCAT)

Care of distressed clients especially those facing trauma, death and bereavement, can be psychologically and spiritually draining. Overwhelmed by such unacknowledged and unresolved emotional distress, doctors, nurses, social workers and other allied health workers often experience compassion fatigue, burnout and cynicism, all of which are detrimental to their helping capacity and professional efficacy. One way to prevent burnout and enhance self-care is through supervision that emphasizes awareness of and attention to the emotional responses of clinical work while promoting autonomy, support and meaning-making, as compared to traditional forms of supervision that focus predominantly on techniques, knowledge acquisition and case management. Integrating the practice of mindfulness meditation in art therapy based supervision, with reflective awareness complementing emotional expression, has immense potential for self-care and collegial support, of which could ultimately cultivate compassion and sustained resilience among those immersed in the fields of palliative care and bereavement support. Recent studies with clinical professionals have provided robust evidence to support the holistic health benefitting potentials of a novel supervision modality of Mindful-Compassion Art Therapy (MCAT). This one-day experiential workshop will provide participants with a unique opportunity to experience MCAT supervision that is grounded in empirical research. Through engaging in mindfulness meditation, art making, reflective writing and small group discussions, participants will learn how to apply mindfulness practice and expressive art into their own clinical work and supervision settings. Relevant research findings on the effectiveness of MCAT in promoting wellness, reducing burnout and cultivating resilience will also be shared to inform and encourage evidence-based practice and professional training management.



Dr Andy Hau Yan Ho is Assistant Professor of Psychology in the School of Social Sciences at Nanyang Technological University, Singapore. He holds a Doctor of Philosophy in Social Work and Thanatology from the University of Hong Kong as well as a Doctor of Education in Lifelong Learning from the University of Nottingham. He is an elected member of the prestigious International Work Group on Death Dying and Bereavement, a Fellow in Thanatology, a Marriage and Family Therapist, and a Mindfulness Practitioner. Andy specializes in the research and teaching of public health palliative care, dignified and compassionate hospice and

bereavement care, life and death education, psychosocial gerontology, art and wellbeing, holistic therapy and community empowerment. Based on this body of work, he has produced many acclaimed population health campaigns and short film documentaries; authored over 50 books, chapters, and articles in prominent journals such as *Age and Ageing*, *Comprehensive Psychiatry*, *Death Studies* and *The Gerontologist*; as well as presented over 100 keynotes, invited, and conference presentations across the globe. Andy's social and scholarly contributions have been recognized with distinction by the Association of Death Education and Counseling, the International Palliative Care Network, the International Academy of the Visual Arts, the Hong Kong Hospital Authority, and the Hong Kong International Cancer Congress.



Ms. Geraldine Tan-Ho holds a Masters of Social Science in Professional Counselling (Msoc.Sc) and is a Certified Thanatologist for her professional and educational achievements in the field of death, dying and bereavement. A passionate advocate for quality of life and quality of death, Geraldine has rich experience in community work for empowering social change. As a Medical Social Worker, she had supported and advocated for low-income families, sick elderly, terminally ill children and caregivers. As a Counsellor in Singapore's biggest paediatric palliative home care team, she had restructured and developed standards of

excellence in bereavement care for the caregivers and families of children and young adults who died due to chronic degenerative illness. Currently, Geraldine is Research Associate and Senior Counsellor at Nanyang Technological University Singapore, where her focuses her efforts on pioneering a novel Family Dignity Intervention for terminally ill patients and their families, with the aim of addressing the culture-specific psycho-social-spiritual needs of the Asian population. She is also the founder and Executive Director of LifeLAB Institute, which strives to abolish the taboo of death and encourage meaningful dialogue on life and mortality. Moreover, Geraldine serves as Honorary Mentor with the Star PALS (Paediatric Advanced Life Support) team in HCA Hospice Care.