



## Rainbow of Creative Arts: International Summit of Creative Arts for Therapy and Education

Beijing, China

March 9-10, 2019

Theme: Arts for Assessment?!

Rainbow of Creative Arts: International Summit of Creative Arts for Therapy and Education took place in Beijing China, March 9-10, 2019. The summit was sponsored by the **Apollo Education** directed by **Dr. Li Weixiao**. Apollo Education and Consulting was founded in 2010 by Dr. Li Weixiao, who graduated from the University of Munich School of

Psychology and Education with the commitment to the development of creative arts therapy in China.

**Dr. Li** opened the summit by sharing stories of making one change at a time for unattended heart and soul in China. **Professor Zhu Zhuohong** from the Institute of Psychology, Chinese Academy of Sciences, a renowned psychologist in China, and **Dr. Ren Feng**, a psychiatrist from Peking University Shougang Hospital also delivered opening speeches for the Summit.



This two-day summit focused specifically on **assessments in applying creative arts to therapy and education**, with invited speakers from around the world. The first day of summit took place in the grand ballroom of the Rosedale hotel in Beijing. The keynote was given by **Dr. David Read Johnson**, a licensed clinical psychologist and Associate Clinical Professor in the Department of Psychiatry, Yale University School of Medicine. Dr. Johnson is also the director of the Post-Traumatic Stress Center in New Haven Connecticut and Director and founder of the Institute for Developmental Transformations (DvT) a form of drama therapy. Dr. Johnson spoke to

over 200 attendees on screening for exposure to traumatic events in young children through drama therapy. This engaging talk was very informative, demonstrating the important work Dr. Johnson and his colleagues are doing to understand and determine when a child is experiencing extreme stress and what kind of treatment might be indicated.

Dr. Johnson' s approach, DvT, is gaining more and more attention in Beijing, as he has co-directed an **Apollo DvT** program with Dr. Li since 2014. This program has over **150** registered trainees, and graduated **21** Chinese DvT practitioners (Level 1).



Dr. Johnson' s talk was followed by **Imke Fiedler** one of the pioneers of dance movement therapy in Europe. This talk focused on a case study of a narcissistic male client in dance movement therapy. Imke Fiedler is also one of earliest instructors teaching in the **China-Germany Dance Movement Therapy Program**. This program facilitates Chinese students to get the accreditation of German DMT Association (BTD), which requires 600 contact hours of training, 610 internships hours, 130 therapy hours, 130 supervision hours, 180 dance hours, 3 exams, and a dissertation. Since 2010, this China-Germany DMT program has registered trainees around **450**, **10** of which have grown into certified BTD dance therapists. Following Imke' s speech in the morning was Dr. Jeanne Bresciani, the

artistic director for the Isadora Duncan International Institute, focusing on “The Case for Beauty: The Aesthetic Root of Wellness.”

The afternoon of March 9 started from a dance with all participants, led by Chinese dancers. This warm-up dance was followed by **Christine Isherwood** one of the pioneers in Voice Movement Therapy and in Norma G. Canner Foundation. Offering Training at Apollo Education, she is training Chinese to become certified voice movement therapists of the International Association for Voice Movement Therapy. Her talk focused on “Listening to the Voice beyond Language: Song as Container,” followed by five Expressive Therapies faculty from Lesley University in Cambridge, Massachusetts, looking at “Assessment in Expressive Therapies: Bridging Clinical, Creative and Cultural Approaches.”



After a brief overview of how the training program at Lesley University is focused each Lesley faculty member spoke about their specific expertise. **Dr. Raquel Stevenson** spoke about the history of art assessment and empathic witnessing, **Dr. Nancy Beardall** spoke about a type of dance movement therapy assessment called Laban Movement Analysis, **Dr. Rebecca Zarate** spoke about a critical social approach to music therapy assessment through clinical improvisation, **Dr. Karen Estrella** focused on the distinctions of

Expressive Arts or integrated arts approach to assessment and **Dr. Mitchell Kossak** spoke about his writings and theories of attunement in expressive arts therapy and specifically embodied empathy.

After the presentation by the Lesley faculty **Dr. Deborah Armstrong**, faculty in the counseling psychology program at Goddard College in Plainfield Vermont, presented her work on “Growing Deep Understanding through Curiosity: Embodied Clinical Intuition and holding a space for the complexity model within clinical work.”



All the presentations were then followed by the grant of a few awards, such as “Outstanding Instructor Award” “Outstanding Course Award” “Outstanding China-Germany Dance Therapist” “Outstanding Promoter of DvT” , and a lively and interesting panel discussion directed by questions from audience members.



In the evening, a banquet is held, dance types from east and west, Impro theatre, voice work, Tai Chi and Kong Fu and all spice the atmosphere up.

Moving into the second day, over 200 participants could choose to attend among **10** two-hour workshops by western instructors, **5** Workshops by Chinese instructors of creative arts, and **20** speeches by Chinese presenters.

These speeches and workshops presented by Chinese show a rapid development and a visible vitality of applying creative arts to different populations and settings around China. The clusters of presentations range from “Leading groups over 50 participants in China” , “from psychiatry to creative arts therapy and education” , “Applying Dance Therapy and Drama Therapy to the Elderly, in universities and communities” , “Applying Creative Arts to Children and Adolescents” as well as “DvT, Voice work, Duncan dance, Dream work with Chinese characteristics” . Each cluster has 3 to 5 speakers. For example, on working with children and adolescents, Chinese experts present “a model of online-and-offline parent classes” , “sex education classes for parents and preschool children: a project from Taiwan and Macau” , “Art Therapy for children with chronic diseases” , “arts therapy informed art education” , and “creative drama camp” . Workshops led by Chinese creative arts therapists range from “Creative Arts in Trauma Psychotherapy” , “how dance-movement therapy brings changes to urban populations with self-repression” , “Expressive Art Therapy for people with emotional distress” , “applying Mandala work to authentic movement among many others” and so on.

Overall this conference was a great success thanks to the dedicated work of the Apollo Education staff and volunteers. Apollo Education offers many trainings during the years in many cities throughout China, such as Beijing, Shanghai, Shenzhen, Guangzhou, Chengdu, Chongqing, Nanning, Shijiazhuang, Nanjing, Dongguan and so on. And Apollo is hosting a first **International Summit of Movement Analysis in Beijing on Nov. 9-10, 2019**, and the next Rainbow Summit of Creative Arts will take place on **May 9-10, 2020**.



Here are a few remarks from presenters after the Summit:

David Read Johnson Ph.D. The conference for me was an amazing demonstration of the potential for the creative arts therapies in China. The close collaborations between American and European professors, and Chinese faculty and students was very apparent, and workshops conducted by Chinese students were excellent. The Apollo Institute is leading the way in bringing forth the power of the arts in healing! I was honored to be present!

Imke Fiedler      Having been a presenter on dance/movement therapy at the Rainbow conference on the Creative Arts in Beijing, I experienced profound presentations of my international colleagues. The conference expressed the diversity of our approaches and the media we use for the psychotherapeutic process (drama, dance, music, art, and voice) but it also showed that we share believing in the creative process and in the principles of humanistic psychology. Additionally, I experienced the audience and the participants as curious and excited about the research and clinical cases presented. The dance and dinner and the second day workshops made this conference rich and a great platform to meet and exchange the experiences of our work from West to East and vice versa. Finally, thanks to a perfect organization of the Apollo Education- it has been a pleasure to be part of this event.

Jeanne              The 2019 International Summit of Creative Arts for Therapy and  
 Bresciani,          Education presented by the Apollo Institute in Beijing, China on March  
 Ph.D.                9-10th was an opportunity to see the fruits of the initiative and  
 Artist-in-          development of the Expressive Arts in China as founded and directed by  
 Residence,        Dr. Li Weixiao. Witnessing the joy and sense of mission in the many  
 Director Of        enthusiastic students present was testament to the impact that the  
 Education         intensive trainings and successfully completed certifications in the  
                           various therapeutic disciplines now accomplishes. It was particularly  
 Isadora             interesting as founding director of the Certificate Program in Isadora  
 Duncan             Duncan Studies I: The Training within the Apollo Institute, the only art  
 International      form offered for certification, to experience the Duncan work in tandem  
 Institute, Inc.     to the other therapeutic modalities and to appreciate their derivation  
                           from Duncan' s liberation of body, mind and spirit as prime mover.  
                           Considered the Mother of Modern Dance, and historically the original  
                           impetus behind movement therapies, dance improvisation and creative  
                           movement for children - Duncan stemmed the growth of the  
                           individual' s movement potential as deeply rooted in the self, the soul  
                           and the integration of the human being. Her legacy encompasses the  
                           goal for every person to be "a living work of art" , merging the arts in a  
                           mode embodied and ensouled toward an ideal of beauty, strength and  
                           freedom. The Summit made evident these Duncan urgencies in  
                           relationship to the therapeutic modes cogently presented by many of  
                           the top exponents in the world. Duncan' s wish that the "artists unite  
                           and create this miracle of love," was enacted in the best of possible  
                           ways by Dr. Weixiao and her Staff assuring future generations in China



much momentum toward the ultimate integration of mind, body, heart, spirit and soul and a promising legacy culturally for China' s influence around the globe.

---

Nancy Beardall, PhD, LMHC, BC-DMT, CMA  Associate Professor  Lesley University	<p>The Beijing Conference, Rainbow of Creative Arts for Therapy and Education on March 9-10, 2019 sponsored by Apollo' s International Summit of Creative Arts for Therapy and Education was a wonderful success with its many international presenters and attendees from around China. In today' s world where there is much division this was an experience of bringing all together in celebrating the creative arts in therapy and education. The keynotes were varied and covered a range of topics from drama therapy in the schools to the aesthetics of Isadora Duncan' s dance. The community of people attending were very professional (Educators, Doctors, Counselors, Students). The workshops covered all the creative arts. I left feeling inspired, connected and informed. Thank you to Smile for a very well organized conference providing the opportunity through keynotes, workshops and dinner/dancing of bringing people together.</p>
Rebecca Zarate Ph.D., LCAT, MT-BC, AVPT Assistant Professor	<p>The Rainbow conference of creative arts in therapy and education was a wonderful experience. It balanced science, research, clinical practice with a creative, fun, and energetic vibe.</p> <p>The energy of the hosts and organization of the whole event was of a high standard.</p> <p>Attendees and speakers were able to share the experience in a number of ways, including the signature wall, and the large group dancing. The most impressive thing about this conference was the level of creativity and organization, as well as the depth and breadth of presentations. The topic of assessments was the focus of the conference, which can be quite complicated to understand. The range of experiences and approaches to assessment shared amongst the variety of arts therapies and arts - based approaches was exciting and thought – provoking. Dialogue and debate with the panel occurred around current social problems such as assessing and treating addiction to areas related to internet such as gaming, and various approaches and ideas on how to assess and treat at risk children and teens.</p> <p>The international and multicultural element also provided a level of depth to discussions around cultural considerations and assessment that were extremely helpful and unique for this kind of conference.</p>

Overall, this was a wonderful conference that set the stage for discovery of new landscapes of assessing using creative arts in therapy and education.