

# CRYSTAL WONG

## HCPC-REGISTERED ART PSYCHOTHERAPIST

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I have five years of mental health experience supporting people with complex needs. I have planned and provided art therapy in an NHS secure hospital and schools. I specialise in creative, co-production, trauma-informed, non-judgemental and person-centred approaches, with a focus on clear, respectful and analytical boundaries. I effectively communicate with staff while maintaining confidentiality and flexibility.

### EXPERTISE

Assessment      Co-production      Crisis intervention      Creativity      Safeguarding  
IT skills (Zoom, Photoshop and Microsoft Office: Word, Excel, PowerPoint, Planner and Teams)

### EDUCATION

**MA in Art Therapy (Distinction)**, University of Hertfordshire      2022 - 2024

**Bachelor's degree in Psychology (2:1 Honours)**, The Chinese University of Hong Kong      2015 - 2020

### ART THERAPY EXPERIENCE

**STUDENT AMBASSADOR**, UNIVERSITY OF HERTFORDSHIRE      May - Jun 2024

- Planned and delivered two online and in-person art therapy workshops for prospective Art Therapy students, using techniques like deep breathing and progressive muscle relaxation.

**TRAINEE ART THERAPIST**, ST BERNARD'S HOSPITAL, WEST LONDON NHS TRUST      Oct 2023 - Jun 2024

- Co-facilitated four long-term art therapy groups for adults aged 18 to 56 with complex emotional needs, neurodiversity and histories of offending behaviours in a secure hospital.
- Provided individual art therapy for diverse clients, addressing mental health issues, self-harm and racial traumas, with a focus on empowerment, recovery and resilience building.
- Conducted comprehensive assessments and observations to inform risk management and evaluate therapeutic interventions.
- Developed tailor-made support plans for clients with neurodiversity and medical conditions.
- Co-produced high-quality clinical notes, reports and referral letters, using clear, concise and non-pathologising language.
- Presented and contributed clinical insights to support the Care Program Approach (CPA) process.
- Collaborated effectively with multidisciplinary teams, including nurses and social workers, enhancing coordination of care and facilitating smooth transitions.
- Actively participated in supervision, reflective practice, and ongoing professional development.
- Maintained accurate records and communicated sensitive information professionally.
- Maintained boundaries and confidentiality, adhering to GDPR and NICE guidelines.
- Enhanced engagement and accessibility by creating easy-to-read materials for clients and their carers with neurodiversity, increasing referrals and ensuring equitable access.

**TRAINEE ART THERAPIST**, BOWMANSGREEN PRIMARY SCHOOL, HERTFORDSHIRE      Nov 2022 - Jul 2023

- Delivered short-term and long-term art therapy to children aged 4 to 11, using a creative expression for self-discovery and processing traumas and emotions.
- Conducted assessments and co-produced outcome-focused support plans for children with SEN and neurodiversity.
- Managed risks and raised safeguarding concerns following the Children Act 2004 and school procedures, exercising strong analytical and judgement skills.
- Regularly reflected on and reported clients' progress to carers and teachers, using evidence-based observations to inform treatment plans and writing succinct reports.
- Invited by the safeguarding team to provide additional out-of-hours art therapy sessions during teacher strikes, enhancing caseload management and crisis handling skills.

**CO-FACILITATOR**, UNIVERSITY GRANT COUNCIL OF HONG KONG      Oct 2021

- Designed and facilitated an art therapy workshop for 25 college students aged 17 to 25 with emotional needs, focusing on self-exploration, empowerment and personal growth.
- 80% of participants were satisfied, with noted improvements in stress reduction.

## ART THERAPY EXPERIENCE

**TEACHING ASSISTANT/ASSISTANT RESEARCHER**, HONG KONG BAPTIST UNIVERSITY Jul 2020 - Aug 2021

- Co-facilitated three art therapy groups for 40 adolescents aged 13 to 17 with complex emotional needs, achieving significant improvements in emotional regulation and reduced impulsivity. Results published in two academic papers and presented at international conferences.
- Developed teaching materials and coordinated exhibitions for art therapy training.
- Provided 360-degree feedback and resources to support four trainee social workers with SEN.

**VOLUNTEER SUPPORT WORKER**, HONG KONG EXPRESSIVE ARTS THERAPY SERVICE CENTRE Jul 2019

- Provided and co-ordinated two art workshops for families with emotional needs during social unrest.

## MENTAL HEALTH EXPERIENCE

**ONLINE SEMINAR HOST**, THE BRITISH ASSOCIATION OF ART THERAPISTS Nov 2023 - Present

- Hosted four online training events in art therapy, co-ordinating event details with guest speakers and managed timekeeping.
- Facilitated group discussions using case studies and role play.

**RESEARCH ASSISTANT**, SHATIN HOSPITAL, HONG KONG Aug 2021 - Sep 2022

- Delivered low-intensity CBT and psychoeducation for young people aged 12 to 25 with complex needs, helping them challenge negative thought patterns and develop stress management strategies.
- Conducted assessments, including SCID and MoCA, and maintained accurate clinical records.
- Co-ordinated psychosocial interventions and care planning, ensuring smooth service transitions.

**ART PROJECT HELPER**, FONG FONG PROJET D'ART, HONG KONG Dec 2019 - Jan 2020

- Conducted assessments and semi-structured interviews with 20 children aged 6 to 11, parents and teachers.

**PSYCHOLOGY TRAINEE**, CENTRE FOR PERSONAL GROWTH & CRISIS INTERVENTION Sep - Dec 2019

- Co-facilitated two relaxation workshops for newly qualified healthcare staff with an average age of 25.

**SUPPORT WORKER**, THEATRE SPACE, HONG KONG August 2019

- Provided mental health support, assessments and interviews for adolescents aged 14 to 17 with migrant parents, demonstrating cultural sensitivity, empathy, active listening and adaptability.

## VOLUNTEER WORK

**VOLUNTEER STORY AMBASSADOR**, HONG KONG PUBLIC LIBRARIES Jul 2021 - Aug 2022

- Delivered interactive storytelling to children aged 4 to 12 and families in disadvantaged areas.
- Fostered reflection and connection through post-story creative activities, building rapport.

**VOLUNTEER**, THE MENTAL HEALTH ASSOCIATION OF HONG KONG Feb 2021 - Aug 2022

- Facilitated creative and physical activities for adults with learning disabilities, such as leading handicraft and exercise sessions, fostering creativity and engagement.

**VOLUNTEER COUNSELLOR**, THE SAMARITAN BEFRIENDERS HONG KONG Jun 2017 - Jul 2018

- Delivered online and phone counselling to individuals experiencing suicidal feelings.
- Conducted thorough risk assessments to ensure client safety.
- Provided referrals and signposting to appropriate support resources.

## PROFESSIONAL DEVELOPMENT

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|---|------|
| Trauma Informed Care  | 2024 |
| Mentalization-based Treatment with Adults: An Introduction              | 2024 |
| Mental Health Law, Mental Capacity Act & DoLS                           | 2023 |
| Mindfulness-based Art Therapy: Approaches and Applications              | 2023 |
| Safeguarding Level 2 Refresher (Including Children, Adults and Prevent) | 2023 |
| Narrative Therapy (Introductory)  | 2021 |

**REFERENCES AVAILABLE ON REQUEST**