

Concurrent Session 3

Sleep and Wellness: an Evidence-based Discussion: To Discuss the Consequences and Treatment of Poor Sleep



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Biography

Professor Rainbow HO is the Director of the Centre on Behavioral Health (CBH), Professor of the Department of Social Work and Social Administration (SWSA), and the Director of the Master of Expressive Arts Therapy and MSocSc (Behavioral Health) programs, HKU. She has been working as a researcher, therapist, teacher and performing artist for many years. She has published extensively in refereed journals, scholarly books and encyclopedia, and has been the principal investigator of many research projects related to physical activities, creative and expressive arts therapy, psychophysiology, mind-body medicine, complementary and alternative therapy, as well as spirituality for healthy and clinical populations for all ages. In 2015, Prof. Ho received the Outstanding Achievement Award and Research Award from the American Dance Therapy Association and the Outstanding Teaching Award from the Faculty of Social Sciences, HKU. In 2016, she received the Research and Development Award from the Australia and New Zealand Arts Therapy Association.