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AUSTRALIAN AND NEW ZEALAND JOURNAL OF ARTS THERAPY

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The editorial team wishes to thank those members of the Peer Review Panel and others who generously contributed their time and expertise to the peer review of this edition of *ANZJAT*.

Published by Australian and New Zealand Arts Therapy Association  
ABN 63 072 954 388  
PO Box 303 Glebe, NSW 2037, Australia  
[www.anzata.org](http://www.anzata.org)

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ISSN: 1833-9948

**Design and production** Jill Segedin

**Printing** McCollams, Auckland, New Zealand and Documents On Call, Melbourne, Australia

# The dancing force behind the new Expressive Therapies programme in Hong Kong

Amanda Levey interviews Professor Rainbow Ho

## Abstract

Amanda Levey interviews Professor Rainbow Ho, director of the Expressive Therapies master's programme at the University of Hong Kong. The interview covers Rainbow's professional background in biology and microbiology research, her lifelong passion for dance, and her subsequent interest and training in dance/movement therapy. She describes her extensive research interests, and the long process to develop the new and very successful master's programme.

## Keywords

Expressive therapies, dance/movement therapy, Hong Kong, trauma, cancer.

## Introduction

I have met Rainbow Ho at various ANZATA conferences and events and read with great interest her impressive body of research on the application of dance/movement therapy (DMT) to many issues including cancer and trauma. I was very curious to find out more about the programme in Hong Kong and asked if I could conduct a Skype interview. Rainbow's journey to becoming a dance/movement therapist is fascinating, and her achievements in dance, dance/movement therapy, research, and training programme development are inspiring. She has provided a list of some of her recent research publications, which can be found at the end of the interview.

*Amanda Levey: In this interview I would like to cover two main areas. Firstly, you: your personal background, training, and research interests; and, secondly, your role in developing and running the Hong Kong programme for the Master of Expressive Arts Therapy, which is ANZATA's most recently approved programme. We are seeing a very rapid increase in Hong Kong members now that you have your first*

*graduates, and we are very interested to know more about you all!*

**Rainbow Ho:** Well it's a long story! I will start with my undergraduate study: I studied biology and biochemistry. I am very curious about all living organisms, and life. And I promised myself before I entered the university that I really wanted to do research which related to humans, and to contribute something in this world. So after I graduated, I immediately started graduate study: I have a lot of interest in cells, so I studied anatomy and micro-anatomy. I studied cancer cells in great detail, and then I went to the hospital to study molecular biology because I found that genetic material was powerful in controlling the changing life within the cells, and I graduated after two years. Then I started to do research in the medical field in molecular biology and immunology within the clinical immunology department.

I'm talking about many years ago and it was very advanced at that time. I developed some new medical research tools studying genetic materials in cells in clinical settings. But I also found that the things I studied became