



Professor Rainbow Ho

Director, Centre on Behavioural Health

Professor, Department of Social Work and Social Administration

The University of Hong Kong

Biography

Professor Rainbow Ho is the Director of the Centre on Behavioural Health and Professor at the Department of Social Work and Social Administration at The University of Hong Kong. She received degrees in Biology, Anatomy, Social Work and Social Administration; professional diplomas in performing arts (dance), and credentials in expressive arts therapy, dance movement therapy, somatic movement therapy, movement analysis and group psychotherapy.

She has been the principal investigator of many research projects on expressive arts therapy, dance movement therapy, psychophysiology, and mind-body practices for healthy and clinical populations. She has published extensively and has been involved in many community projects, working with art museums, community centres, government and non-government organizations to promote arts for the community's well-being. Professor Ho has received many awards, including the Outstanding Achievement Award and Research Award from the American Dance Therapy Association, the Research and Development Award from Australia, New Zealand, and Asia Arts Therapy Association, the Outstanding Teaching Award, Outstanding Research Output Award, Knowledge Exchange Award and Outstanding Research Student Supervisor Award. In 2023, she joined the World Health Organization Jameel Arts & Health Lab and the International Creative Arts Therapy Research Alliance as a steering committee member and researcher.