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29

SEPT



ANNIVERSARY

KUALA LUMPUR 2019

ARTS & HEALING

"Bridging Communities Through the Arts Since 2010"

Join us in harnessing the power of arts and culture to effect positive social change

We believe arts and culture can be both a driver and enabler of sustainable development, particularly in fostering inclusive communities, promoting sustainable urban living and enabling livelihood.

ARTS FOR GOOD

Our Arts for Good initiative brings together Singaporeans and world communities to promote awareness of social issues, share best practices and enable action for positive impact through the arts.

Contact us at
artsforgood@sif.org.sg



The Singapore International Foundation builds enduring relationships between Singaporeans and world communities, and harnesses these friendships to enrich lives and effect positive change globally. We bring people together to share ideas, skills and experiences, and collaborate in the fields of healthcare, education, the environment, arts and culture, and livelihood and business.



**Singapore
International
Foundation**
For a better world

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ABOUT

Causeway EXchange

The CausewayEXchange (CEX) arts festival returns to Singapore for its 10th iteration, deepening its focus on the role of the arts in health and for special needs children as well as celebrating the colour and diversity of Malaysian life with Malaysian Film Festival (MFF) screenings. This year, CEX will continue its collaboration with Malaysia's health institutions Women's and Children's Hospital, Kuala Lumpur for its arts and healing programmes.

CausewayEXchange (CEX), the annual arts and culture festival celebrating Singapore's and Malaysia's heritage, is celebrating its 10th year anniversary this year. Founded in 2010 with the intent of providing an annual festival for artistic and cultural exchange between Singapore and Malaysia, CausewayEXchange (CEX) has welcomed more than 40,000 visitors over the years and has given 442 artists and counting, a platform to showcase multiple forms of art genres. The festival, which alternates between the two countries in the past years, showcases the shared heritage between both nations – displaying the many similarities and distinct differences of both nations.

To date, CEX remains the only regular platform for cross-cultural exchange, which alternates between Singapore and Malaysia.

CEX celebrates the diverse cultures of Singapore and Malaysia, who despite being separated by a causeway, share an undeniable link in their arts and cultural heritage. This year, local artists such as Hossan Leong, Flame of the Forest and students from local institutions (LaSalle and Republic Polytechnic) will be travelling to Malaysia to participate in various performances and activities.

Key Singapore artists featured in CEX have included: Cultural Medallion recipient and founder/artistic director of The Necessary Stage, Alvin Tan; renowned comedian Kumar; well-known percussions ensemble Nadi Singapura; established music ensemble Siong Leng Musical Ensemble; photographer Edwin Koo and short film director Sanif Olek.

Key Malaysian artists featured in CEX have included: Harith Iskandar, the Godfather of Malaysian stand up comedy; Prudential Eye Award winner, Sherman Ong; Poet, Jamal Raslan; Boh Cameron Award winner Freddie Tan, experimental world music band, At Adau and many more.

Message

MR VANU GOPALA MENON

HIGH COMMISSIONER OF
SINGAPORE TO MALAYSIA



It has been another eventful year on the Singapore-Malaysia bilateral calendar, with numerous high-level visits in both directions. While these frequent exchanges reflect our robust political and economic linkages, I firmly believe that the ultimate ties which bind our two nations together are historical, familial, and cultural. In this regard, I am heartened that our people-to-people ties continue to grow from strength to strength.

One important platform where we continue to develop such people-to-people ties is artistic exchanges, including festivals like CausewayEXchange. In 2019, CausewayEXchange marks its milestone 10th anniversary of bridging Singaporeans and Malaysians through cultural collaborations. Over the years, it has reached out to over 40,000 people, and introduced Singaporean and Malaysian artists to new audiences on both sides of the Causeway. The Singapore High Commission in Kuala Lumpur is happy to support such opportunities for greater interaction, which will bring our peoples closer together to celebrate all that we share.

I extend my warmest congratulations to CausewayEXchange and its partners on another successful festival. I wish everyone an enjoyable festival experience this year!



Message

DATO' ZAINOL RAHIM ZAINUDDIN

HIGH COMMISSIONER OF
MALAYSIA TO SINGAPORE

CausewayEXchange which is held in conjunction with the National Day and Malaysia Day celebrations provides a platform for cultural diplomacy with greater partnerships amongst Malaysian and Singaporean artists. It creates a better collaboration and linkages for artists from both sides of the Causeway to promote and share their arts and works through artistic, social and business activities. To-date, CausewayEXchange has hosted 442 artists across all arts genres and attracted more than 40,000 audiences from all walks of life in both countries. Imagine the amount of knowledge and experiences that have been shared!

Celebrating its 10th anniversary, I am proud to witness the progress of CausewayEXchange in further strengthening Malaysia-Singapore relations. My heartfelt congratulations to Mr. Shawn Lourdusamy and his team for their hard work and dedication in organising the annual CausewayEXchange since 2010.

I wish for the continued of success the CausewayEXchange and the strengthening of Malaysia-Singapore relations.

Message

MS JEAN TAN

EXECUTIVE DIRECTOR SINGAPORE
INTERNATIONAL FOUNDATION



Singaporeans and Malaysians share a special bond through our rich heritage, historical links and friendships. It is thus heartening when we are able to get together regularly to continue to grow our ties. Cultural platforms like the CausewayEXchange (CEX) facilitate meaningful conversations and collaboration between our people. CEX also fuels the Singapore International Foundation's (SIF) belief that together, we can harness the power of arts and culture for positive social impact.

The SIF is proud to be part of the CEX's 10th anniversary celebrations. This also marks the fourth year we are supporting the festival's 'Arts and Healing' segment. In collaboration with Singaporean and Malaysian partners, the SIF has supported its presentation across three cities – Singapore, Johor and Kuala Lumpur – with an exciting line-up of events that appeal to all communities and ages. This year's programming is designed to promote inclusive communities, as well as to bring art as a form of therapy to patients and staff at the Women's and Children's wing of Hospital Kuala Lumpur.

I extend my heartiest congratulations to festival founder and director Shawn Lourdasamy for achieving 10 fruitful years of CEX. I hope this annual festival will continue to bring Singaporeans and Malaysians together to create sustainable social change while deepening community ties.



Message

MR SHAWN LOURDUSAMY

FOUNDER / FESTIVAL DIRECTOR
CAUSEWAYEXCHANGE

This year we celebrate the 10th Anniversary of CausewayEXchange!

The festival, which alternates between the two countries in the past years, showcased the shared heritage between both nations – displaying the many similarities and distinct differences of both nations. CEX celebrates the diverse cultures of Singapore and Malaysia, who despite being separated by a causeway, share an undeniable link in their arts and cultural heritage.

CausewayEXchange started as a mixed arts platform and has since evolved to what is its today where arts and healing is in the forefront of the festival. This year is actually the first year I had decided to focus more on this aspect of the festival, which I find more meaningful and has a greater impact.

We have had the honor to work closely with Alexandra Hospital, Hospital Kuala Lumpur, Jurong Health at Ng Teng Fong Hospital and this year with the newly opened Women's and Children's Hospital Kuala Lumpur.

This year we have teamed up with LaSalle for the community art project, The Clown Doctors

Singapore for a workshop and where our professional clown doctor will also bring smiles to the kids in the hospital wards. I am also glad we could partner up with Republic Polytechnic in producing yet another Sensory Theatre performance for special needs audience. We have actually showcased this performance in Singapore, Johor and Kuala Lumpur.

Concert in the Dark is back! We are partnering with Art Includes 2019. Artist from both sides of the causeway unite together in this unique experience in total darkness, without the distraction of your visual-conditioning, social etiquette and cell phones!

The 10th Anniversary of CEX is only possible with the support of the many groups and individuals who believe in its cause. The biggest challenge every year is the funding to run this festival, so it is indeed very important for me to thank The Singapore High Commission in Kuala Lumpur and Singapore International Foundation, not forgetting our sponsors and partners in making 2019 possible.

I do hope we can continue to make a difference in people's lives through the use of Arts.



OVER THE YEARS



2010

SINGAPORE

4 days

22 Malaysian Artists



2011

KUALA LUMPUR

4 days

24 Singaporean Artists



2017

IPOH & KUALA LUMPUR

4 days each city

79 Singaporean Artists

* THE START OF
THE MALAYSIAN FILM
FESTIVAL IN SINGAPORE



2016

SINGAPORE

10 days

68 Malaysian Artists

* THE START OF
ARTS & HEALING



2018

SINGAPORE & JOHOR

16 days

18 Malaysian Artists

18 Singaporean Artists



2012

SINGAPORE

4 days

28 Malaysian Artists



2013

PENANG

4 days

39 Singaporean Artists



2015

PENANG & JOHOR(SG50)

1 month each city

90 Singaporean Artists



2014

SINGAPORE

10 days

56 Malaysian Artists



TH

Kuala Lumpur 2019

ANNIVERSARY

LIBERATING YOUR INNER CLOWN

by Ghazali Muzakir,
Clown Doctors Singapore



26 SEP

10.30am & 5.30pm

VENUE

Seminar Room, Level 3
(Beside Auditorium Perdana),
Post Graduate Medical Centre
Women's & Children's Hospital,
50586 Kuala Lumpur.

FEE

RM99

REGISTER AT

EMAIL :
aminah.hkl@gmail.com

CALL :
019 753 3797

*Limited to only 20 sign-ups
*Minimum 18 years and above

LIBERATING YOUR INNER CLOWN

In this introductory workshop, participants are encouraged to let loose and be silly as they get in touch with their inner clowns. Through games and sharing of personal anecdotes, participants will get to discover the joys of clowning and how it can be applied to the real world and in the workplace.

Trainer's profile:

Ghazali Muzakir is an actor, director, producer, Applied Theatre practitioner (Theatre of the Oppressed and Playback Theatre), drama educator and certified medical clown. He is part of the pioneer team of clown doctors in Singapore (Clown Doctors Singapore), who bring fun & happiness to children in hospitals and support senior citizens' health, by implementing humor in the Healthcare system. He has performed and created works for audiences internationally including Kuala Lumpur, Hong Kong, Berlin, Shanghai, Korea and Japan. As a drama educator, Ghazali has crafted programmes and taught learners with various learning needs from 18-months to adults. A member of the Singapore Drama Educators Association (SDEA), he has also mentored other educators in drama pedagogy.

CDS profile:

Established in 2014, Clown Doctors Singapore is a charity that provides therapeutic humour by our professionally trained medical clowns. Our Clown Doctors are Asia's first graduates from the world's first and only academic medical clown program at the International Institute for Medical Clowning. We've since brought thousands of smiles to patients and their loved ones, nurses and doctors in pediatric, geriatric and palliative wards.



Community Arts Project

Bridging Arts & Medicine

This community arts project aims to intentionally stimulate creative self-expression and dialogue on bridging arts and medicine as a way to enhance wellbeing and healing through art-making. Members of the public from Singapore and Malaysia are enthusiastically invited to create an artwork response to the theme Bridging Arts & Medicine. It is anticipated that 200+ small canvases will then be installed as a larger integrated group installation curated at the Women's & Children's Hospital in Kuala Lumpur, Malaysia.

Description of MA Art Therapy:

Art therapy is a hybrid mental health modality that blends the principles and theories of both art and psychology with the aim to enhance creative self-expression and well-being through engagement with the arts. The MA Art Therapy programme at LASALLE College of the Arts, Singapore is the first of its kind in Southeast Asia and is championing an approach that is culturally relevant and meaningful within Asian contexts.

LASALLE College of the Arts in Singapore is a leading tertiary institution in cutting edge contemporary arts and design education and practice. The college offers 30 undergraduate and post-graduate programmes in art, design, film, animation, fashion, dance, music, theatre, arts management, artist education, art therapy, Asian art histories, and creative writing. Its faculty is led by a community of award-winning artists, designers, educators and researchers, and their practice-led research sets LASALLE apart as an international centre of excellence. Critically acclaimed alumni form the core of the cultural and creative sectors in Singapore and increasingly internationally.

HEALING THROUGH ARTS :

Panel Discussion :
Bridging Arts & Medicine
through Collaboration &
Practice



PANELIST
Ms Mahisha Naidu (MY)



PANELIST
Ms Yenn Ang (SG)



PANELIST
Ms Kayla Wong (SG)



PANELIST
Prof. Dato' Dr. Mahmud
Bin Mohd Nor



MODERATOR
Dr. Kevin Chin
Medical Officer UD54
Child and Adolescent Psychiatry Unit
Women's and Children's
Hospital Kuala Lumpur



KEYNOTE SPEAKER
Mr. Ronald P.M.H. Lay
MA Art Therapy
Programme Leader
School of Creative Industries
Faculty of Fine Arts, Media &
Creative Industries
LASALLE College of the Arts,
Singapore



KEYNOTE SPEAKER
Dr. Sujatha Doraimanickam
Public Health Specialist
Specialising in Creative Drama
Intervention and Hospital Clowning
Women and Children Hospital,
Kuala Lumpur



KEYNOTE SPEAKER
Prof. Dato' Dr. Mahmud
Bin Mohd Nor
Professor of Surgery, USM,
Adjunct Professor of
Paediatric Surgery, UKM.

Breakout Sessions:

- Moving Bodies, Moving Minds
- Engaging Creatively Through Art Making
- Discovering Self in Sandtray
- Music for Wellness

"Music Session by the GoodKids"



28 SEP

10.00am & 4.30pm

VENUE

Auditorium Perdana, Level 3
Women's & Children's Hospital,
50586 Kuala Lumpur

FEE

FREE

(includes lunch and tea break)

REGISTER AT

<https://cextherapy2019.peatix.com>

Healing Through Arts:

Bridging Arts & Medicine through Collaboration & Practice

Increasingly the arts are being enthusiastically utilized within medical settings in Malaysia and in Singapore given the impact of the arts on one's wellness and wellbeing. The introduction of the arts into such settings has been well-received by patients, families, and communities overall. This is evidenced by the ongoing development of healing through arts initiatives within these environments; this not only takes into account the physical spaces but also the emotional and psychological aspects of one's experiences within these spaces, within one's working experiences, and of course, within one's healing processes. This emerging trend is being observed at long established medical facilities as well as at newer purpose-built contemporary spaces catering to a wide range of medical services and client populations. This forum provides a closer look at healing through arts and how this is achieved and bridged through collaboration and practice. Experienced practitioners were carefully selected for this forum given their expertise, their compassion for others and for their dedication to the arts.

GOODKIDS

GoodKids is a social enterprise that helps at-risk youth to build self confidence using performing arts. GoodKids Enterprise was set up in 2015 and in March 2016 the GoodKids Sdn Bhd was set up to further scale up the impact. To date, GoodKids has impacted over 350 at-risk youth.



Programme

10.00am	Registration / Breakfast	02.15pm	Keynote Speaker II: <i>Dr Sujatha Doraimanickam</i> If Drama Be Food of Love, Play On : <i>Drama Intervention Through Therapeutic Medical Clowning, a Kuala Lumpur Women and Children Hospital Experience</i>
10.30am	Opening Address		
10.45am	Keynote Speaker I : <i>Ronald Lay</i> Bridges, Causeways & Linked Collaboration : <i>Emerging Trends in Arts & Medicine in Southeast Asia</i>		Keynote Speaker III: <i>Prof. Dato' Dr Mahmud Bin Mohd Nor</i> Healing Arts: <i>Towards Excellent Child Friendly Health Facility</i>
11.15am	Panel discussion <i>"Bridging Arts & Medicine through Collaboration & Practice."</i>		
12.45pm	Lunch	02.45pm	Breakout Session
02.00pm	Interactive Music <i>by the GoodKids</i>	03.45pm	Closing Summary <i>by Dr Kevin Chin</i>
		04.00pm	Tea Break
		04.30pm	End

Breakout Sessions

I. Moving Bodies, Moving Minds *by Mahisha Naidu (MY)*

This one hour session will allow participants to have a glimpse into Dance Movement Therapy as a therapeutic intervention; providing attendees with a better understanding of the power of the mind-body connection. It will offer participants a space to express, explore, discover and connect through dance and movement, in a safe and boundaried space, in the presence of a licensed Dance Movement Psychotherapist.

II. Engaging Creatively Through Art Making *by Reena Clare (MY)*

Engaging creatively through art making encourages positive psychological functioning. Art therapy uses artistic expression and psychotherapeutic techniques to explore emotions, examine and address emotional conflict in a safe manner. Art therapy can be used as an intervention to improve cognition and sensory-motor function, self-esteem and self-awareness, emotional resilience, insight, social skills, conflicts and distress. This session will give participants an introduction into what art therapy is through a brief presentation and an experiential session. No art experience or affinity needed, participants just need to be ready to engage.

III. Discovering Self in Sandtray *by Yenn Ang (SG)*

Drawing theoretical foundations and applications of Jungian Sandplay Therapy, participants will be introduced to the use of sandplay, or the World Technique as a means for children and adolescents to communicate their inner world and to enable them to build their own resources through symbols. Participants will have the opportunity to engage in their personal process work through the experiential sandtray.

IV. Music for Wellness *by Kayla Wong (SG)*

This session will explore the different ways in which music can play a part in making a difference in our lives. Different strategies and processes will be experienced and discussed during the hour, which will bring insight to the role music plays as a resource for supporting overall wellness. Highlights of this session will include discussions on how music facilitates,

• *Connectedness with others* • *Introspection* • *Self-expression* • *Relaxation* • *Motivation*



RONALD P.M.H. LAY (KEYNOTE SPEAKER)

*MA Art Therapy Programme Leader
School of Creative Industries
Faculty of Fine Arts, Media & Creative Industries
LASALLE College of the Arts, Singapore*

Ronald P.M.H. Lay is the Programme Leader of the first and only postgraduate art therapy programme in Southeast Asia. He has extensive experience with forensic mental health, older adults, specialized populations, trauma, supervision, and progressive teaching and learning in Higher Education. He is Board-Certified and Registered with the Art Therapy Credentials Board, he is Registered with the Australian, New Zealand & Asian Creative Arts Therapies Association, and he is a professional member with both the American Art Therapy Association and the Art Therapists' Association Singapore. His current research interests are in culture, art therapy training and professional development, community arts projects, and the emerging practices of art therapy in Asia.

Keynote Address Description :

Active engagement in the arts is gaining traction with people of all ages and given its accessibility and inherent therapeutic benefits, the arts are naturally finding their way into medical and healing environments. Increasingly, research is evidencing that the arts play a vital role in enriching lives, reducing stress and anxiety, and promoting a healthy balance between our various roles, responsibilities and experiences as further linked to our overall wellness and wellbeing. The arts may be accessed through self-initiation, through environment and setting, through encounters with artists and art specialists, through a range of professionals, and/or through credentialed arts therapists such as art, dance/movement, drama and music therapists. Augmenting this keynote address are examples derived from an extensive career in mental health with children, young adults and the elderly. This address aims to highlight and champion healing through arts with a focus on bridging arts and medicine through collaboration and practice, and creatively sets the stage for this forum's presentations and panel.



DR. SUJATHA DORAIMANICKAM

(KEYNOTE SPEAKER)

Public Health Specialist

*Specialising in Creative Drama Intervention and Hospital Clowning
Women and Children Hospital, Kuala Lumpur*

Dr Sujatha is a Public Health Specialist pursuing her passion specialising in creative drama intervention. She is attached to Women and Children Hospital Kuala Lumpur and has experience working in creative workshops for the past 3 years. She has been working with MOH for the past 22 years. Her passion is working with children with special needs such as autism, attention deficit hyperactive disorder (ADHD), sensory processing issues, depression and eating disorders. She has been trained in Theatre work and Hospital Clowning by The Little Theatre, India, Kuala Lumpur Performing Arts Centre(LGBTQ), Hilary Chaplain, USA(improvisation for Hospital Clowning), Prof Sue Jennings(UK) in the practice of using drama intervention for Children and Adolescents with Mental Health issues since 2017. She has been invited to conduct workshops with health care workers by the Ministry of Health, schools, detention homes for adolescents and bedside Hospital Clowning in paediatric, palliative and psychiatry wards. Collaborated with her colleagues, Dr Aminah and Dr Anita, to conduct workshops after discussing cases at their clinics. She also has been invited in local television and radio talk shows introducing Hospital Clowning and creative drama Intervention to Malaysia as part of Mental Health awareness. She has presented papers in conferences.

Keynote Address Description :

Modern day Hospital Clowning was started with Patch Adams in 1971. He wanted to integrate a traditional hospital with alternative medicine, which he firmly believed that he could solve most mental health issues with laughter and focussing something that is pure fun. This depends on each patient, family members or caretakers respectively.

Hospital clowns are trained professionals who undergo intensive training to become certified "Hospital Clown". They are trained in the art of clowning, improvisation techniques, physical comedy, etc. and which medical protocols and safety are adhered and I have been trained by The Little Theatre, Chennai, India which was founded by Mrs Aysha Rau, Managing Director.

This is the first of its kind in Malaysia and the hospital clowning project was first started in Pediatric Institute in 2017 under the supervision of Dr Aminah Kassim, Consultant Child Psychiatrist. We worked together with Sekolah Dalam Hospital (SDH) on Tuesdays with special needs children, learning disabilities, Autistic, Attention Deficit Hyperactive Disorder (ADHD)etc. conducting Creative Drama Intervention. It is wrong to think that being in the hospital setting is a normal way of life and this has played a huge role in reducing their stress, anxiety, loss of control etc. and helped them positively.

"It is difficult to explain the concept of Hospital clowning and the benefits although seen but cannot be easily measured." Dr. Rohini Rau.

Hospital clowning involves the entire family of medical staff into their act so it is a moment shared by all. Even if it lasts awhile, it takes them away from their illness and worries.

"It is interesting to note that children laugh up to 200 times a day and as adults we laugh only 15 times a day and, in a hospital setting, it is as low as ZERO." Dr Rohini Rau.



PROF. DATO' DR MAHMUD BIN MOHD NOR (KEYNOTE SPEAKER)

Professor of Surgery, USIM.

Adjunct Professor of Paediatric Surgery, UKM.

Born on 21st September 1945. He graduated from the Faculty of Medicine University of Malaya in 1970. He is currently the Professor of Surgery Universiti Sains Islam Malaysia (USIM) and Adjunct Professor of Paediatric Surgery Universiti Kebangsaan Malaysia (UKM). He is Fellow of the Royal Colleges of Surgeons of Edinburgh and Glasgow and Fellow Academy of Medicine Malaysia. He was the founding head of department of surgery of the Universiti Kebangsaan Malaysia (UKM) in 1976 and later became the Professor of surgery and Dean of the Medical Faculty from 1984 to 1990. He was responsible for developing the country's first postgraduate programme in surgery in 1981. He initiated the establishment of the National Conjoined Board for Postgraduate Medical Education and was the first Chairman. He established the department of Paediatric Surgery at the Institute of Paediatrics in 1990. In 1992-2000 he was appointed head of the department of General Surgery and Paediatric Surgery at Hospital Kuala Lumpur and became head of Surgical Services of the Ministry of Health Malaysia. He was founding President of Association for Medical Education Western Pacific Region 1998-2000 and founding President of ASEAN Society of Paediatric Surgeons in 2005. He is the founding President of the Malaysian Association of Paediatric Surgery. He was the founding President of the Malaysian Child Friendly Healthcare Association in 2001 and is the President. He has been Chairman of a disciplinary inquiry committee of the Medical Council since 1984. He was also the Chairman of the Specialist Subcommittee for Paediatric Surgery of the National Specialist Register. Amongst his many professional achievements are:

- a. Headed the team to successfully separate a pair of conjoined twins in July 1988. He has been involved in the separation of ten pairs with fifteen survivors.
- b. Established and headed the first comprehensive Burn Care Service in the country at Hospital Kuala Lumpur in September 1998.

He was honoured by the College of Surgeons Academy of Medicine Malaysia to deliver the prestigious 39th AM Ismail Oration in May 2012.

Keynote Address Description :

In dealing with children undergoing treatment and care in health care facilities it was reported by a WHO Commissioned Study that *'There was a clear lack of awareness in a large number of hospitals of the special need not only to cater for the children's technical, medical and nursing need, but also to minimise the adverse effects of being separated from their families and exposed to frightening experience that are all too often magnified by the child's lack of forewarning'*.

Children are different from adults in many ways. They need to be recognized not as small adults but as growing individuals with different levels of maturity physically and emotionally at different age groups. Their responses to trauma and diseases are different from adults and any adverse experience may have lifelong consequences. Thus psychological harm suffered while undergoing treatment is a very important component to justify for steps to be taken for harm reduction and elimination.

The Malaysian Childfriendly Healthcare Association has taken the initiatives to develop standards and criteria to be complied by all healthcare providers in healthcare facilities dealing with children. This will hopefully lead to minimising or completely eliminating the unwanted adverse effects on children admitted to the healthcare facility particularly hospitals. A Child friendly hospital must be able to cater for the needs of all children and adolescents. It must be psychosocially sound and developmentally supportive, physically and emotionally safe, multidisciplinary and family centred. It requires specially trained personnel to deal with every aspect of health care in the facility. This will include therapists trained in the use of other modalities like play, music and art therapy to promote learning and assist in the healing process.



DR. KEVIN CHIN YIN LEONG (MODERATOR)

*Medical Officer UD54
Child and Adolescent Psychiatry Unit
Women's and Children's Hospital Kuala Lumpur*

Dr Chin Yin Leong Kevin was born in Saint Mary's Hospital London in 1980. He completed his Primary and Secondary School education in Petaling Jaya and subsequently obtained his medical degree from Melaka Manipal Medical College in 2006. He completed his housemanship in Kuching Sarawak and since then has been active in the field of psychiatric service for the last 10 years. He has served not only in gazetted forensic psychiatric institutions (Hospital Sentosa 2008 to 2009), district gazetted psychiatric hospitals (Hospital Miri 2009 to 2011) but also in major tertiary referral centres (Hospital Kuala Lumpur 2011-2017). Since 2018 he has had the privilege of being part of the child and adolescent psychiatry team of the Woman and Children Hospital Kuala Lumpur. Dr Chin has had rotations in addiction psychiatry, community psychiatry, old age psychiatry, and forensic psychiatry. He has also been trained in group cognitive behaviour therapy. He maintains a passion in child and adolescent psychiatry and hopes to see more collaboration between medicine and the arts to enhance the practice of medicine as an art and also the promotion of art as a form of healing/medicine. Dr Chin is married with 2 daughters. In his rare times of leisure, he has developed an interest in myofascial release and the connections between physical illness and mental suffering.

CREATIVE ARTS THERAPIST _____



MAHISHA NAIDU (MY)
(PANELIST)

Dance Movement Psychotherapist

Mahisha Naidu is a UK Registered professional practicing Dance Movement Psychotherapist. She obtained her MA from Goldsmiths College, University of London, where she worked with various populations, including children with learning, social and behavioural difficulties, as well as adults struggling with mental health illnesses. Currently, she is a practicing psychotherapist at The Wave Clinic, a facility that offers addiction, behavioural and mental health treatment programs for young adults. Her experience includes working with clients with Eating Disorders, Substance Abuse and Borderline Personality Disorder. Additionally, she also sees clients as the consultant Dance Movement Psychotherapist at Valley Psychological Services and Inpsych Psychological and Counseling Services, both, mental health centres located in Kuala Lumpur, Malaysia. As a dancer, fitness instructor and Dance Movement Psychotherapist, she vouches greatly for the power of movement in enhancing one's self expression through creative exploration and the development of the mind-body connection. She wishes for all to be given the opportunity to continue making discoveries and better their self-understanding, when words may simply not be enough.



REENA CLARE (MY)
(PANELIST)

Art Psychotherapy

Reena Clare is a qualified Art Psychotherapist (MA) based at The Mind Faculty, Mont Kiara, Malaysia. She has conducted individual, couple, family and group session, as well as ran corporate workshops. Using an eclectic approach, a wide range of theory and working in culturally aware dimensions, her sessions are personalised to meet the client's needs. Art Psychotherapy is a psychological therapy that she uses to help clients address complex and confusing emotions, foster self-awareness, work through trauma, challenging behaviours and mental health conditions through art. She is a certified Practitioner in Children's Accelerated Trauma Treatment (CATT), Mentalization based Art Therapy, Mindfulness and Art Therapy, and Schema Therapy.



YENN ANG (SG)
(PANELIST)

Sandplay / Art Therapist

Yenn Ang is a Registered Art and Sandplay Therapist with Children's Cancer Foundation, a non-profit organisation in Singapore with a mission to improve the quality of life of children and families affected by cancer. Trained in therapeutic photography, clay therapy, grief and loss, Yenn uses creative modalities in therapeutic groupwork for caregivers in bereavement and youth survivors. She also conducts weekly open studios at the KK Women's and Children's Hospital and National University Hospital in Singapore.

The role of creation empowers a child in a medical setting and allows the child to regain strength and will to cope with pain. As an artist and therapist, Yenn believes art attends to our being and offers new knowledge about ourselves. The art making process provides a way to dialogue with self and to integrate an array of feelings, thoughts and beliefs.



KAYLA WONG (SG)
(PANELIST)

Music Therapist

Kayla Wong, MMusTherapy, is a Registered Music Therapist (RMT) who works with children, young people and their families to address areas such as neuro-rehabilitation, developmental support, and cancer treatment. She believes that musical processes can help individuals improve their functional and mental wellness. Having lived in Singapore, the United States and Australia, Kayla has developed a special interest and respect for diversity, enabling her to connect with people from various backgrounds across different ages and abilities. Kayla received her Masters in Music Therapy from the University of Melbourne and obtained advanced training in Neurologic Music Therapy. Kayla is currently pursuing her Ph.D. in Music Therapy at Temple University.

CausewayEXchange
presents

RILEY'S RAIN

SINGAPORE @ THE ARTS HOUSE: 31 AUG & 1 SEPT 2019

JOHOR BAHRU @ CALVARY VICTORY CENTRE : 13 & 14 SEPT 2019

KUALA LUMPUR @ RUANG BY THINK CITY : 28 - 29 SEPT 2019

28 SEP

29 SEP

11.30am & 3.00pm

VENUE

Ruang By ThinkCity,
2, Jalan Hang Kasturi,
City Centre,
50050 Kuala Lumpur.

BY INVITATION ONLY!

For more information,

EMAIL :
artincludes@sosm.my

CALL :
014 3545124

RILEY'S RAIN

Riley, the raindrop, is lost and she is looking for her friends. Along the way, she meets Gerry the Dragonfly, Marco the Tiger and the ever elusive Lily pad, Lena. Join Riley and her friends on a windy adventure as she searches for the great downpour! The show will involve interactive use of scenery, appropriate lights and soundscape that aim to provide children on the autism spectrum and sensory sensitivities, a comfortable and relaxed environment. Together with the use of textural props and costumes, it encourages interaction between audience and performers.

This interactive and multi-sensory performance provides a safe and sensory friendly environment for children and families on the autism spectrum and sensory sensitivities. This multi-sensory performance includes:

- A narrative that is devised from interactive multi sensory environment
- Reduction of noise levels
- Reduction of bright lights
- Modification of lights during the show
- Sensory friendly set, props and costumes that audience members can interact with
- Accommodated house rules that allow audience members to talk and/or move around during the show
- Hands-on activities before the performance at the Front of House area that can be used during the performance.



About

SAMANTHA BOUNAPARTE

With over 10 years of arts, fashion, and theatre education experience, Samantha has had a hand in crafting and shaping curriculum within the world of Theatre, Design, and Fashion. She has worked with a wide range of students in a hope of contributing to the creative development of Singapore's youth today.

Besides teaching, Samantha is also passionate about creating interactive and design-centric performances, both in Contemporary and Children's Theatre - something she practiced in Australia during her years of education. She directed and designed *The Little Prince* in collaboration with Act 3 International for the Shanghai Children's Theatre festival 2009.

In recent years, Samantha has devised and created exclusive sensory interactive performances that provide a safe and sensory friendly environment - in a hope of increasing access and inclusion for children and families affected by Autism Spectrum Disorders and other disabilities with sensory sensitivities.

In 2018, she was selected to attend the Artist Professional Development Program of the inaugural Big Umbrella Festival at Lincoln Center, New York - a theatre festival dedicated to children on the autism spectrum. During her training, she had the honour to learn and work alongside renowned international practitioners and companies such as Oily Cart - UK, Trusty Sidekick - NY and Sensorium Theatre - Australia.

Helming the forefront of this genre in Singapore has yearned for her to look into collaboration and inventing new ways of reaching out to the community through the medium of theatre and design.



CEX AND ART INCLUDES 2019 PRESENTS
**CONCERT IN
THE DARK**

27
SEPTEMBER
2019, friday

7.30pm - 10.00pm

*Ruang @ Think City,
No.2, Jalan Hang Kasturi,
Kuala Lumpur*

RM99 per pax



Rozella / Malaysia



Flame of the Forest / Singapore



Joie / Singapore



WVC Malaysian Jazz Ensemble / Malaysia



Hossan Leong / Singapore



ARVAN 阿凡 / Malaysia

27 SEP

7.30pm - 10.00pm

VENUE

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2, Jalan Hang Kasturi,
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FEE

RM99

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<https://concertinthedark.peatix.com>

***Note:**

*Concert open to ages
12 years old and above*

CONCERT IN THE DARK

About Concert in the Dark

Concert in the Dark is back! This year, we will be part of Art Includes 2019. Join us for an evening of music and laughter! Artist from both sides of the causeway unite together in this unique experience in total darkness, without the distraction of your visual-conditioning, social etiquette and cell phones! Allow your other senses to come alive as we bring you on a journey to enjoy "a scenery of sounds"

We are proud to present this unique and exciting concert featuring artists from Singapore and Malaysia.

SINGAPORE

Flame of the Forest
Hossan Leong
Joie

MALAYSIA

ARVAN
Rozella
WVC - Malaysian Jazz Ensemble

FLAME OF THE FOREST [FOTF] (SG)



An Eclectic Instrumental World Music Band from the Sunny Island of Singapore. A smooth blend of instruments with a diverse range of influences.

Their unique blend of original compositions, which aimed to explore new dimensions of musical experiences, concocting a refreshing blend of music that has a universal appeal.

FOTF as actually formed in 1986 by Kenny Tan, K.Subramanian & Nantha Kumar as a dynamic trio who shared the love of music. In time, the baton was passed down to his two sons, Krsna Tan and Govin Tan.

Despite facing many difficulties, new blood and fresh musical perspectives gained along their journey have reinvigorated the band and its music.

The current lineup consists of Krsna Tan (Sitar), Govin Tan (Tabla Kit), Jeffrey Tan (Violin), Caleb Koa (Keyboard), Andy Chong (Electric Guitar) & Arthur Adika Wiyono (Electric Bass).

FOTF aims to give an enhanced perspective on the musical alchemy that they have developed by showcasing the various combinations of World Music genres.

HOSSAN LEONG (SG)



Chevalier de l'Ordre des Arts et des Lettres, is one of Singapore's most loved and recognised entertainers. Affectionately known as 'Singapore Boy', Hossan is a consummate performer whose skills include singing, dancing, acting, piano playing, and stand-up comedy. He is actively involved in theatre, television, film and radio.

Hossan first rose to prominence following his appearances in major stage productions like Off Centre and Forbidden City: Portrait of an Empress. But it was his knack for comedy that won the hearts of the public, showcased through such notable engagements as hosting the television gameshow, We Are Singaporeans.

His fluency in French has also led him to international fame, as his work on such shows as A Singaporean in Paris and No Regrets: A Tribute to Edith Piaf have enabled him to play an instrumental role in bridging cultural relations between Singapore and France. In 2010, Hossan was conferred Chevalier de l'Ordre des Arts et des Lettres by the French Ministry of Culture and Communication for his contributions toward bridging the Arts between France and Singapore.

Hossan continues to delight audiences all over the world, whether starring in his production Hossanah!, or through his creative involvement with local theatre productions, television and film. He intends to nurture the next generation of actors by giving them a platform to showcase their skills through his companies, Double Confirm Productions (Singapore) and Double Confirm Arts & Media Sdn Bhd (Malaysia).

JOIE (SG)



Joie's foray into the scene started in 2008 with her covers on YouTube. Her vocal-heavy takes on popular songs were met with tremendously positive reception, and her audience started to swell. From bedroom to live shows in Singapore, New York, London and Australia, the songstress dreams of sharing her stories through songs all over the World. She has crafted an iconic signature style and honeyed coo that uniquely intertwines with her personality, one that has been endorsed by chart-topping producers Avicii in his podcast and Kygo in billboard playlists and his Tomorrowland set in 2014. Her debut album (released 2018), Joie features 10 self-written tracks and is available for streaming on all major platforms.

WVC JAZZ (MY)



Drawing inspiration from the many facets of modern life influenced by Malaysian and other Asian cultures, the music of WVC cuts across many musical genres and defies any kind of classification. Tunes such as "The Art of the Wind Up Alarm Clock", "Found and Lost", "Standing in the Rain on Euclid Avenue", "Lost in Different Time Zone", "Waiting for That Day" try to examine and express the human condition in modern life, using the art form known as "jazz" as its stylistic musical vehicle.

Formed in 2006 as a trio, WVC completed its quartet line up with the addition of saxophonist Julian Chan. The group has toured extensively in the region, heralding back the spirit being "on the road" of touring jazz bands of old. Through these regional tours, WVC has brought its music to many corners of Malaysia, Singapore, China, Taiwan, Thailand, and Macau. In one of these tours, the quartet managed to travel extensively over 18 cities and performed 23 concerts within a month, using different means of transportation, playing in many different types of venues. In 2018, WVC traveled the west coast of Malaysia peninsula and completed a ten stops concert tour, fulfilling our aspirations of bringing the music to the people.

WVC has six instrumental albums - "WVC TRiO" (2008), "ELEVEN" (2009), "In the Dark, I See Her" (2011) and "Waiting For That Day" (2014) "Do Not Go Gently" (2016) and "Give Thy Ear" (2018) that explored different musical genres (while maintaining the spirit of jazz as its core) and combinations in its line-up. Most of the tunes recorded are original tunes written by the band members. In addition, the band also experiments with transforming unlikely pop tunes, Chinese classics, and much mainstream music into new jazz re-arrangements, in the spirit of the great jazz musicians of old. WVC has been spearheading a series of concert talks that combined Jazz music and Literature. "Listen to the Songs of Wind: Murakami and Jazz" explored the fiction world of renown Japanese writer Haruki Murakami's works, and Jazz music. "If Music Be The Food of Love, Jazz On" is a series of concert talks linking the art of the Bard: William Shakespeare's words and Jazz music. "Seketika Sebelum Merdeka" is a series of historical anecdotes of pre- independent Malaya and music from that era, reimagined with the unique WVC's touch.

ARVAN (MY)



Aki Huang's works are unique in its characteristics ranging from passionate and quiet, to warm and sad, and is always an authentic narration on life. She gains her inspiration from the conversations that she has with her two 8 and 4 year old daughters, stories of the people in her life, be it a close friend or a mere passerby. She always uses the most candid way to explain her doubts and answers. In 2010, Aki Huang wrote the song "Love!", performed by Hebe Tien that attracted everyone's attention to her once again. Then in 2017, Aki Huang returned to the music scene again with her solo album "Hey" and formed a band, ARVAN. Right now, she composes for her own band "ARVAN" together with Alu8khan and three other musicians, as well as co-wrote and published songs.

Alu8khan's hobby is listening to music, with traditional, ethnic, classical, jazz, blues and rock music all coming in contact, because he also dabbles in a wide range of musical instruments, traditional and also modern instruments, including percussion, flute, strings instruments and other instruments. From imitating the structure of others to constantly creating, to building his own style; Alu8khan is an expert in rock music and he also studies of all kinds of rock genre. Formerly, he is a guitarist with the local famous band "LANG" and "Platform 11". Currently, he is a guitarist for the band "ARVAN" and often plays in various art theatres.

ROZELLA (MY)



An electronic pop artist originally from Borneo. Ever since she was a child, she was always humming random melodies and making up lyrics to her own songs. Her fear of the spotlight kept her from pursuing a career in music until 2013. She was the winner of Tiger Jams 2016 and her single 'Home to You' was handpicked for an exclusive remix by Scottish synth pop band Chvrches.

When she's not making music, Rozella is passionate about raising awareness of different health conditions, disabilities, and body image issues through her social awareness platform, True Complexion. Her latest achievement is winning the Women of the Future Awards Southeast Asia 2019 in the Arts and Culture category, and being the first Bornean to be accepted into the Eisenhower Global Fellowship Program.

Last year, Rozella was chosen as one of the "30 Pillars of Sabah" whereby her portrait was drawn on a pillar in her hometown, Kota Kinabalu. She is also a TEDx speaker, a recipient of the Outstanding Young Person of Sabah Award 2016, and a VIMA Music Awards 2016 nominee.

Quotes

Colin Goh

CEO

THE RICE CO. LTD

So often we hear people say, "I think that's a great idea to pursue" but we can count the number times these ideas actually get transformed into reality.

Identifying a worthy idea can be seen as both "half-full" or "half-empty" but regardless, you must have found the confidence to relentlessly fill up the jug, elevating Causeway Exchange to one of the most significant cross-culture platforms between Singapore and Malaysia.

I remain an ardent admirer of you and congratulation Shawn for an excellent job done!

This year, Causeway Exchange is off for its 10th run and I am sure there will be more to come.

Joe Sidek

MANAGING DIRECTOR

JOE SIDEK PRODUCTIONS

SDN BHD

Congratulations to CausewayEXchange (CEX) in the celebration of its 10th year anniversary and we extend wishes for its continued success in the next years.

Personally and professionally, it has been an absolute pleasure to work with CEX and sharing the common goal of providing artistic and cultural platforms for artists from both Malaysia and Singapore. I look back with great memories, on our four collaborative years between 2012 and 2015, in conjunction with George Town Festival in Penang and CEX Arts Festival in Singapore. The exchange platforms have been great interchanges of ideas and opportunities, both for the artists and us as organizers in both cities. With something so positive, we should work at making this happen again, sooner rather than later.

With all best wishes.

Stevens Chan

FOUNDER

DIALOGUE IN THE DARK,
MALAYSIA

Congratulations to CausewayExchange on your 10th year anniversary. We have been blessed to be working with CausewayEXchange and Shawn, since 2016 and for 4 years now, we have partnered in a couple of interesting events in the Arts and Concert in the Dark. It's been a good partnership and we have learned so much. We pray that the CausewayEXchange festival will continue to be a blessing to the artists from just across the causeway (Singapore and Malaysia). We pray for many many more years and CausewayEXchange will continue to be the bridge builder for both nation's budding and impactful artists. God bless you for another 10 and many more years.

Soh Lai Yee

FRIEND OF

CAUSEWAYEXCHANGE

Thank you for ten years of steadfast and incredible work in bringing together Singaporeans and Malaysians, through cultural camaraderie and collaborations. Heartiest congratulations on your tenth anniversary! Wishing the team many more years of success, good luck and joy!

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