

Liz Tong

Registered Art (Expressive Arts) Therapist AThR



Qualifications

- Registered Art (Expressive Arts) Therapist ANZACATA
- Master of Expressive Arts Therapy (HK)
- Bachelor of Arts in Design (HK)
- Certified Yoga Teacher YTTC 500hr
- Dynamic Attachment Re-patterning experience Training
- Acceptance and Commitment Therapy Training
- Satir Model Foundation Training
- Playback Theatre Basic and Advanced Training Vipassana practitioner

About Liz

Liz Tong is a Registered Art (Expressive Arts) Therapist and professional yoga teacher with over 14 years of dedicated practice in mindfulness. She brings a holistic lens to her therapeutic work, weaving together yoga therapy, body and emotion awareness, mindfulness, and expressive arts—including drawing, drama, dance, music, and creative writing—to support individuals across diverse life stages and challenges.

Her clinical specialties encompass SEN-related stress and emotional disturbances, depression, anxiety, bipolar disorder, complex trauma, and parent-child relationship enhancement. Liz's integrative approach emphasizes self-esteem, resilience, and emotional regulation, empowering clients to reconnect with their inner strengths through creativity and embodied awareness.

Since 2019, Liz has been teaching mindfulness, art, and yoga to children, fostering emotional growth and self-expression in educational settings. In 2022, she received funding from the SIE Fund to deliver 132 hours of on-site Expressive Arts Therapy services to 72 students with autism or from low-income families, promoting social skills, confidence, and empathy. She has also collaborated with Tung Wah College on research studies exploring Mindfulness-based Cognitive Behavioural Therapy for children, contributing to evidence-informed practice in the field.

Liz's service populations span primary and secondary school students, individuals with special educational needs, working professionals, carers, women, persons with intellectual disabilities, and elderly with dementia. Her work reflects a commitment to accessibility and inclusivity, ensuring that therapeutic support reaches communities often underserved.

With a rich background in both clinical practice and community engagement, Liz integrates compassion, creativity, and a strength-based perspective into her services. Her philosophy centers on empowering individuals through meaningful connection, embodied awareness, and the transformative potential of the arts.

Languages

Cantonese · English