

We Specialised in
Art Based Coaching Programs

Speaker Profile

Prof Hildrun Rolff



Prepared By :
ART BASED COACHING



Trainer Profile:

Professor Hildrun Rolff is a prominent figure in art therapy, with over a decade of academic leadership. At Alanus University, she spearheaded the accreditation and development of the Bachelor's programme in Art Therapy – Social Art and directed the Institute for Artistic-Scientific Further Education, fostering interdisciplinary innovation.

Key Areas of Expertise

- **Pioneering Digital Art Therapy:**
Professor Rolff created the groundbreaking "*als ob*" module, enabling therapeutic presence in virtual spaces during the COVID-19 pandemic. Her work bridges technology and healing, offering innovative solutions for modern challenges.
- **Trauma-Sensitive Techniques:**
Her expertise spans biographical and trauma-sensitive methods, including transgenerational symbol mapping and Psychodynamic Imaginative Trauma Therapy (PITT), providing profound tools for emotional and psychological healing.
- **Culturally Grounded Approaches:**
Through collaborations with institutions like Taylor's University in Malaysia, she has introduced art therapy into education and healthcare, ensuring culturally relevant and impactful practices.

Professional Experience

Professor Rolff has held pivotal leadership roles in academia and therapy, including directing the Institute for Artistic-Scientific Further Education at Alanus University. Her initiatives have laid the foundation for art therapy's integration into diverse sectors, from healthcare to education.

She has worked closely with global partners to adapt art therapy methodologies to local contexts, particularly in Southeast Asia. Her projects emphasize sustainability in mental health practices, aligning therapeutic innovation with regional needs.

Thought Leadership

A prolific author and researcher, Professor Rolff has contributed seminal works such as "*Art Therapy in Malaysia*" (2019) and delivered influential presentations on chronic pain management and digital therapy. Her ability to merge tradition with cutting-edge innovation has made her a sought-after speaker at international conferences and workshops.

Her insights have been featured in academic journals and cultural platforms, inspiring practitioners and academics worldwide. Professor Rolff's visionary approach continues to shape the future of art therapy, empowering the next generation of healers and leaders.

Approach and Impact

Professor Rolff's dynamic and empathetic style, combined with her research-driven methodologies, equips organizations and individuals with transformative tools for mental health and leadership. Her strategies are not only theoretical but also actionable, fostering lasting change in both professional and community settings.