

# Xingyu Yao

## MT-BC

MUSIC THERAPY, PSYCHODRAMA  
FAMILY THERAPY, HOLISTIC WELLNESS

### Education

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East China Normal University  
Applied Psychology

Berklee College of Music  
Music Therapy  
Professional Music

### Area of Practice

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Mental Health Counseling  
Consultation and Advising  
Expressive Arts Therapies  
Workshops and Training  
Writing and Publication

### Contact Info

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cherubxingyu@gmail.com  
[Book a Session Online](#)

### Professional Experiences

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#### PROFESSIONAL CONFERENCE

Workshop, presentation, seminar

- Music Therapy in Rehabilitation-a Pilot Program
- Emotional Processing and Creative Expression Without Memory
- Music as a Catalyst for Social Change
- Diversity in Our Greatness: A Journey Through Time and Place
- Music Therapy for Emotional Support
- Music Therapy in the Midst of COVID-19
- Become a Better Clinical Improviser in 75 Minutes
- Calling all Watch City Singers: Singing and Creative Aging

#### Certifications

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Board Certified Music Therapist  
Chinese Mental Health Counselor Level II  
Satir Transformational Systemic Therapy  
Level I

#### AREA OF EXPERTISE

Population and Issue

- Performing Arts related issues
- Anxiety and Stress
- Life Transition
- Interpersonal Relationship
- Rehabilitation
- Career
- Role Training
- Self-esteem
- Dementia
- Family Dynamic
- Grief and Loss
- Chronic Pain/Medical Condition
- Creative Problem Solving

#### Affiliations

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American Association of Music Therapy (AMTA)  
American Society of Group Therapy, Psychodrama, and Psychotherapy (ASGPP)