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Fiona is a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA) and a Registered Social Worker. She became accomplished at Person-Centered Expressive Arts Approach with the founder Dr. Natalie Rogers at Saybrook University in the U.S. She has been applying expressive arts in oncology psychosocial care for more than 25 years.

She is currently the Vice-chairperson of “Art in Hospital”, the Founding President of the Expressive Arts Therapy Association of Hong Kong, advisor of the "Art Therapy Without Borders" and the South Western College in Santa Fe. She was the former Executive Co-chair of IEATA. She pioneered the Patient Resource Centre in public hospitals. She received the H.K. International Cancer Congress Young Investigators’ Award, Outstanding Staff Award of Hospital Authority, Distinguished Social Work Alumni of HKU and the Shining Star Award of IEATA.

She initiated expressive arts project with Orphans with HIV in Cambodia, a Wellness CD project for cancer patients and hosted the IEATA Conference in Hong Kong in 2015. She wrote several chapters on expressive arts therapy for internationally and locally published books.