What makes the programme special?

International Recognition
Graduates are eligible for professional registration as a Registered Arts Therapist (AThR) with the Australian and New Zealand Arts Therapy Association (ANZATA) upon completion of 750 practicum hours. They are also eligible to seek qualification as a Registered Expressive Arts Therapist (REAT) with the International Expressive Arts Therapy Association (IEATA) after fulfilling 1,000 supervised practice hours, to be counted after graduation.

Cultural Values and Holistic Health
The programme integrates East-West learning. Accordingly, it pays special attention to the application of expressive arts therapy within local culture and with reference to Chinese arts. It also demonstrates the utility of expressive arts therapy, not only in the prevention of illness, but also in the promotion of holistic health and community development.

Multi-disciplinary Application
As expressive arts therapy can be integrated into a range of clinical, educational and community settings, the programme is designed for a broad spectrum of students, including healthcare professionals, teachers and professional artists.

Experiential Learning
Experiential learning enables students to critically evaluate their client populations to determine the best ways to serve them through the intentional use of expressive arts therapy. Students will develop an appreciation and respect for how personally engaging in the creative process can lead to opportunities for critical reflection and professional development.

International Exposure
The programme is uniquely situated as a gateway to research collaboration and educational exchange of expressive arts therapy in Hong Kong, Asia and the world.

Admission Requirement
Candidates are required to have a Bachelor’s degree with honours or the equivalent, preferably in a field related to social sciences, healthcare, education or arts disciplines. A minimum of three years of relevant post-qualification working experience is an advantage. In addition, candidates are required to submit a portfolio to demonstrate proficiency in using at least one arts form (visual art, music, dance, drama, poetry).

Tuition Fee
2-year full-time mode
HK$98,000 per annum (local)
HK$119,000 per annum (non-local)
3-year part-time mode
HK$65,000 per annum (local)
* subject to the University’s approval

Deadline of Application
February 29, 2016

Enquiry
Programme Secretary
Ms. Mona Chan
Tel: (852) 2831 5166
Email: chanmona@hku.hk
Website: http://socialwork.hku.hk/exat

Information Session
December 12, 2015 (Sat)
5pm – 7pm
Centre on Behavioral Health
2/F, 5 Sassoon Road, Pokfulam
Registration https://goo.gl/0IrM6F
The arts have been one of the greatest healing resources throughout history playing a key role deeply engrained within health traditions cross-culturally: dancing for healing and rites of passage, painting for contemplation and enactment, music for relaxation and convection, or poetry for expression.

Ever since the introduction of arts making in therapy, the arts have re-established their role in prevention and treatment, as well as, in achieving wholeness and balance. Whether skilled with a brush or new to playing a drum, everyone has a latent capacity to create; and in this process the arts serve as vessels to transform life experiences and shape/create a new way of being, which is central to the therapeutic process of expressive arts therapy.

Who will benefit from the programme?

Healthcare and social service professionals as well as artists and arts educators who wish to become adept in implementing various forms of expressive arts and apply the transformative process of creativity to enable a process of change benefiting clients to wish to become adept in implementing various forms of expressive arts and apply the transformative process of creativity to enable a process of change benefiting clients.

Who will benefit from the programme?

The programme provides multi-modality (multiple arts forms) training in expressive arts therapy in the fields of healthcare, education, and community development. It aims to cultivate competent clinical and educational specialists ready to lead the development of the field of expressive arts therapy in Hong Kong and Asia.

The objectives of the programme are:

- to advance expressive arts therapy knowledge exchange and training development in Hong Kong;
- to ensure that students are grounded in evidence-based expressive arts therapy practice and contributing to research development; and
- to serve as the hub for international collaboration and local inter-disciplinary training in expressive arts therapy.

Who will benefit from the programme?

The programme has an emphasis on learning in consideration of Asian cultures, which would be applicable for me in my work. And there are students from a wide range of fields and backgrounds to learn from.

Kevin Lam

I feel that the instructors here are very passionate. They all have lots of experiences in arts and helping others.

Margaret Wong

Art Therapist

Lecturers are specialists in the field.

Curriculum

Students are required to undertake academic coursework (10 compulsory courses, 2 elective courses), accumulate practicum experience (500 to 750 hours) and complete a final dissertation. Classes are conducted during weekday evenings and occasional weekends.

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
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<tbody>
<tr>
<td>2-year full-time</td>
<td>3-year part-time</td>
<td>5 compulsory courses, electives optional, practicum, dissertation</td>
</tr>
<tr>
<td>3 compulsory courses, electives optional, practicum, dissertation</td>
<td>4 compulsory courses, electives optional, practicum, dissertation</td>
<td>1 compulsory course, electives optional, practicum, dissertation</td>
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</tbody>
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Compulsory Courses

Expressive Arts Therapy
- Theory and principles of expressive arts therapy
- Expressive arts studio
- Community applications of creative process
- Facilitating creative process and expression
- Group creative process and expression
- Professional practice and ethics in expressive arts therapy

General Helping Professions
- Abnormal psychology
- Assessment and interventions in mental health: A clinical case management approach
- Scientific inquiry and research methods in behavioral health
- Critical issues in human development

Elective Courses

- Fundamentals of music therapy
- Fundamentals of drama therapy
- Fundamentals of art therapy
- Fundamentals of dance and movement therapy
- Counseling and psychotherapy
- Play therapy
- Contemporary perspectives on death, dying and bereavement
- Theory and practice of positive psychology and strength-based interventions
- Special topics in expressive arts therapy

Practicum
- 500 to 750 hours of prescribed work in a clinical internship in healthcare, education or community settings with regular supervision

Dissertation
- Scholarly dissertation in the form of a research study or an in-depth case study

Note: Not all elective courses will necessarily be offered in a given year.

Students’ Voices

Candace Leung

It is the place where Eastern and Western cultures and philosophies are adopted in the research and application of expressive arts therapy.

Margaret Wong

Visual Artist

Lecturers are specialists in the field.

Cheryl Lee

Social Worker

The programme has an emphasis on learning in consideration of Asian cultures, which would be applicable for me in my work. And there are students from a wide range of fields and backgrounds to learn from.

Stella Lam

Counsellor

By doing artworks, transformations happened when new insights were gained. Besides, the courses enable me to re-appreciate myself as well as others as very unique aesthetic human beings.

Isabel Li

Educational Psychologist

The programme is resourceful in helping us to develop sense in expanding clients’ repertoire. It is innovative, creative and the faculty is very helpful in helping us to train us with using an integrated approach.