WHAT MAKES THE PROGRAMME SPECIAL?

International Recognition
Graduates are eligible for professional registration as a Registered Arts Therapist (ARTh) with the Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA) 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.

Information Session
Date: 30 October 2020 (Friday)
Time: 7:00pm-8:30pm
Format: via Zoom

Admission Requirement
Candidates are required to have a Bachelor’s degree 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 or poetry).

TUITION FEE
2-year full-time mode
HK$120,000 per annum (Local)
HK$144,500 per annum (Non-Local)
3-year part-time mode
HK$80,000 per annum (Local)
* subject to the University’s approval

Deadline of Application
1 February 2021, noon

Enquiry
Programme Secretary
Ms. Mona Chan
Tel: (852) 2831 5166
Email: chanmona@hku.hk
Website: www.socialwork.hku.hk/mexpartssth/
**STUDENTS’ VOICES**

Charity Fok - Educational Psychologist  
This programme is where you can meet artists, performers, business people, educators and even scientists from different cultures, and go through a journey together to become therapists. Healing, in the modern world, is both art and science. Being a therapist requires both a kind heart with the capacity to accept differences and a creative mind with textbook and real-world knowledge. It was from the exchanges with my fellow classmates and teachers that I began to find the balance.

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. There are students from a wide range of fields and backgrounds to learn from.

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.

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.

AMA - Artist, Singer-songwriter, Soul Searcher  
Without Human Beings, there will be no Art. This programme is more than a career path, it is a vocational calling to those who believe in the healing power of Art. It transforms the misconception that creating or appreciating art is only for the artists/elite/academia. This programme inspires Art’s intrinsic qualities to permeate invisible barriers, cultivate imaginations, open doors to different cultures, connect all walks of life, create hope and most of all, to bridge between The Study of the Soul (Psychology) and The Language of the Soul (Arts).

Sune H. Markosov - Artist  
The programme’s rich hands-on practice and theoretical rigor created a truly transformative experience, while its supportive, diverse community made the learning process joyful as well.

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**EXPRESSIVE ARTS THERAPY**

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 insight, drama for communication and enactment, music for relaxation and connection, or poetry for expression.

Ever since the introduction of arts making in therapy, the arts have re-established their role as a 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.

**Objectives**

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?

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 complement their clinical and educational practices. This programme will be beneficial for those who may aspire to work in hospitals, schools, social service centres, and agencies serving the needs for children, youth, adult and the elderly with disabilities, emotional or learning challenges, chronic illness, psychiatric disorders and personal issues.

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**Curriculum**

Students are required to complete 10 compulsory courses, 2 elective courses, a practicum of 500 to 750 hours and a dissertation. Classes are conducted during weekday evenings and occasional weekends.

**Year 1**

- **2-Year Full time**
  - Compulsory Courses: Electro Courses, Practicum

**Year 2**

- **3-Year Part time**
  - Compulsory Courses: Electro Courses, Practicum

**Compulsory Courses**

- Expressive Arts Therapy
  - Theory and principles of expressive arts therapy
  - Expressive arts studio
  - Community applications of creative process
  - Working with individuals in expressive arts therapy
  - Working with groups in expressive arts therapy
  - Professional practice and ethics in expressive arts therapy

- General Helping Professions
  - Assessment in clinical setting

- Human development and expressive arts therapy

- Abnormal psychology

- Scientific inquiry and research methods in behavioral health

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**Elective Courses**

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

Practicum: 500 to 750 hours of prescribed work in a clinical setting 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.)