Information Session
30 October 2020

MASTER OF EXPRESSIVE ARTS THERAPY

Two-year full-time/
Three-year part-time programme
Admission 2021/22
What are the Expressive Arts?

• The expressive arts combine the visual art, movement, drama, music, writing and other creative processes to foster deep personal growth and community development.

• An evolving multimodal approach within psychology, organizational development, community arts and education.

• By integrating the arts processes and allowing one to flow into another, we gain access to our inner resources for healing, clarity, illumination and creativity.

(IEATA)
Major Approaches

- Intermodal Approach
- Multimodal Approach
- Person-centered Expressive Arts Therapy
- Expressive Therapies Continuum

- Psychodynamic
- Existential
- Humanistic / Person-centered
- Cognitive-Behavioral
- Systemic
Programme Objectives

• To advance expressive arts therapy knowledge exchange and training development in Hong Kong;

• To ensure that students are grounded in researched 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.
Curriculum Principles

• Cultural Values
  – To integrate East-West learning with special attention to the application of expressive arts therapy within local culture and with reference to Chinese arts

• Holistic Health
  – To demonstrate the utility of expressive arts therapy, not only in the prevention of illness, but also in the promotion of holistic health and community development
Strong Teaching Team with Research and Clinical Competence

• Fully trained expressive arts, creative arts therapists, clinical psychologists, play therapist and researchers
International Honorary Lecturers

- Cecilia Herzfeld-Stern
- Danielle L. Fraenkel
- Gina Alfonso
- Ilene Serlin
- Joseph Moreno
- Laury Rappaport
- Nana Koch

...and so on
International Advisers

• Bruce L. Moon
• Danielle L. Fraenkel
• Laury Rappaport
• Shaun McNiff
• Vivien Marcow-Speiser
Distinguished External Examiner

Vivien Marcow Speiser  PhD, BC-DMT, LMHC, NCC, REAT
Professor and Director, The Institute for Arts and Health
The Graduate School of Arts and Social Sciences
Lesley University
Intended Candidates

- Healthcare and social service professionals
- Artists
- Educators
- Persons with passion and dedication to human services and arts
Programme Learning Outcomes

• Expressive Arts Therapy training, applications and practice
• Expressive Arts Therapy research
• Expressive Arts Therapy community and international collaboration
• Fundamental and advanced counseling and psychotherapy theories and practice
Programme Features

• International recognition
• Cultural values and holistic health
• Multi-disciplinary application
• Experiential learning
• International exposure
Professional Accreditation

• Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA)
  – Graduates are eligible for professional registration as a Registered Arts Therapist (AThR) upon completion of 750 supervised practicum hours (within the programme)

• International Expressive Arts Therapy Association (IEATA)
  – Graduates are eligible for professional registration as a Registered Expressive Arts Therapist (REAT) after fulfilling 1,000 supervised post-educational clinical hours.
Curriculum Structure

Three major components
1. 10 compulsory & 2 elective courses
2. 500-750 practicum hours
3. Dissertation

Full-time/Part-time
Classes are conducted during weekday evenings and occasional weekends
(1) Courses

• 10 compulsory & 2 elective courses
• Each course comprises the equivalent of at least 36 contact hours
• Exemption may be granted for up to 2 compulsory courses of comparable subjects and contact hours
  – To be replaced by additional elective courses
### 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
- Abnormal psychology
- Assessment in clinical setting
- Scientific inquiry and research methods in behavioral health
- Human development and expressive arts therapy

For course descriptions, please refer to the programme website at [www.socialwork.hku.hk/mexpartsth/curriculum/](http://www.socialwork.hku.hk/mexpartsth/curriculum/)
Elective Courses

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

For course descriptions, please refer to the programme website at www.socialwork.hku.hk/mexpartsth/curriculum/
## 2-year Full-time

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Class Arrangements

• **Dates of classes**
  – 1\textsuperscript{st} semester: Sep – Dec 2021
  – 2\textsuperscript{nd} semester: Jan – Early May 2022
  – Summer semester: Mid-May – Aug 2022

• **Time**
  – Weekday 7:00pm-10:00pm; or
  – Block intensive class on Saturdays 10:00am – 5:00pm

• **Venue**
  – Studio at Centre on Behavioral Health or
  – Centennial Campus, Main Campus
(2) Dissertation

• **Format**
  - Scholarly dissertation of not more than 20,000 words
  - A research study or an in-depth case study

• **Duration**
  - Full-time: Sep of Year 2 study
  - Part-time: Sep of Year 3 study
  - Concrete meeting dates and time: To be discussed with dissertation supervisor
(3) Practicum

- 500 to 750 hours of prescribed work in healthcare, education or community settings
  - IEATA requires trainees to complete a minimum of 500 hours of expressive arts therapy experience (direct + non-direct)
  - ANZACATA requires a minimum of 750 hours (direct + non-direct)
    - A minimum of 350 hours should be spent on direct expressive arts therapy services

Graduates are eligible for professional membership of the ANZACATA upon completion of 750 practicum hours
Practicum & Supervision

• **Arranged Practicum**
  – Provided and organized by Programme Team as collaboration with community partners

• **Self-initiated Practicum**
  – Available through students’ networks
  – Eligible sites: NGOs, voluntary service organizations, schools, students’ own workplace and other non-profit-making agencies within the community; the practicum sites must assign an allied health professional staff to provide guidance and support students.

• **Supervision**
  – 100 hours of on-campus group clinical supervision (= 50 hours of individual supervision, or a mixture of both) throughout the study
  – Group/Individual supervision, case colloquia and retreat
Practicum Settings

**HEALTHCARE**
- hospitals
- psychiatric
- medical
- wellness
- in/outpatient clinics

**COMMUNITY**
- art studios
- neighbourhood organizations

**EDUCATION**
- schools
- extra-curricular
- support
- art education
- agencies

**OTHER**
- employee assistance
- programs
- life coaching
Practicum Agencies

- Hong Kong Sheng Kung Hui
- Baptist Oi Kwan Social Service
- Caritas Hong Kong
- Centre on Behavioral Health (Expressive Arts Clinic)
- Fu Hong Society
- Hong Chi Association
- Hong Kong Christian Service
- Mental Health Association
- Nesbitt Centre
- St. James’ Settlement
- New Life Psychiatric Rehabilitation Association
- The Salvation Army
- Tung Wah Group of Hospital
- Yan Chai Hospital

......and more
Population

- Children, adults, elderly
- SEN, disability
- Family, parent-child
- Students are not recommended to deal with complicated cases e.g. bereavement, suicide, trauma, abuse, severe mental illness, etc during your studentship
Mass Community Expressive Arts Workshop
Mass Community Expressive Arts Workshop
SinoArt Workshop

Expressive Arts for Well-being Workshop
The ANZATA Arts Therapy Symposium 2016
Christchurch, NZ
The 6th Intl. Conference of Expressive Psychotherapy, China
Expressive Arts Therapy for Social Enterprise

- Best Social Mission Award, March 2019
HK Museum of Art Project

• Listening – Life Artists: It Takes Character
• Mr. Yau Shing Mu, and a group of EXAT students
Admission

Programme Entrance Requirements

• A Bachelor's degree or the equivalent, preferable in a field related to social sciences, healthcare, education or arts disciplines

• Preferably a minimum of three years of relevant post-qualification working experience in healthcare disciplines
Admission

English Requirements

• For applicants graduating from universities NOT using English as a teaching medium
  – Test of English as a Foreign Language (TOEFL)
    • A score of 550 or above (paper-based test) or
    • 80 or above (internet-based test)
  – International English Language Testing System (IELTS)
    • A minimum overall band of 6 with no subset lower than 5.5
  – Overseas General Certificate of Education
  – The International General Certificate of Secondary Education
  – The Cambridge Test of Proficiency in English Language
    • Grade C or above
Admission

Applicants should submit/prepare:

- Online application
- Portfolio
- Personal Essays
- Other required supporting documents

to the University by the deadline of application
Online Application (19 Oct 2020 to noon, 1 Feb 2021)

http://www.aal.hku.hk/tpg/
Portfolio

- **3-10 digital photographs or videos in CD/DVD format** that showcase art, dance/movement, music, drama or poetry that you created
- Demonstrate your proficiency in **at least one arts form**
- Demonstrate your skills and express **your understanding/response to some experiences** (Some of your chosen pieces may pertain to your personal essay #1)
- You may include examples of traditional or cultural arts with **explanation of the relationships of the arts and your philosophy towards health and well-being**
Personal Essays

• Essay 1
  – Please describe your personal experience of creating and being involved in the arts.

• Essay 2
  – Please describe your philosophy of the value of using the expressive arts for therapy and/or wellness in healthcare, education and/or community settings.

• Essay 3
  – Please indicate an area of practice and/or research interest that you want to work on upon completion of the program.

• Essay 4
  – In what ways will your agency and/or your family and friends support your study?
Key Dates

Application deadline:
12:00noon, 1 February 2021

Admission test and interview:
Early to Mid-March 2021
*Only shortlisted applicants will be invited for interview

Announcement of provisional offer:
Six weeks after admission test & interview
Check the latest updates on our website
www.socialwork.hku.hk/mexpartsst/admission/
Alumni Sharing
Enquiry

| Contact person: | Ms. Mona Chan  
Programme Secretary |
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<td>(852) 2831 5166</td>
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<tr>
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<td><a href="mailto:chanmona@hku.hk">chanmona@hku.hk</a></td>
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