Expressive Arts Therapy
INFORMATION SESSION
2023/24 Admission
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

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

Intermodal Approach
Multimodal Approach
Person-centered Expressive Arts Therapy
Expressive Therapies Continuum
Program 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
Learning Outcomes

- Expressive Arts Therapy training, applications and practice
- Expressive Arts Therapy community & international collaboration
- Expressive Arts Therapy research
- Fundamental and advanced counseling and psychotherapy theories and practice
What Makes Our Programme Unique?

- International recognition
- Cultural values & 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.
Multidisciplinary Teaching Team with Research & Clinical Competence

Fully trained expressive arts, creative arts therapists, clinical psychologists, social workers, play therapist and researchers
International Advisers

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

Mitchell Kossak  PhD, LMHC, REAT
Professor/Coordinator of Expressive Therapies
Lesley University
## Curriculum Structure 2023-24

### Compulsory Courses
- **10 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*

### Elective Courses
- **2 courses**
  - Each course comprises the equivalent of at least 36 contact hours

### Practicum
- **500-750 practicum hours**

### Dissertation
- A scholarly piece of independent study

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**Full-time/Part-time**

Classes are conducted during weekday evenings and occasional weekends
## 2-year Full-time

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## 3-year Part-time

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Compulsory Courses

**Expressive Arts Therapy**
- Theory and principles of expressive arts therapy
- Community application of expressive arts
- 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
- Micro-skills in counselling and psychotherapy
- Abnormal psychology
- Scientific inquiry and research methods in behavioral health

For course descriptions, please refer to the programme website at www.socialwork.hku.hk/mexpartsth/curriculum/
Elective Courses

• Contemporary perspectives on death, dying and bereavement
• Fundamentals of art therapy
• Fundamentals of dance and movement therapy
• Fundamentals of drama therapy
• Fundamentals of music therapy
• Play 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/
Dissertation

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

• **Duration**
  - Full-time: Sep 2024 – Jul 2025
  - Part-time: Sep 2025 – Jul 2026
Practicum

• IEATA requires students 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
  • Eligible for professional membership of the ANZACATA upon completion of 750 hours of practicum
  • Application for student membership
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 Agencies

- Hong Kong Sheng Kung Hui
- Baptist Oi Kwan Social Service
- Caritas Hong Kong
- 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
Class Arrangements

• Dates of classes
  • 1st semester: Sep – Dec 2023
  • 2nd semester: Jan – Early May 2024
  • Summer semester: Mid-May – Aug 2024

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

• Venue
  • Studio at Centre on Behavioral Health (Sassoon Road Campus)
  • Centennial Campus, Main Campus
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
Intended Candidates

• Healthcare and social service professionals
• Artists
• Educators
• Persons with passion and dedication to human services and arts
Required Documents

Applicants should submit/prepare:

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

to the University by the deadline of application
Online Application

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

• **3-10 digital photographs or videos in CD/DVD/USB 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**
4 Personal Essays *(no word limit)*

Complete all questions in the online application

(1) Please describe your personal experience of creating and being involved in the arts.

(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.

(3) Please indicate an area of practice and/or research interest that you want to work on upon completion of the programme.

(4) In what ways will your agency and/or your family and friends support your study?
Key Dates

Application deadline:
12:00noon, 31 January 2023

Admission test and interview:
Early to Mid-March 2023
*Only shortlisted applicants will be invited for interview via email

Announcement of provisional offer:
Six weeks after admission test & interview
Interview Format

• Written test
• Individual interview
• Group interview
• To be done in person, except for those non-local candidates
Check the latest updates on the department website
https://www.socialwork.hku.hk/mexpartsth/admission/
Enquiry

| Contact person: | Ms. Mona Chan  
Programme Secretary |
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<tr>
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