

*master of*

# EXPRESSIVE ARTS THERAPY

2-year full-time/ 3-year part-time

**2024/ 25 ADMISSION**



Department of Social Work & Social Administration  
Centre on Behavioral Health  
The University of Hong Kong



## **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 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.

## **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.

## 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.

2-Year Full-time	Year 1	Year 2	
	7 compulsory courses, elective course(s) & practicum	3 compulsory courses, elective course(s), practicum & dissertation	
3-Year Part-time	Year 1	Year 2	Year 3
	5 compulsory courses & elective course(s)	4 compulsory courses, elective course(s) & practicum	1 compulsory course, elective course(s), practicum & dissertation

### 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

### Elective Courses

- Fundamentals of music therapy
- Fundamentals of drama therapy
- Fundamentals of art therapy
- Fundamentals of dance and movement therapy
- 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

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

### 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



# *What makes this programme special?*



## **International Recognition**

Graduates are eligible for professional registration as a Registered Arts Therapist (AThR) 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 & 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.



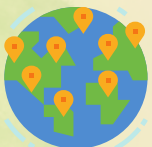
## **Multi-disciplinary Application**

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.



# Students' Voices

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## **Candy Wong** Psychiatrist

Expressive Arts Therapy is an alternative treatment modality I can offer to suitable clients. Soft skills in Expressive Arts Therapy can be applied to my daily interaction with my clients during consultations. I become a better psychiatrist as I'm now equipped with more professional skills and I can understand their needs better from different perspectives.

## **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.

## **Venus Ho** Social Worker

Through the study programme, I am strengthened to actively promote life uniqueness and inclusiveness as the key attributes of human beings and the organizations; engage the people in the person-directed care environment with the nurturance of body-mind-spirit, and forge active and creative arts connections to the broader community.

## **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.

## **Sunee 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.

## **Yau Shing Mu** Former Civil Servant

This programme has given me a better sense and approach to work under stress and de-stress. I may also apply what I learnt to help others, in particular, young people to manage stress. This programme would launch me onto another career, after I had worked for decades in journalism and government.

## 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 \*subject to the University's approval

### 2-year full-time

- HK\$135,650 per annum (local)
- HK\$163,350 per annum (non-local)

### 3-year part-time

- HK\$90,500 per annum (local)

## INFORMATION SESSION

17 NOVEMBER 2023

Live ZOOM session

7:00PM - 8:30PM



## Deadline of Application

31 JANUARY 2024, NOON

## Enquiry

Programme Secretary

Ms. Mona Chan

Tel: (852) 2831 5166

Email: [chanmona@hku.hk](mailto:chanmona@hku.hk)