Expressive Arts Therapy

INFORMATION SESSION

2024/25 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

Psycho-dynamic
Existential
Cognitive-Behavioral
Humanistic / Person-centered
Systemic

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.
Learning Outcomes

Expressive Arts Therapy training, applications and practice

Expressive Arts Therapy research

Expressive Arts Therapy community & international collaboration

Fundamental and advanced counseling and psychotherapy theories and practice

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

- 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 program)

• 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
International Advisers

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

**Mitchell Kossak** PhD, LMHC, REAT
Professor/Coordinator of Expressive Therapies
Lesley University
## Curriculum Structure 2024-25

### Compulsory Courses  x 10
- 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  x 2
- 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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<thead>
<tr>
<th></th>
<th>Semester 1</th>
<th>Semester 2</th>
<th>Summer Semester</th>
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<tbody>
<tr>
<td><strong>Year 1</strong></td>
<td>Theory &amp; Practice</td>
<td>Community</td>
<td>Human Development</td>
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<td>Micro-skills</td>
<td>Group</td>
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<td>Research</td>
<td>Assessment</td>
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<td><strong>Elective course(s)</strong></td>
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<td><strong>Practicum/ Supervision</strong></td>
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<tr>
<td><strong>Year 2</strong></td>
<td>Individual</td>
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<td>Abnormal Psychology</td>
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<td><strong>Dissertation</strong></td>
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## 3-year Part-time

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Semester 1</th>
<th>Semester 2</th>
<th>Summer Semester</th>
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<td>Assessment</td>
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<td>Practicum/ Supervision</td>
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<td>Year 3</td>
<td>Research</td>
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<td>Elective course(s)</td>
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<td>Dissertation</td>
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### Compulsory Courses

<table>
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<tr>
<th>Expressive Arts Therapy</th>
<th>General Helping Professions</th>
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<tbody>
<tr>
<td>Theory and principles of expressive arts therapy</td>
<td>Assessment in clinical setting</td>
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<tr>
<td>Community application of expressive arts</td>
<td>Human development and expressive arts therapy</td>
</tr>
<tr>
<td>Working with individuals in expressive arts therapy</td>
<td>Micro-skills in counselling and psychotherapy</td>
</tr>
<tr>
<td>Working with groups in expressive arts therapy</td>
<td>Abnormal psychology</td>
</tr>
<tr>
<td>Professional practice and ethics in expressive arts therapy</td>
<td>Scientific inquiry and research methods in behavioral health</td>
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</tbody>
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For course descriptions, please refer to the program website at [www.socialwork.hku.hk/mexpartsth/curriculum/](http://www.socialwork.hku.hk/mexpartsth/curriculum/)
## Elective Courses

*Select 2 only*

- 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 program website at [www.socialwork.hku.hk/mexpartsth/curriculum/](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**
  - Final year of study
Practicum

• IEATA requires students to complete a minimum of **500 hours** of expressive arts therapy experience (direct + non direct)
  • A minimum of 250 hours should be spent on direct expressive arts therapy services
  • Basic requirement to complete this program

• 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 Program Team as collaboration with community partners

Self-initiated Practicum
- Available through students’ networks
- Eligible sites: NGOs, 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
Eligible Practicum Settings

**HEALTHCARE**
- Hospitals
- Medical institutions
- Wellness centers
- In/outpatient clinics

**COMMUNITY**
- Art studios
- Neighborhood organizations
- Voluntary service organizations

**EDUCATION**
- Schools
- Extra-curricular and art education agencies

**OTHER**
- NGOs
- Your own workplace
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
Teaching Arrangement

Mode of teaching
• Face-to-face
• Lecture
• Experiential learning

Dates of Semester
• Sem 1: Sep – Mid Dec
• Sem 2: Mid Jan – Early May
• Summer Sem: Mid May – Mid Aug

Time
• Mostly weekday 7-10pm
• Block intensive class on Saturdays 10am-5pm

Venue
• 2/F, 5 Sassoon Road
• Centennial Campus
• Main Campus
Admission

Program 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)
    *TOEFL IBT® Home Edition test is not accepted
  • 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
Online Application

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

(4) In what ways will your agency and/or your family and friends support your study?
Arts 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
Required Documents

Submission must be made by the admission deadline

- Online application
- Arts portfolio
- Personal Essays
- Other required supporting documents
# Checklist of Submission

View/Download this checklist from http://www.aal.hku.hk/tpg/

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<tr>
<th>Enclosed (Please tick as appropriate)</th>
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<tbody>
<tr>
<td><strong>Arts portfolio</strong></td>
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<tr>
<td>(Digital photographs and/or videos should be submitted in CD/DVD/USB format directly to the Centre on Behavioral Health)</td>
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<tr>
<td><strong>Official transcript(s) (original / certified true copy)</strong> #*</td>
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<tr>
<td>You may complete the Transcript Request Forms below and send it to the institute from which the transcript is requested, if applicable.</td>
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<tr>
<td>□ Complete official transcript with award/confirmation information of your Undergraduate studies</td>
</tr>
<tr>
<td>□ Complete official transcript(s) of Postgraduate / Associate Degree / Higher Diploma programme (Only for applicants also pursuing or have obtained Master’s degree / Associate Degree / Higher Diploma programme.)</td>
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<tr>
<td><strong>Graduate certificate(s) (certified true copy)</strong> #</td>
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<tr>
<td>□ Graduate certificate of Undergraduate studies</td>
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<td>□ Graduate certificate(s) of Taught Postgraduate / Associate Degree / Higher Diploma programme (Only for applicants also pursuing or have obtained Master’s degree / Associate Degree / Higher Diploma programme.)</td>
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<tr>
<td><strong>For applicants who have obtained a degree from universities in Mainland China</strong></td>
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<tr>
<td>□ Online Verification Report of Higher Education Qualification Certificate (教育部学位学历证书电子注册备案表) issued by CHSI (中国高等教育学生信息网) in Chinese and English</td>
</tr>
<tr>
<td>□ Degree Certificate in Chinese and English / Online Verification Report of Higher Education Degree Certificate (中国高等教育学位在线验证报告) from CHSI in Chinese and English</td>
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<tr>
<td><strong>TOEFL / IELTS / Overseas GCE / IGCSE / Cambridge Test of Proficiency in English Language official score report (if appropriate)</strong> #</td>
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<td>(Only for applicants with qualifications from institutions outside Hong Kong where the language of teaching and examination is not English.)</td>
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<td><strong>Curriculum vitae/ Reference letter(s) (if appropriate)</strong></td>
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# Please note that the University will only ACCEPT originals or copies of the documents that have been duly declared as true copies before a notary public (e.g. a Commissioner for Oaths at a District Office in Hong Kong). Copies of documents may be certified by the appropriate officials of your home institute if you are an overseas applicant. No photocopies will be accepted.

* Confirmation of award date of qualification shall be effective on or before 31 August 2024.

* Please set the validity period of the report as 6 months or the longest available.

Please note that the University’s TOFEL code is 9671.
Submission Procedure

Please post the required documents directly to the Centre on Behavioral Health (2/F, 5 Sassoon Road) by the admission deadline.

Transcripts, diplomas, certificates, and other submitted documents which are not in English should be accompanied by a certified translation in English. Certified translation may be provided by your home institution.
Key Dates

Application deadline:
12:00noon, 31 January 2024

Admission test and interview:
Early to Mid-March 2024
*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
Tuition Fee

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

*Subject to the University’s approval
Check the latest updates on the department website
https://www.socialwork.hku.hk/mexpartsth/admission/

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<tr>
<th>Activities</th>
<th>Date</th>
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<tbody>
<tr>
<td>Information Session</td>
<td>Nov 17, 2023 (Friday) at 7:00pm-8:30pm</td>
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<td>Venue: Zoom</td>
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<td>Register now</td>
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<tr>
<td>Deadline of Online Application</td>
<td>12:00 noon, 31 January 2024</td>
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<tr>
<td>Admission Test and Interview</td>
<td>March 2024</td>
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<tr>
<td>Announcement of Results (Provisional Offer)</td>
<td>Six weeks after the admission test / interview</td>
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*Only shortlisted applicants will be invited for an admission interview.
Enquiry

<table>
<thead>
<tr>
<th>Contact person:</th>
<th>Ms. Mona Chan</th>
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<tbody>
<tr>
<td></td>
<td>Programme Secretary</td>
</tr>
<tr>
<td>Tel:</td>
<td>(852) 2831 5166</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:chanmona@hku.hk">chanmona@hku.hk</a></td>
</tr>
<tr>
<td>Webpage:</td>
<td><a href="http://www.socialwork.hku.hk/mexpartsth">http://www.socialwork.hku.hk/mexpartsth</a></td>
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