

Expressive Arts Therapy

INFORMATION SESSION

2024/25 Admission



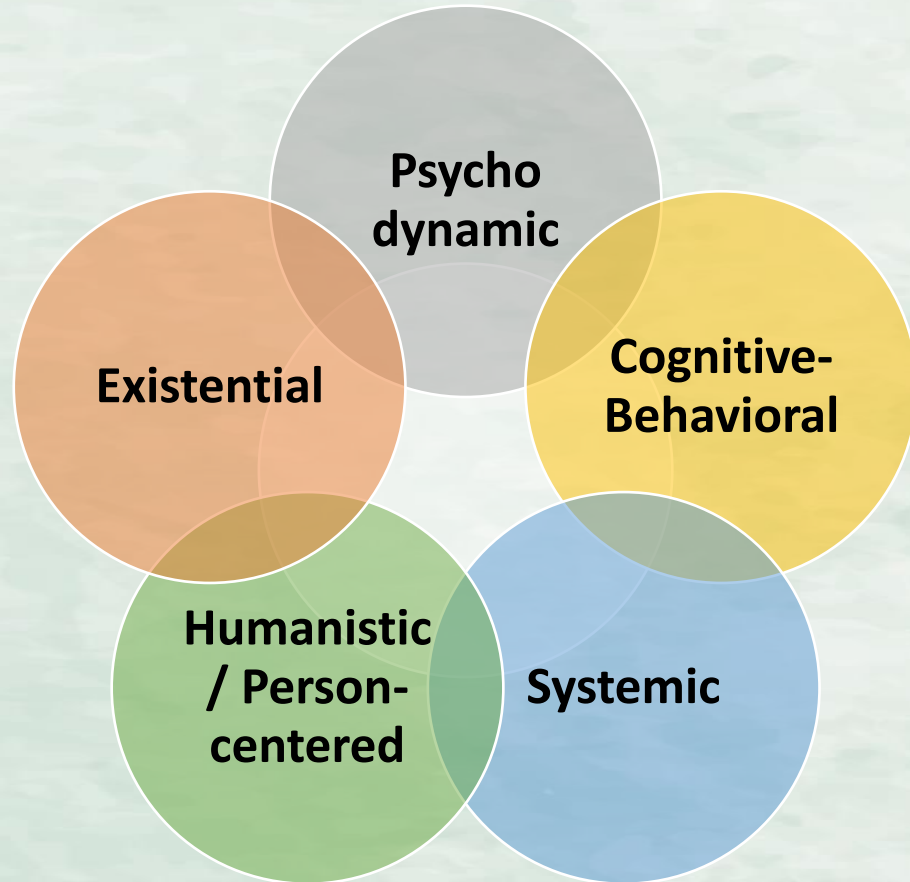
Department of Social Work & Social Administration
Centre on Behavioral Health
The University of Hong Kong

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

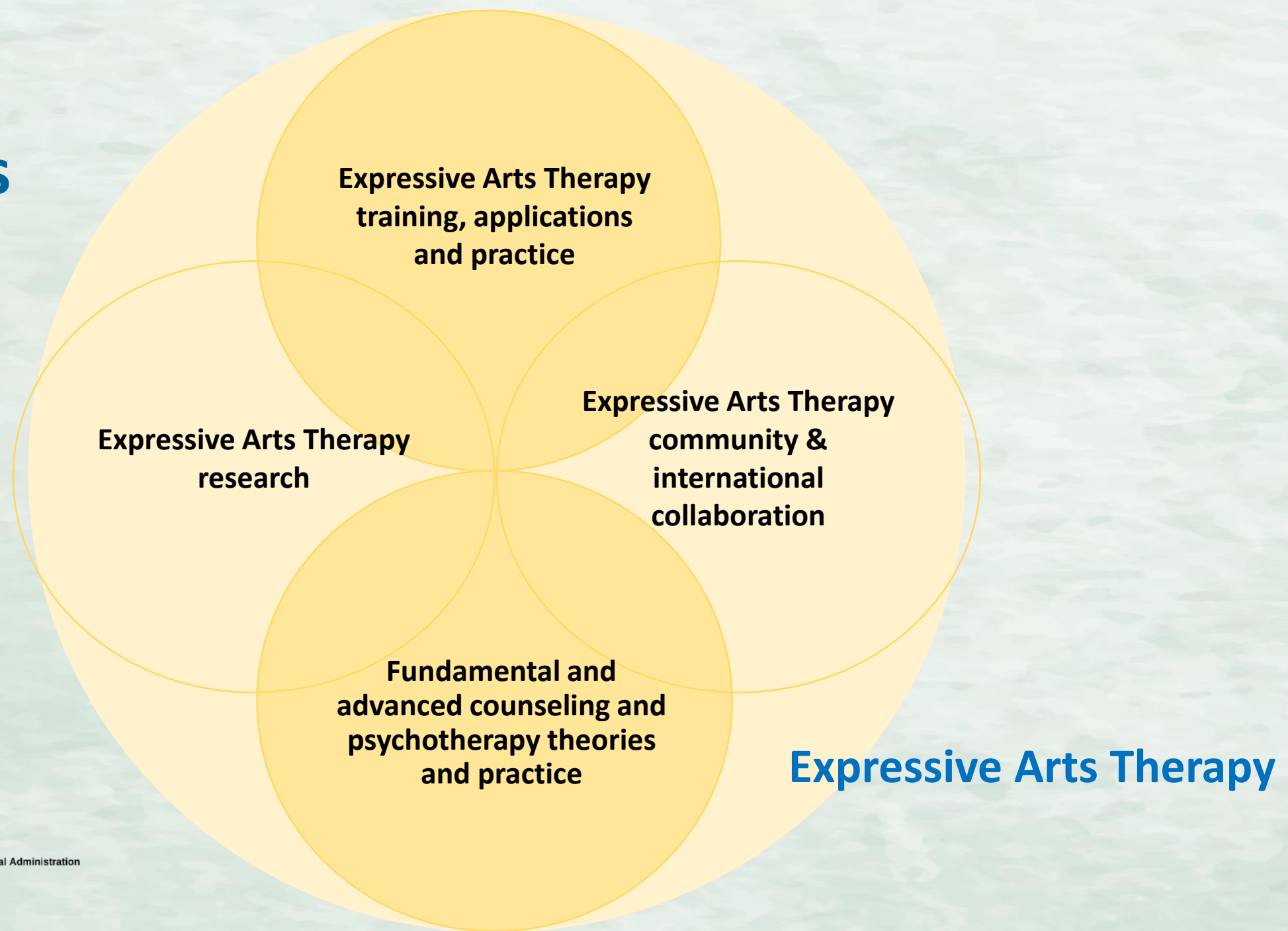


Program Objectives

- 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



Highlights of the Program



**International
recognition**



**Cultural values &
holistic health**



**Multi-disciplinary
application**



**Experiential
learning**



**International
exposure**



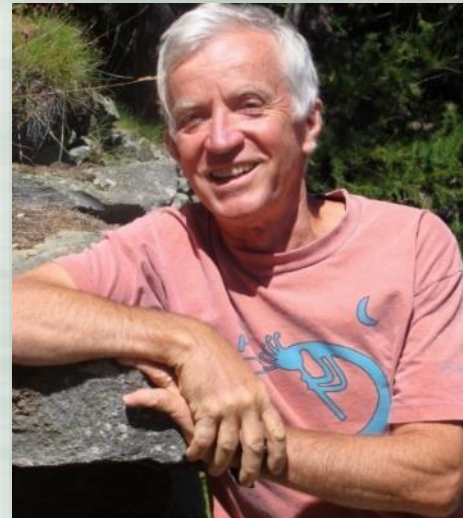
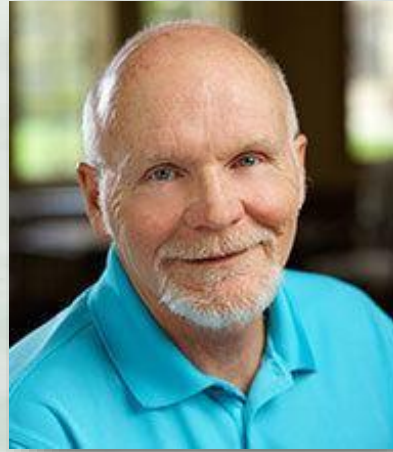
Professional Accreditation

- **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

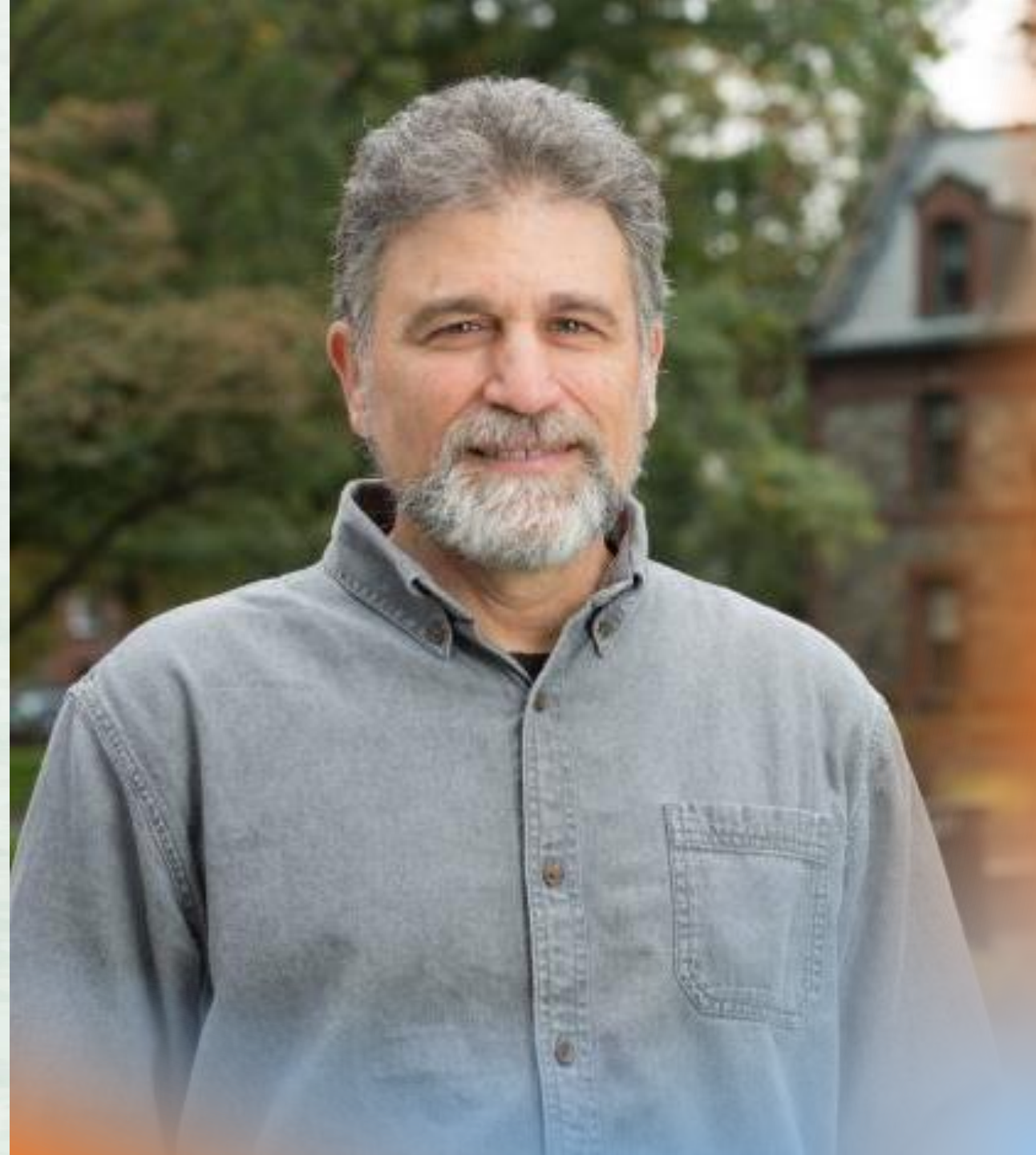


External Examiner

Mitchell Kossak PhD, LMHC, REAT

Professor/Coordinator of Expressive
Therapies

Lesley University



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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

Full-time/Part-time
Classes are conducted during weekday evenings and occasional weekends



2-year Full-time

	Semester 1	Semester 2	Summer Semester
Year 1	Theory & Practice	Community	Human Development
	Micro-skills	Group	
	Research	Assessment	
	Elective course(s)		
			Practicum/ Supervision
Year 2	Individual		
	Abnormal Psychology		
	Ethics		
	Elective course(s)		
	Practicum/ Supervision		
	Dissertation		



3-year Part-time

	Semester 1	Semester 2	Summer Semester
Year 1	Theory & Practice	Community	Human Development
	Micro-skills	Group	
	Elective course(s)		
Year 2	Individual	Assessment	
	Abnormal Psychology		
	Ethics		
	Elective course(s)		
	Practicum/ Supervision		
Year 3	Research		
	Elective course(s)		
	Practicum/ Supervision		
	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

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/**



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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/>



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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/>

Enclosed (Please tick as appropriate)

<input type="checkbox"/>	Arts portfolio (Digital photographs and/or videos should be submitted in CD/DVD/USB format directly to the Centre on Behavioral Health)
<input type="checkbox"/>	Official transcript(s) (original / certified true copy) #* You may complete the Transcript Request Forms below and send it to the institute from which the transcript is requested, if applicable. <input type="checkbox"/> Complete official transcript with award/conferment information of your Undergraduate studies <input type="checkbox"/> 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.)
<input type="checkbox"/>	Graduate certificate(s) (certified true copy) # <input type="checkbox"/> Graduate certificate of Undergraduate studies <input type="checkbox"/> 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.)
<input type="checkbox"/>	For applicants who have obtained a degree from universities in Mainland China <input type="checkbox"/> Online Verification Report of Higher Education Qualification Certificate (教育部学历证书电子注册备案表)^ issued by CHSI 学信网 in Chinese and English <input type="checkbox"/> 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
<input type="checkbox"/>	TOEFL / IELTS / Overseas GCE / IGCSE / Cambridge Test of Proficiency in English Language official score report (if appropriate) # (Only for applicants with qualifications from institutions outside Hong Kong where the language of teaching and examination is not English.)
<input type="checkbox"/>	Curriculum vitae/ Reference letter(s) (if appropriate)

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

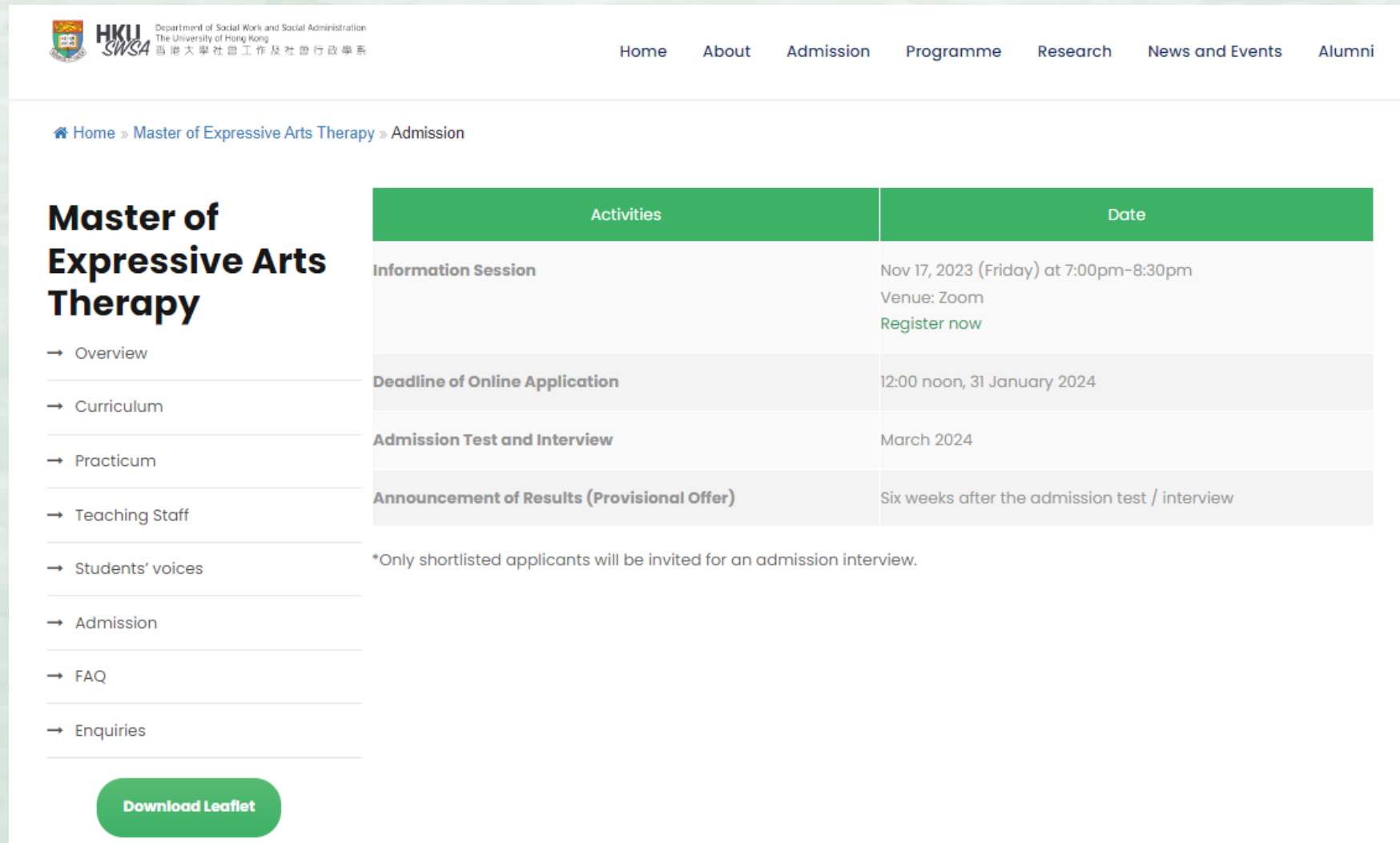
- HK\$90,500 per annum

**Subject to the University's approval*



Check the latest updates on the department website

<https://www.socialwork.hku.hk/mexpartsth/admission/>



The screenshot shows the website for the Department of Social Work and Social Administration at The University of Hong Kong. The page is titled "Master of Expressive Arts Therapy" and is focused on the "Admission" section. A navigation menu at the top includes Home, About, Admission, Programme, Research, News and Events, and Alumni. A breadcrumb trail indicates the path: Home » Master of Expressive Arts Therapy » Admission. On the left, a vertical menu lists various sections: Overview, Curriculum, Practicum, Teaching Staff, Students' voices, Admission, FAQ, and Enquiries. A green button labeled "Download Leaflet" is positioned at the bottom of this menu. The main content area features a table with two columns: "Activities" and "Date". The table lists four key events: an Information Session on Nov 17, 2023, a Deadline of Online Application on Jan 31, 2024, an Admission Test and Interview in March 2024, and an Announcement of Results (Provisional Offer) six weeks after the test. A note specifies that only shortlisted applicants will be invited for an admission interview.

Department of Social Work and Social Administration
The University of Hong Kong
香港大學社會工作及社會行政學系

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Master of Expressive Arts Therapy

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- Enquiries

[Download Leaflet](#)

Activities	Date
Information Session	Nov 17, 2023 (Friday) at 7:00pm-8:30pm Venue: Zoom Register now
Deadline of Online Application	12:00 noon, 31 January 2024
Admission Test and Interview	March 2024
Announcement of Results (Provisional Offer)	Six weeks after the admission test / interview

*Only shortlisted applicants will be invited for an admission interview.



Enquiry

Contact person:

**Ms. Mona Chan
Programme Secretary**

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(852) 2831 5166

Email:

chanmona@hku.hk

Webpage:

<http://www.socialwork.hku.hk/mexpartsth>

