Master of Expressive Arts Therapy

Two-year full-time/
Three-year part-time programme

2017/18 Admission

Information Session
10 December 2016
Programme Committee

Prof. Rainbow HO (Programme Director)
PhD, REAT, BC-DMT, AThR, RSMT, RSME, CGP, CMA

Dr. Joshua NAN (Deputy Programme Director)
PhD, ATR, RSW

Ms. Julia BYRNE (Academic Advisor)
MA, AThR

Mr. Alessandro SECCI (Lecturer)
Psychoanalytic Psychotherapist, Art Psychotherapist

Ms. Pandora LEE (Practicum Coordinator)
MBPsS, MA, AThR
A Masters Programme launched in the academic year 2013-14, offered by the Department of Social Work and Social Administration (SWSA) with the support from the Centre on Behavioral Health (CBH), The University of Hong Kong.
What are the Expressive Arts?

• The expressive arts combine the visual arts, 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)
Main Approaches

Psychodynamic

Existential

Cognitive-Behavioral

Humanistic / Person-centered

Systemic

Expressive Therapies Continuum
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 or creative arts therapists
• Full-time core faculty enhanced by the addition of part-time teachers
International Honorary Lecturers

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

…and so on
Our 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

Complement current healthcare, community arts and educational practices
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 and New Zealand Arts Therapy Association (ANZATA)**
  – 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.
Endorsement

ANZATA-Approved Degrees

ANZATA recognises training for art and arts therapists from the approved courses offered by Universities and Colleges in Australia, New Zealand and Singapore. This training comprises a minimum two year masters degree with a component of 750 supervised clinical hours placement in the mental health arena. Graduates of these programmes are eligible for Professional Registration with ANZATA. ANZATA also provides some alternative pathways to membership. Please see membership 'Categories and Requirements' under 'Join'.

Institution: The University of Hong Kong  
Degree: Master of Expressive Arts Therapy  
School: Department of Social Work and Social Administration, Faculty of Social Sciences  
Contact: Dr Rainbow Ho, Programme Director  
Tel: +852 2831 5158  
Email: tinho@hku.hk  
Address:  
Department of Social Work and Social Administration  
Room 534, Jockey Club Tower, The Centennial Campus  
The University of Hong Kong, Hong Kong (GAR)  
Website: www.socialwork.hku.hk
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
## 2-year Full-time

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
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<tbody>
<tr>
<td><strong>First Semester</strong></td>
<td><strong>Second Semester</strong></td>
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<tr>
<td>Theory &amp; principles of EAT</td>
<td>Expressive arts studio</td>
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<tr>
<td>Abnormal psychology</td>
<td>Community application of creative process</td>
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<tr>
<td>Scientific inquiry &amp; research methods in BH</td>
<td>Assessment &amp; interventions in MH</td>
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<th>Year 2</th>
<th>Semester</th>
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<tr>
<td><strong>First Semester</strong></td>
<td><strong>Second Semester</strong></td>
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<tr>
<td>Facilitating creative process &amp; expression</td>
<td>Group creative process &amp; expression</td>
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<th>2 elective course(s)</th>
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**Practicum & Supervision**

**Dissertation**
# 3-year Part-time

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<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
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<tbody>
<tr>
<td><strong>First Semester</strong></td>
<td><strong>Second Semester</strong></td>
<td><strong>Summer Semester</strong></td>
</tr>
<tr>
<td>Theory &amp; principles of EAT</td>
<td>Expressive arts studio</td>
<td>Critical issues in human development</td>
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<tr>
<td>Abnormal psychology</td>
<td>Community application of creative process</td>
<td>Facilitating creative process &amp; expression</td>
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<td><strong>Second Semester</strong></td>
<td><strong>Summer Semester</strong></td>
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<td>Assessment &amp; interventions in MH</td>
<td>Professional practice &amp; ethics in EAT</td>
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<tr>
<td></td>
<td>Group creative process &amp; expression</td>
<td>Scientific inquiry &amp; research methods in BH</td>
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**2 elective course(s)**

**Practicum & Supervision**

**Dissertation**
(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
• Facilitating creative process and expression
• Group creative process and expression
• Professional practice and ethics in expressive arts therapy

General Helping Professions

• Abnormal psychology
• Assessment and interventions in mental health: A clinical case management approach
• Scientific inquiry and research methods in behavioral health
• Critical Issues in Human Development

For course descriptions, please refer to the programme website at http://www.socialwork.hku.hk/exat
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
- Theory and practice of positive psychology and strength-based interventions

For course descriptions, please refer to the programme website at http://www.socialwork.hku.hk/exat
Class Arrangements

• Dates of classes
  – First semester: Sep – Dec 2017
  – Second semester: Jan – Early May 2018
  – Summer semester: Mid-May – Aug 2018

• Time
  – Weekday 6:45pm-9:45pm or 7:00pm-10:00pm; or
  – Block intensive class on Saturdays 10:00am – 5:00pm

• Venue
  – Studio at Centre on Behavioral Health or
  – Centennial Campus
(2) 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)
  - ANZATA 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 ANZATA upon completion of 750 hours of practicum
Practicum & Supervision

• **Arranged Practicum**
  – Is 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

• **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

- AFTEC (Absolutely Fabulous Theatre Connection)
- Action Care
- Benji’s Centre
- Caritas Charrette Centre
- Centre on Behavioral Health (Expressive Arts Clinic)
- Fu Hong Society
- Heart2Heart
- Hong Chi Association
- Jockey Club Centre for Positive Ageing
- Mental Health Association
- Nesbitt Centre
- New Home Association
- Sovereign Art Foundation
- St. James’ Settlement
- Tung Wah Group of Hospital
- Tuern Mun Hospital

……and more
Mass Community Expressive Arts Workshop
Mass Community Expressive Arts Workshop
SinoArt Workshop

Expressive Arts for Well-being Workshop

Department of Social Work and Social Administration
Centre on Behavioral Health
The University of Hong Kong
The 5th Intl. Conference of Expressive Psychotherapy, China
The ANZATA Arts Therapy Symposium
2016 Christchurch, NZ
Scholarship

- Madam Lo Ng Kiu Ying Anita Memorial Prize
  - The prize is established to honour students with outstanding performance in the practicum.
(3) 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 should be discussed with dissertation supervisor
Graduate Exhibition

EXPRESSION ARTS THERAPY
Joint Exhibition of Master of Expressive Arts Therapy (HKU) Graduates 2016

Faculty of Social Sciences
Department of Sociology
Department of Social Work & Social Administration
Centre on Behavioral Health
MC/1702 Creative Space
Programme Entrance Requirements

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

• Preferably have a minimum of two 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 appropriate deadline of application
Online Application

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

Applicants should respond to the following questions in completing the online application.

Essay 1
Please describe your personal experience of creating and being involved in the arts (may be one arts form or many). Refer to selections from your portfolio where relevant with specific reference to your personal understanding of your arts and what you have learned about yourself, your relationships and/or the world through the arts-making process.

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? (Financial support may be one aspect, but you may wish to expand upon other areas of support. What are your ideas around providing yourself with personal well-being during the proposed course of study?)
Key Dates

Deadline of Online Application:
Feb 28, 2017

Admission test and interview:
March 2017
*Only shortlisted applicants will be notified

Announcement of provisional offer:
Six weeks after admission test and interview
## Tuition Fee 2017-18

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<tr>
<th>2-year Full-time</th>
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<tr>
<td>HK$100,500 per annum for local students</td>
<td>HK$66,600 per annum for local students</td>
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<tr>
<td>HK$122,000 per annum for non-local students</td>
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Please refer to the programme website for the latest updates
http://www.socialwork.hku.hk/exat

MASTER OF EXPRESSION ARTS THERAPY

<table>
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<tr>
<th>Activities</th>
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<tr>
<td>Information Session</td>
<td>10 December 2016 (Saturday) at 4:30pm-6:30pm</td>
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<td>Venue: Studio 2, Centre on Behavioral Health 2/F, The Hong Kong Jockey Club Building for Interdisciplinary Research, 5 Sassoon Road, Pokfulam, Hong Kong</td>
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<td></td>
<td>Registration link</td>
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<td>Deadline of Online Application</td>
<td>28 February, 2017</td>
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EXPRESSIVE ARTS THERAPY

- Overview
- Programme Features
- Curriculum Structure
- Scholarship
- Teaching Staff
- Practicum
- Career Prospects
- Students' Voice
Our Learning Environment
Our Students

• Social workers, nurses, counselors, educational psychologists, occupational therapists, behavior therapists, teachers, research assistants, financial analyst, graphic designer, artistic directors, performer, human resources professional, etc.
Sharing Session

• Alumni
  – Ms. Fontane YIU
• Current student
  – Ms. Vennus HO
Introductory Course on EXAT

• It is designed for all those interested in exploring the expressive languages of the dance-movement (body improvisation, individual and group choreographies), the visual arts (painting, sculpture, installations), and drama, music and expressive writing.

• It is targeted for people working in the field of education, social and healthcare. Artists and those interested in research in the field of communication and creativity are also welcome.
Course Content

• The course will be 21 hours in total
  – 3 workshops of 7 hours each on a daily basis (weekends)
• Teaching methodology: Active and experiential
  – Meetings are held in groups
• A certificate of participation will be issued upon completion of the whole course
Course Content

• What is Expressive Arts Therapy (EXAT)
• A brief history of EXAT
• Verbal and nonverbal communication
• Theories underlying the EXAT
• What is the therapeutic process
• How EXAT works/ how it can be applied to clinical work
### Enquiries

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