

## **REGULATIONS FOR THE DEGREE OF MASTER OF EXPRESSIVE ARTS THERAPY (MExpArtsTh)**

*(See also General Regulations)*

Any publication based on work approved for a higher degree should contain a reference to the effect that the work was submitted to The University of Hong Kong for the award of the degree.

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### **Admission requirements**

**MEXAT1** To be eligible for admission to the degree of Master of Expressive Arts Therapy, candidates

- (a) shall comply with the General Regulations;
- (b) shall hold:
  - (i) a Bachelor's degree with honours of this University, preferably in a field related to social sciences, healthcare, education or the arts disciplines; or
  - (ii) another qualification of equivalent standard from this University or from another University or comparable institution accepted for this purpose;
- (c) shall submit a portfolio to demonstrate proficiency in using at least one art form (visual art, music, dance, drama, poetry);
- (d) shall have a minimum of three years relevant post-qualification experience (preferred); and
- (e) shall satisfy the examiners in a qualifying examination if required.

**MEXAT2** Candidates who do not hold a Bachelor's degree with honours of this University or another qualification of equivalent standard may in exceptional circumstances be permitted to register if they demonstrate adequate preparation for studies at this level and satisfy the examiners in a qualifying examination.

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### **Qualifying examination**

**MEXAT3**

- (a) A qualifying examination may be set to test the candidates' formal academic ability or their ability to follow the course of study prescribed. It shall consist of one or more written papers or their equivalent and may include a project report.
  - (b) Candidates who are required to satisfy the examiners in a qualifying examination shall not be permitted to register until they have satisfied the examiners in the examination.
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### **Award of degree**

**MEXAT4** To be eligible for the award of the degree of Master of Expressive Arts Therapy, candidates

- (a) shall comply with the General Regulations; and
  - (b) shall complete the curriculum as prescribed in the syllabuses and satisfy the examiners in accordance with the regulations set out below.
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## **Length of curriculum**

### **MEXAT5**

- (a) The curriculum shall extend over not fewer than two or not more than three academic years of full-time study; or not fewer than three and not more than five academic years of part-time study.
  - (b) Candidates may be granted exemption of up to two courses in recognition of studies and/or practicum completed in related areas. Exemption will only be considered in special circumstances and each application will be considered on its own merit. The exempted course should be replaced by an additional elective course to meet the degree requirements.
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## **Completion of curriculum**

**MEXAT6** To complete the curriculum, candidates shall follow the course of instruction and complete satisfactorily all prescribed assignments and assessments of:

- (a) 10 core courses;
  - (b) 2 elective courses;
  - (c) 750 hours of practicum; and
  - (d) a dissertation in accordance with MEXAT 7 as prescribed in the syllabuses.
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## **Dissertation**

**MEXAT7** Subject to the provision of Regulation MEXAT 6(d), candidates shall complete a dissertation in the final academic year of study. Candidates shall submit the title of dissertation for approval by March 31 of the final academic year of study and the dissertation shall be presented by not later than July 31 of the final academic year of study. The dissertation should be 15,000-20,000 words. Candidates shall submit a statement that the dissertation represents their own work undertaken after registration as candidates for the degree.

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## **Assessment**

### **MEXAT8**

- (a) Where so prescribed in the syllabuses, coursework, a dissertation, written examination papers, other tests or any combination of these shall constitute part or whole of the examination for one or more courses.
- (b) Students will be assessed by multiple assessment methods, including continuous and terminal assessments. Assessment methods will take the form of class presentations, examinations, projects, term papers, and coursework assignments. A final performance evaluation will be used to assess the practicum placement. To complete the curriculum, candidates shall satisfy the examiners in the examination of courses as prescribed in the curriculum.

**MEXAT9** Candidates who have failed to satisfy the examiners at their first attempt, whether by means of written examination papers, coursework assessment or any combination of these, may be permitted to present themselves for re-examination in the failed course or courses.

**MEXAT10** Candidates who have not satisfactorily completed any prescribed practicum placement may be permitted to undertake an additional period of practicum placement to be specified by the Head of the Department. Candidates who are not permitted to undertake the additional period of practicum placement or have failed to satisfy the examiners at their second attempt may be recommended for discontinuation of their studies.

**MEXAT11** Subject to the provision of Regulation MEXAT 7, candidates who have failed to present a satisfactory dissertation may be permitted to submit a new or revised dissertation within an approved specified period.

**MEXAT12** Candidates who are unable because of their illness to be present for one or more papers in any written examination may apply for permission to present themselves at a supplementary examination to be held before the beginning of the following academic year. Any such application shall be made on a form prescribed within two weeks of the first day of the candidates' absence from the examination.

**MEXAT13** Candidates who

- (a) are not permitted to present themselves for re-examination in any written paper or any course examined by means of coursework assessment, or in field work or practical work in which they have failed to satisfy the examiners and are not permitted to repeat a year of the curriculum under Regulation MEXAT 9; or
- (b) have failed to satisfy the examiners in any written paper or any course examined by means of coursework assessment, or field work or practical work at a second attempt; or
- (c) are not permitted to submit a new or revised dissertation under the provision of Regulation MEXAT 11; or
- (d) have failed to submit a satisfactory new or revised dissertation under the provision of Regulation MEXAT 11

may be recommended to discontinue their studies.

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### **Assessment results**

**MEXAT14** A list of candidates who have successfully completed all the degree requirements and are to be awarded the Master of Expressive Arts Therapy shall be published. Candidates who have shown exceptional merit in the whole examination may be awarded a mark of distinction, and this mark shall be recorded in the candidates' degree diplomas.

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# SYLLABUSES FOR THE DEGREE OF MASTER OF EXPRESSIVE ARTS THERAPY (MExpArtsTh)

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## PURPOSE

The Department of Social Work and Social Administration offers a postgraduate curriculum leading to the degree of Master of Expressive Arts Therapy. The curriculum is designed to train students to be highly qualified practitioners of expressive arts therapy in the fields of healthcare, education, and community development.

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## EXEMPTION

Candidates may apply for exemption for no more than 2 courses in recognition of comparable coursework that is equivalent of at least thirty-six contact hours. Exemption will only be considered in special circumstances and each application will be considered on its own merit. Candidates who receive exemptions must enroll in other courses to replace the exempted ones.

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## CURRICULUM

The curriculum shall extend over not fewer than two or more than three academic years of full-time study; or not fewer than three and not more than five academic years of part-time study, inclusive of intervening vacations.

Candidates are required to complete ten compulsory courses and two elective courses. Each course comprises the equivalent of at least thirty-six contact hours.

Candidates may be approved to enroll up to two courses offered by other postgraduate curriculum of the Faculty as substitute of elective courses. The substitute must be relevant to expressive arts therapy and comprise the equivalent of at least thirty-six contact hours.

In addition, candidates are required to complete a practicum and a dissertation. They are expected to devote 750 hours to the practicum and present a final progress report.

### Compulsory Courses

Candidates shall complete the following courses.

#### *Expressive Arts Therapy*

EXAT7001	Theory and principles of expressive arts therapy
EXAT7002	Expressive arts studio
EXAT7003	Community applications of creative process
EXAT7004	Facilitating creative process and expression
EXAT7005	Group creative process and expression
EXAT7006	Professional practice and ethics in expressive arts therapy

#### *General Helping Professions*

MSBH6106	Abnormal psychology
MSBH7004	Assessment of behavioral health
MSBH7005	Scientific inquiry and research methods in behavioral health
SOWK6158	Critical issues in human development

### Elective Courses

Candidates shall complete two of the following courses.

EXAT7100	Special topics in expressive arts therapy
EXAT7101	Fundamentals of music therapy
EXAT7102	Fundamentals of drama therapy
EXAT7103	Fundamentals of art therapy
EXAT7104	Fundamentals of dance and movement therapy
MSBH6101	Counselling and psychotherapy
MSBH7006	Play therapy in counselling
SOWK6259	Contemporary perspectives on death, dying and bereavement

(Note: not all elective courses will necessarily be offered in a given year.)

### Practicum

EXAT7020	Expressive arts therapy practicum and supervision (I)
EXAT7021	Expressive arts therapy practicum and supervision (II)

### Dissertation

EXAT7022	Dissertation
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## COURSE DESCRIPTIONS

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### *Compulsory Courses*

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#### **EXAT7001 Theory and principles of expressive arts therapy**

As the introductory course in expressive arts therapy, students will be immersed in the development, history and overview of expressive arts therapy. Students will be grounded in the foundational theories of the field by learning to appreciate and integrate a diverse array of psychotherapy, philosophical, spiritual and educational concepts. This initial course will engage students in a critical reflection of the ancient roots and more contemporary influences on the place of the arts in medicine to understand the philosophical underpinnings that guide expressive arts therapist. They will come to see the place of expressive arts therapy in the overall context of health promotion, educational achievement and community development.

Assessment: 100% coursework.

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#### **EXAT7002 Expressive arts studio**

The creative process is a driving force of human innovation and healing. In all cultures at various times in history, the arts have played a crucial role in health. In order for this force to be fully engaged, practitioners must have first-hand experience of the creative process. With a primary focus on experiential learning and studio practice, students will participate in art, music, movement, drama, and writing activities. By gaining comfort with various arts forms, students will be immersed in their own creative process in order to learn how the arts can be a way of knowing the world. This knowledge will serve as a primary force for students to apply creative experiences in the context of expressive arts therapy. Students will gain appreciation for Paolo Knill's ideas of "low skill, high sensitivity" in order to promote the importance of integrating various art forms by remaining empathic to client needs.

Assessment: 100% coursework.

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### **EXAT7003    Community applications of creative process**

Expressive arts therapists frequently find themselves working in diverse settings across the healthcare, educational and community sectors. Astute practitioners often need to adapt to various work cultures while maintaining the core principles of the profession. This course primarily focuses on essential questions practitioners need to address when applying expressive arts therapy to various workplaces—such as clinics, hospitals, schools, and community centers. In addition to setting considerations, expressive arts therapists need to become culturally aware and competent to effectively work with clients from socially and culturally diverse populations. Students will learn how to conceptualize and formulate objectives, goals, interventions, and evaluation methods to match the requirements and mission of different settings. The course will also immerse students in how to engage supervision to inform their adaptations and enhance their professional development.

Assessment: 100% coursework.

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### **EXAT7004    Facilitating creative process and expression**

The main task of the expressive arts therapist is to apply the transformative process of creativity to the benefit of a client. At the root of successful expressive arts therapy is to foster empathic relationships, empower client strengths, nurture creativity and identify possible obstacles to engaging with clients. The focus of this course is on how to form and sustain a therapeutic relationship with an individual in expressive arts therapy. Students will learn the stages of the expressive arts therapy process that include beginning/introductory, middle/working, and ending/termination stages, as well as, how those stages affect intervention design. Major emphases will be on facilitating active imagination and the importance of the triangular relationship among expressive arts therapist, client and art product to further treatment and healing. Client-centered processes will form the foundation for engaging clients and inform culturally-competent, phenomenological based methods of interpretation and responsive art making. Cultivating self-awareness and retaining an accepting stance for clients, students will examine the intricacies and benefits of expressive arts therapy.

Assessment: 100% coursework.

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### **EXAT7005    Group creative process and expression**

Group dynamics bring their own challenges and opportunities to expressive arts therapy. Members of a group can influence creative expression in subtle or overt ways. The carefully attuned group expressive arts therapist has strong core knowledge in theories of group dynamics and how artistic process affects them. Particular attention will be paid to how to help group members provide verbal and arts-based feedback to each other within a safe and secure environment. Considerations for how to effectively facilitate group expressive arts therapy in terms of goals, structure, and outcomes will be further discussed. Learning to discern and identify systems and patterns, students will gain competency for how to further group process through the intentional application of expressive arts therapy. Specific strategies for engaging unwilling or disruptive clients will also be included.

Assessment: 100% coursework.

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### **EXAT7006    Professional practice and ethics in expressive arts therapy**

Expressive arts therapists constantly have to act in ways that take into account what is best for their clients, agencies, and society. When sessions do not go according to prescribed plans, there is a need to make decisions in ambiguous situations when multiple courses of action may be considered beneficial or detrimental depending on the context. By analyzing the codes of ethics of leading expressive arts therapy associations alongside the codes of practices of other disciplines that guide practice in Hong Kong, students will understand how to use them to inform their practice. There will be specific emphasis on core matters related to expressive arts therapy, such as confidentiality, duty to warn and protect, progress notes, storing artwork, and maintaining records. The course will encourage students to

think critically, while acting intentionally, especially in the face of needing to adhere to multiple sets of ethical codes and in various work settings.  
Assessment: 100% coursework.

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### **MSBH6106    Abnormal psychology**

This graduate level course will expose students to past and current research regarding concepts of “abnormal” behaviour, and the processes of clinical assessment of various types of psychological disorders – particularly the neurotic, psychotic, and mood disorders. A variety of class exercises – including small group activities and video tapes are used to understand mental disorders. A number of controversial issues in abnormal psychology will also be explored and discussed in the course. The newest edition of the multi-axial *Diagnostic and Statistical Manual of Mental Disorders (DSM-5, 2013)* will serve as the explanatory basis for the description and analysis of these dysfunctional conditions. Although this is not a “therapy course”, we will also glance at accepted treatment strategies for particular diagnostic categories.  
Assessment: 100% coursework.

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### **MSBH7004    Assessment of behavioral health**

The course critically examines assessment and testing in the context of mental health practice. Addressing the multidimensionality nature of mental disorders, emphasis will be on developing students’ competence in conducting comprehensive history taking and developing multidimensional case formulation, from which strategic-holistic treatment plan can be derived. Focus of assessment is not limited to the illness itself, but is also about illness behaviors with special attention to cultural factors. In addition to precipitating and predisposing factors, the significance of maintaining factors is highlighted, especially in a systemic framework. To promote evidence-based practice, interpretation of research evidence for best practices, test sensitivity and specificity, scale reliability and validity for assessment and testing will be deliberated.  
Assessment: 100% coursework.

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### **MSBH7005    Scientific inquiry and research methods in behavioral health**

This course covers the nature and logic of scientific inquiry, and fundamental concepts like truth, reality, ontology and epistemology. Basic quantitative and qualitative research methods are covered; advanced research methods and specific approaches in behavioral health i.e. biofeedback, use of images and movement in research etc will also be introduced. Students will learn to be critical consumers of the scientific literature. Towards the end of the course, students are required to prepare a research proposal in which classroom learning can be applied to practical examples in behavioral health.  
Assessment: 100% coursework.

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### **SOWK6158    Critical issues in human development**

This course examines factors affecting human development through an exploration of the normal patterns of growth from infancy to old age. Individual, social, and familial conditions affecting growth at different stages in the life cycle will be studied, together with related problems of adaptation and adjustment, with particular foci on current thinking in the field of developmental psychology.  
Assessment: 100% coursework.

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## *Elective Courses*

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### **EXAT7100 Special topics in expressive arts therapy**

The special topics course is for advanced applications and specific approaches to expressive arts therapy that may arise in order to provide students with timely practices, innovative interventions, and specialty areas.

Assessment: 100% coursework.

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### **EXAT7101 Fundamentals of music therapy**

Through both listening to and actively making music, the intentional application of sound and music in therapy has been used for a variety of purposes. Expressive arts therapists who wish to use music in treatment have to become aware of how the properties of rhythm, pitch, and tempo affect all levels of healing from expression to relaxation. By increasing comfort with a variety of musical instruments, genres and styles, students can identify when to offer specific interventions to advance therapy and healing. In becoming secure in the history and foundational theories of the field of music therapy, practitioners can locate their work in a larger theoretical context, while being mindful of cultural variances and considerations.

Assessment: 100% coursework.

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### **EXAT7102 Fundamentals of drama therapy**

Theatre and dramatic activity have often been used to communicate essential truths and to express particular values. Within the context of therapy, drama allows clients to recreate life experiences, imagine new ones, and experiment with alternate endings and choices. Through re-enactment or witnessing others tell one's story, acting is essential modality of healing. Understanding the history of the fields of psychodrama and drama therapy while taking into consideration such activities as improvisation, pantomime and playback theatre, expressive arts therapy can learn to offer drama in therapeutic and educational settings. Developing cultural sensitivity, self-awareness and critical appreciation will allow students to be competent in offering drama activities with clients.

Assessment: 100% coursework.

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### **EXAT7103 Fundamentals of art therapy**

This course is designed for helping service professionals, educators, and artists to learn about the practice and profession of art therapy. Content area covered will focus on history, theories and application of art therapy with various populations. In addition to lectures and discussions, students will participate in experiential art workshops to facilitate their understanding of the expressive nature of art making. Although this course does not qualify students to practice art therapy, students will gain awareness of art in therapeutic settings and how to ethically apply art making in their work settings. This course is based on the education standards of the American Art Therapy Association and is taught by a registered and board certified art therapist in the United States.

Assessment: 100% coursework.

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### **EXAT7104 Fundamentals of dance and movement therapy**

As one of the modalities engaged by creative and expressive arts therapists, dance and movement allow individuals to express, communicate, and engage in healing through their bodies. Engaged in a variety of clinical and educational settings, dance and movement can be engaged as effective nonverbal



interventions. In order to be able to use it effectively, practitioners must be grounded in anatomy, comfortable with their own body awareness, and attuned to the artistic, social, and cultural influences that affect movement. By exploring the history of the field of dance and movement therapy and the various ways to involve the body in therapy, students will be able to use dance and/or movement as a way to help facilitate the process during interventions with clinical and non-clinical populations.

Assessment: 100% coursework.

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### **MSBH6101    Counselling and psychotherapy**

This course introduces the student to counselling and psychotherapy. Topics covered include major approaches, prevention, values and professional ethics, cultural issues, communication, relationship-building strategies, problem identification, problem solving, goal setting and implementation, self-help and self-growth. Basic principles of educational psychology will be followed. Students are expected to be active seekers, not passive recipients, of knowledge and to participate actively in collective learning. Emphasis is placed on the cultivation of independent, critical, and reflective thought through reading, discussion, and experiential learning (e.g. role playing).

Assessment: 100% coursework.

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### **MSBH7006    Play therapy in counselling**

This course is intended as an introduction to the use of play therapy in working with individuals and families. The students will be presented with the essential elements and principles of play therapy, including history, theories modalities, techniques, working principles and basic skills of play therapy. This course is based on the educational standards set by the Association of Play Therapy (US) and is taught by a registered play therapist.

Assessment: 100% coursework.

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### **SOWK6259    Contemporary perspectives on death, dying and bereavement**

Death is an inevitable life experience for everyone. Death-related problem is one of the commonest issues that clients brought to counselling, but is also rated as the most uncomfortable scenario by beginning counsellors. This course is aimed to orientate those in helping profession the updated knowledge and intervention on death, dying and bereavement. Reviewing major theories related to death, including end-of-life situation, suicide, trauma and bereavement, the students are expected to have a better understanding of the universality of impermanence, and the impact of death towards individuals and societies. Updated intervention strategies on end-of-life care and bereavement care will be introduced. It is hoped to equip those who are working with or going to work with clients facing death, dying and bereavement with both the knowledge and practical competence.

Assessment: 100% coursework

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### ***Practicum***

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### **EXAT7020    Expressive arts therapy practicum and supervision (I)**

The clinical practicum focuses on the integration of theory into practice with expressive arts therapy. Students engage in approximately half of practicum hours (total 500 to 750 hours) of prescribed work in a clinical internship with regular supervision. A practice supervisor will be assigned to supervise the student's clinical work, provide both informal and formal feedback and to facilitate completion of the practicum report. The report should essentially be an evaluation of the clinical application of behavioral intervention provided by the student. Individual and group supervision will be provided.

Assessment: 100% coursework.

**EXAT7021    Expressive arts therapy practicum and supervision (II)**

The clinical practicum focuses on the integration of theory into practice with expressive arts therapy. Students engage in the remaining practicum hours (total 500 to 750 hours) of prescribed work in a clinical internship with regular supervision. A practice supervisor will be assigned to supervise the student's clinical work, provide both informal and formal feedback and to facilitate completion of the practicum report. The report should essentially be an evaluation of the clinical application of behavioral intervention provided by the student. Individual and group supervision will be provided.

Assessment: 100% coursework.

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***Dissertation***

**EXAT7022    Dissertation**

Students are expected to complete a scholarly dissertation of 15,000-20,000 words. The dissertation can be in the form of a research study or an in-depth case study that demonstrates insights for professional practice. The title of the dissertation shall be submitted for approval by not later than March 31 of the final academic year of study, and the dissertation shall be presented by not later than July 31 of the final academic year of study.

Assessment: 100% coursework.

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