

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.

Admission requirements

MEXAT1 To be eligible for admission to the courses leading 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 an arts portfolio to demonstrate proficiency in using at least one arts form (visual art, music, dance, drama, poetry);
- (d) shall preferably have had a minimum of three years of post-qualification experience in the relevant fields; 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.

Qualifying examination

MEXAT3

- (a) A qualifying examination may be set to test the candidates' formal academic ability or their ability to follow the courses 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 The curriculum shall extend over not less than two or not more than three academic years of full-time study; or not less than three and not more than five academic years of part-time study.

Completion of curriculum

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

- (a) 10 compulsory courses;
 - (b) 2 elective courses;
 - (c) 500 to 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.

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 assessment 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 course or courses of failure.

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 required to discontinue 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 required 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.

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

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

EXEMPTION

Candidates may be granted exemption of up to two compulsory courses in recognition of studies completed in related areas. Exemption will only be considered in special circumstances and each application for exemption will be considered on its own merit. Candidates with exemption granted are required to take an additional elective course to replace the exempted compulsory course to meet the degree requirements.

CURRICULUM

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 substitutes of elective courses in this curriculum. 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 500 to 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
MSBH7005	Scientific inquiry and research methods in behavioral health
SOWK6158	Critical issues in human development
SOWK6199	Assessment and interventions in mental health: A clinical case management approach

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
SOWK6206	Play therapy
SOWK6259	Contemporary perspectives on death, dying and bereavement
SOWK6274	Theory and practice of positive psychology and strength-based interventions

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

Practicum (Compulsory)

Candidates shall complete the following courses:

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

Dissertation (Compulsory)

Candidates shall complete the following course:

EXAT7022	Dissertation
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COURSE DESCRIPTIONS

Compulsory Courses

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

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

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

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

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

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

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 in-class exercises – including small group discussion and video tapes are used to understand mental disorders. A number of controversial and culturally-relevant issues in abnormal psychology will also be explored and discussed in the course, such as helping seeking behavior of different cultural groups, and labeling effects of diagnosis. etc. References will be made to our Chinese local context. Case examples will be shared to enhance students’ learning. 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

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, knowledge, and theory. 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

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

SOWK6199 Assessment and interventions in mental health: A clinical case management approach

Students will be given the opportunity to examine various clinical issues regarding the assessment and interventions on persons with mental health problems such as Depression, Anxiety Disorders, Schizophrenia and Personality Disorders. Students are expected to actively participate in role plays and case discussions. A clinical case management approach will be adopted for this course.

Assessment: 100% coursework

Elective Courses

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

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

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 and theory of the fields of drama therapy while taking into consideration such activities as improvisation or pantomime 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

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.

Assessment: 100% coursework

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

MSBH6101 Counselling and psychotherapy

This course introduces the student to counselling and psychotherapy. Topics covered include foundational skills in counselling such as values, ethics and socio-cultural awareness, functional skills in counselling namely verbal and non verbal therapeutic communication, building a therapeutic alliance and use of self, understanding clinical practice issues, the stages of counselling, assessment and goal setting, major approaches in counselling and psychotherapy and professional and self-development. 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.
Assessment: 100% coursework

SOWK6206 Play therapy

This course introduces the class to the use of play therapy in working with children, adolescents and families. The students will be presented with the essential elements and principles of play therapy, including historical development, theoretical modalities, basic techniques and applications.
Assessment: 100% coursework

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

SOWK6274 Theory and practice of positive psychology and strength-based interventions

Positive Psychology emphasizes the discovery and cultivation of human strengths and potential for a flourished life, and Positive Interventions utilize the clinical applications of Positive Psychology in alleviating symptoms and distress and enhancing psychological well-being. This course critically reviews the theory and practice of positive psychology and positive interventions, including the study of happiness, character strengths, wellness, optimism, resilience, compassion, meaning, goals, flow, creativity and hope and their relevance to psychological health and applications to counseling and psychotherapy. Both overseas and local developments in these areas will be examined.
Assessment: 100% coursework

Practicum

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

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
