

Expressive Arts Therapy

INFORMATION SESSION

2026/27 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)

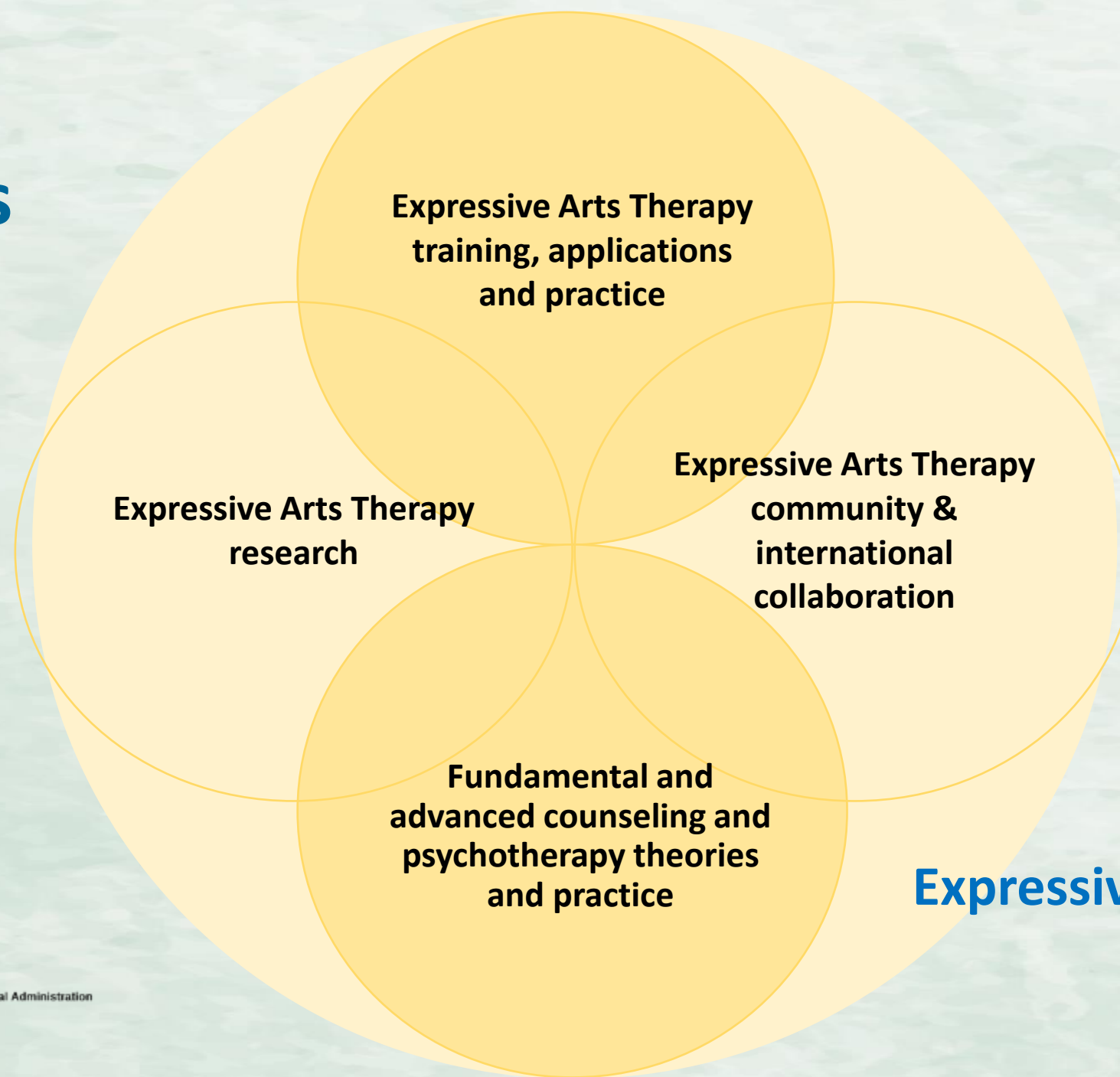


Program Objectives

- 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



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Highlights of the Program



**International
recognition**



**Cultural values &
holistic health**



**Multi-disciplinary
application**



**Experiential
learning**



**International
exposure**



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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



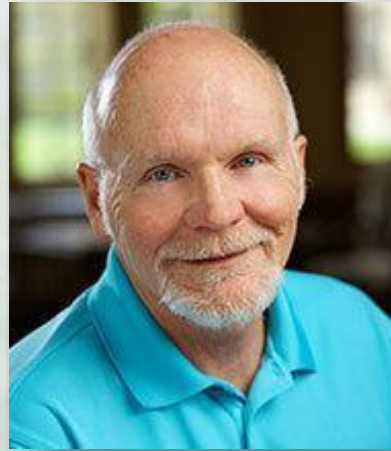
Our Teaching Faculty

Fully trained expressive arts, creative arts therapists, clinical psychologists, social workers, play therapist and researchers



International Advisers

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

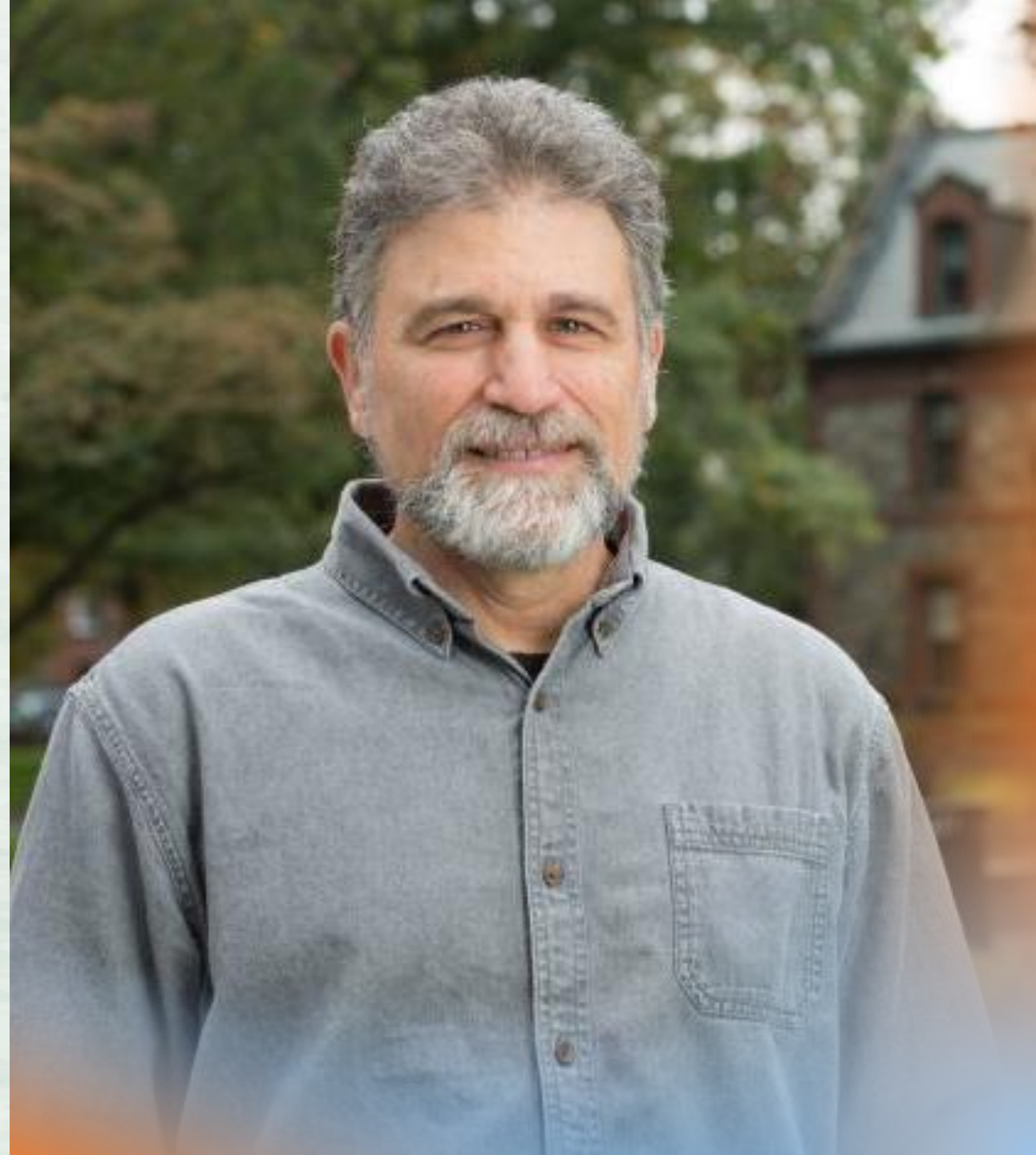


External Examiner

Mitchell Kossak PhD, LMHC, REAT

Professor/Coordinator of Expressive
Therapies

Lesley University



Curriculum Structure 2026-27

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



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



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		
	Ethics		
	Abnormal Psychology		
	Elective course(s)		
	Practicum/ Supervision		
	Dissertation		



Part-time

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



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

- NGOs
- Neighborhood organizations
- Voluntary service organizations



EDUCATION

- Schools
- Extra-curricular and art education agencies



OTHERS

- Art studios
- Your own workplace



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Clientele for practicum

- **Age:** Children, adolescents, adults, older adults
- **Needs:** SEN, physical disability, mental disorder
- **Format:** Individual, parent-child, family
- Students are **not recommended** to work with complicated clients
(- individuals with unsettled bereavement
- self-harm/suicide tendency
- psychological trauma
- abuse experiences
- severe mental illness
- addiction issue etc.) during the 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/Sundays 10am-5pm



Venue

- HKU Campus



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Admission

Program Entrance Requirements

- A Bachelor's degree or the equivalent, preferably 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



Online Application

<https://portal.hku.hk/tpg-admissions/programme-details?programme=master-of-expressive-arts-therapy-socsc&mode=0>



The screenshot shows the HKU Taught Postgraduate Admissions website. The header is dark green with the HKU logo and 'TAUGHT POSTGRADUATE ADMISSIONS' text. Navigation icons for a bookmark, search, and menu are on the right. The main banner features a photo of a male student writing on a whiteboard with a mind map about 'Education' and 'Social Change'. Overlaid text reads 'Faculty of Social Sciences', 'Master of Expressive Arts Therapy', and 'MExpArtsTh | Full-time & Part-time'. A button labeled 'Add to my list' is in the bottom right corner of the banner area.

TAUGHT POSTGRADUATE
ADMISSIONS

Faculty of Social Sciences
**Master of Expressive Arts
Therapy**
MExpArtsTh | Full-time & Part-time

Add to my list



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 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**



Supporting Documents

https://swab.hku.hk/tola/servlet/ApplicantDownloadForm/getForm?pREF_CODE=R319&pDOCUMENT_TYPE=SUPPORTDOCUMENT&pVIEW=Y

- Applicants are required to follow the instructions and upload the supporting documents in PDF format via the system within 7 working days.
- Arts Portfolio (USB) should be posted to “Room 706, The Jockey Club Tower, Centennial Campus” by the deadline of the online application.
- Two referees’ contact information should be filled in the online application, and the referees will be contacted via the system.



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Application Checklist of Supporting Documents (Please tick the appropriate boxes below)

☐	Arts Portfolio Digital photographs and/or videos should be submitted in USB format directly to the Centre on Behavioral Health.
☐	Identity Documents ☐ Local applicants: Hong Kong ID Card ☐ Non-local applicants from Mainland China: Mainland ID Card/Passport ☐ Non-local applicants from other countries/regions: Passport Please refer to the Admissions Office for the categorisation of local and non-local applicants.
☐	Official Transcripts ☐ Completed transcript with award/conferment information of your Undergraduate studies ☐ Completed transcript(s) of Taught Postgraduate / Associate Degree / Higher Diploma programme (Only for applicants who have also obtained Master's degree / Associate Degree / Higher Diploma programme.) ☐ Latest available transcript for a degree that is currently in progress or has not yet been conferred Transcript legends, keys or grading scales which are normally available on the back of the transcript. Otherwise, you are required to provide other documents e.g. student handbook
☐	Degree Certificate(s) For applicants whose degrees have been awarded/conferred at the time of application, a copy of the Degree Certificate(s) should be provided. ☐ Graduate certificate of Undergraduate studies ☐ Graduate certificate(s) of Taught Postgraduate / Associate Degree / Higher Diploma programme (Only for applicants who have also obtained Master's degree / Associate Degree / Higher Diploma programme.) In addition to the Degree Certificates, applicants whose qualifications were awarded by universities or comparable institutions in Mainland China, the following documents are also required: ☐ Online Verification Report of Higher Education Qualification Certificate (教育部學歷證書電子註冊表), in both Chinese and English versions, issued by the China Higher Education Student Information (學信網) ; and ☐ Online Verification Report of Higher Education Degree Certificate (中國高等教育學位在線驗證報告), in both Chinese and English versions, issued by China Higher Education Student Information Please set the validity period of the above-requested reports to six months or the longest available duration. For non-local applicants from Mainland China whose qualifications were awarded by overseas universities/institutions, the following document is also required: ☐ Overseas Credentials Evaluation Report (國外學歷學位認證書) issued by the Chinese Service Center for Scholarly Exchange (CSCSE) (教育部留學服務中心); or ☐ Given the processing time required by CSCSE, if the Report is not yet available by the document submission deadline, an email or a text message sent by CSCSE after payment, confirming that the application of the Report has been successfully initiated. Upon receipt of the Overseas Credentials Evaluation Report, applicants should submit the document by post as soon as possible.
☐	English Language Requirements Applicants with qualifications from universities or comparable institutions outside Hong Kong, where the language of teaching and/or examination is not English, are required to obtain valid and satisfactory results from one of the following examinations: ☐ TOEFL (University's TOEFL code is 9671) / IELTS / GCE / IGCSE / Cambridge Test of Proficiency in English Language (For the acceptance range of performance for respective examinations, please refer to the requirements of university/respective programmes).
☐	Two referee reports sent via the online application system Two referees have been nominated on the online application system. Two referees' contact information had been filled in the system.
☐	Other relevant documents (if appropriate) ☐ Curriculum vitae

* Confirmation of the award date of qualification shall be effective on or before 31 August 2026.

Timeline

Application deadline:

12:00noon, 2 February 2026

Admission test and interview:

March to April 2026

**Only shortlisted applicants will be invited for interview via email*

Announcement of provisional offer:

Six weeks after admission test & interview



Intended Candidates

- Healthcare and social service professionals
- Artists
- Educators
- Persons with passion and dedication to human services and arts

*Preferably to have a psychology background

*Working experience



Interview Format

- Written test
- Individual interview
- Group interview



Tuition Fee

2-Year Full-time

- HK\$369,600 (HK\$184,800/year)

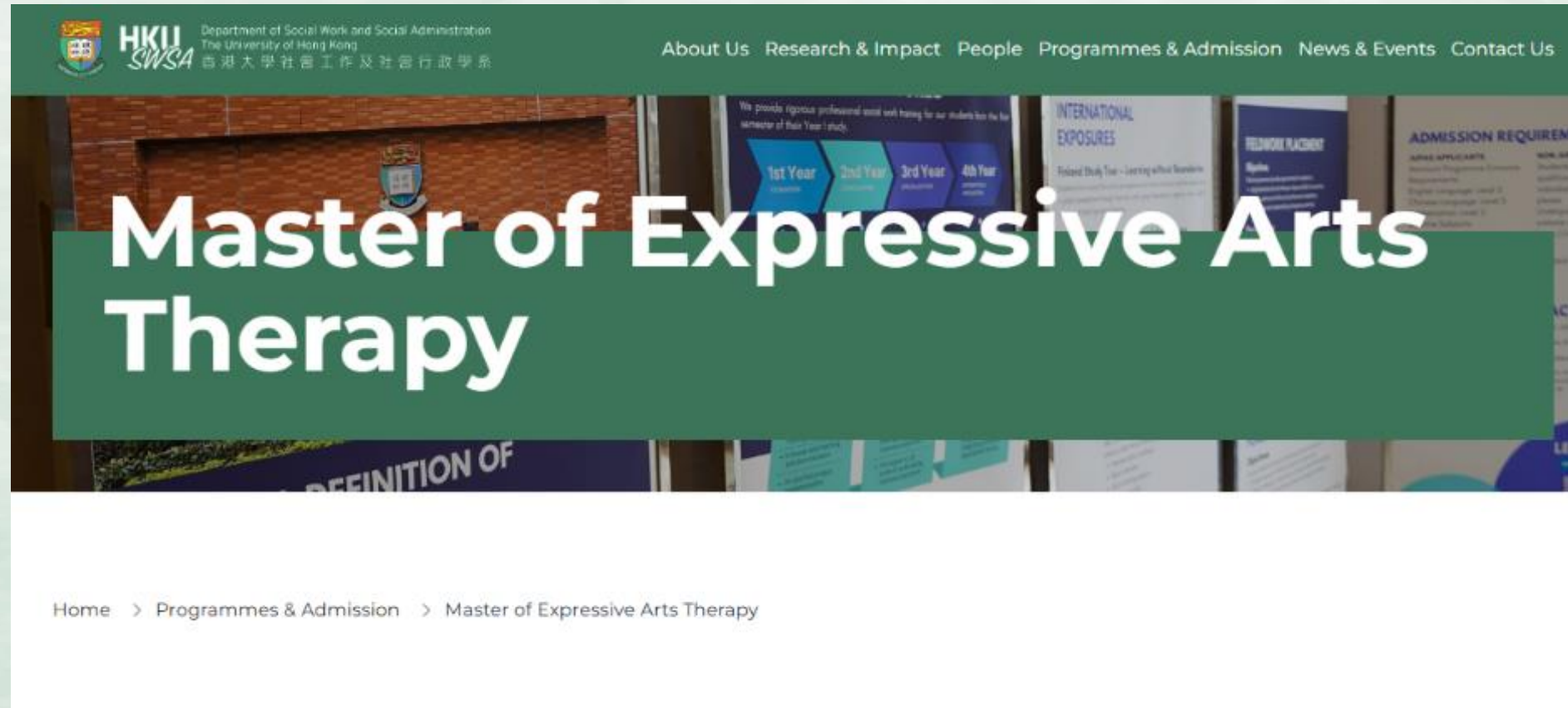
3-Year Part-time

- HK\$369,600 (HK\$123,200/year)



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Program Website





Voices from Our Students



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Enquiry

Contact person:	Ms. Mona Chan Programme Secretary
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Email:	chanmona@hku.hk
Webpage:	https://web.socialwork.hku.hk/mexpartsth

