Three-year Training Program in
Expressive Arts Therapy – The Person-Centered Approach

Course Description:

Expressive Arts Therapy is the newest of the five major Creative Arts Therapies – these include Art Therapy, Music Therapy, Dance/Movement Therapy, Drama Therapy, and now integrative multi-modal Expressive Arts Therapy. In Expressive Arts Therapy, different art modalities – dance/movement, visual art, sound, music improvisation, drama, poetry and creative writing are integrated to awaken creativity, experience new insights, identify strengths and inner resources, foster self-empowerment and self-healing. Expressive Arts Therapy also enhances counseling, psychotherapeutic practice, group facilitation and social action.

This Expressive Arts Therapy (EXAT) training program is unique. It combines theories on Person-Centered Expressive Arts Therapy (PCEAT) of Natalie Rogers, healing arts and EXAT, experiential learning and practice of the PCEAT. It is the first structured training program in EXAT in Hong Kong. It is designed particularly for those wishing to learn how to use the Person-Centered approach to EXAT and expressive arts in their practice. Apart from clinical training, the program also provides the opportunity to re-waken one’s own authentic creativity as a way to enliven our work and personal lives. We welcome counselors, psychotherapists, social workers and others in the mental health field.

In the book, “The Creative Connection®: Expressive Arts as Healing”, Natalie Rogers writes that EXAT and the Creative process are a bridge for cross-cultural understanding. Even though we speak in different mother tongues, we can understand each other through the new and ancient language of the arts – colors, images, voices, gestures, movement, metaphors and non-verbal expression. To integrate this knowledge and practice into the Chinese community, this program blends Western and Eastern experiences of using EXAT for developing a more localized practice model. Chinese metaphors and cultural sensitivity will be woven into the EXAT processes, as they are experienced in the local context.

The trainers of this program include international and local trainers. Most are Registered Expressive Arts Therapists (REAT) with the International Expressive Arts Therapy Association (IEATA). For those who wish to pursue their professional pathway to become an REAT or Registered Expressive Arts Consultant/Educator (REACE), they can include the training hours of this program in their application. Students are encouraged to apply for membership or professional registration with IEATA. It is a non-profit professional membership organization for Expressive Arts Therapists, Educators and Artists.
Program Descriptions

This Program includes 6 weeks of residential work (6 one-week residencies) and monthly supervision spread out over 3 years. Experiential work of using expressive arts will be offered in a Person-Centered environment. Theoretical presentations and discussion will follow those experiences. Using expressive arts within the counseling framework and in group setting will be taught through live demonstrations as well as through skills development in communication triads. Readings, discussions, papers, and a Creative project will ground the experience in theory and concepts. Applications with various client populations are included.

Training Period:    November 2011 to March 2014

Locations:

1) 6 weeks of residential work
   a. Kadoorie Institute – Shek Kong Centre (KISK) or retreat site

2) Monthly supervision
   a. Centre on Behavioural Health of the University of Hong Kong

Admission criteria:

1) The Program is designed for human service practitioners, social workers, psychologists, family therapists, counselors, educators, health care professionals and related mental health professionals.

2) The Program application requirements include an application form and a three-page application statement on the applicant’s background in the arts (personal or formal) and learning expectations.

3) In general a Master’s degree is required for admission to this program, following the guidelines for REAT/REACE registration

   For those who are planning to pursue their professional pathway of becoming a REAT after completion of this program, you have to meet the following requirements for applying REAT registration in Category B.
   i. Master’s Degree in psychology, educational psychology, counseling, social work, marriage and family therapy, or related mental health discipline
   ii. Demonstration of arts practice and involvement
   iii. Clinical practice, supervision, competencies, personal engagement in Expressive Arts Therapy and letters of reference
For pursuing professional pathway of becoming a REACE, you have to meet the requirements below:

i. Master’s Degree in psychology, social work, expressive arts, pastoral field, education, any of the Creative arts

ii. Significant work experience as an expressive arts consultant/educator

4) There is also a Non-Formal Training Pathway to REACE registration that does not require a Master’s degree.

For details of professional registration, please visit the IEATA website at http://www.IEATA.org/.

Educational Concepts:

The practice of EXAT has expanded in the field of psychotherapy, social work, counseling, expressive therapy, arts as healing and arts in health in the last three decades. Many researchers found that expressive arts had powerful resources and therapeutic benefits in self-discovery, expression of feelings, insight stimulation, relaxation and communication.

The growth of EXAT is a natural evolution. We are coming to understand the need to engage in Creative exploratory processes that awaken and integrate all aspects of self: the body, mind, emotions and spirit through integrated use of different expressive arts modalities. Expressive arts are a non-verbal language that helps both the client and the therapist to communicate at a deep level. The Creative Connection® process, as developed by Natalie Rogers, interweaves expressive arts -- movement, art, sound, drama, creative writing and guided imagery -- to tap into the deep wellspring of creativity that is within each person.

This program is designed with a practical, hands-on, and co-creative approach in which participants and facilitators work together to create an environment for personal healing and growth. With this in mind and heart, students experience the relevance of their own health and self-understanding in their capacity to work toward the healing of others. Participants learn EXAT experientially through using expressive arts for self-awareness, self-expression, communication, healing and transformation. The practicum parts (course V and VI) give each student the opportunity to develop their skills in group facilitation using the Creative Connection® process and multi-model expressive arts practice. Through this transformational learning process, they become more capable and congruent to practice the Person-centered approach to multi-model expressive arts.
Course Objectives:

I. Knowledge:
   a. To understand the theoretical foundation of PCEAT, EXAT and healing arts
   b. To gain the understanding and knowledge relevant to using multimodal arts processes in psychotherapy, human growth and healing.

II. Values:
   a. To display a commitment to ongoing review of one’s own attitudes towards clients in the application of PCEAT;
   b. To apply expressive arts with empathic sensitivity in accordance with the REAT/REACE Code of Ethics and professional guidelines for ethical practice.

III. Skills:
   a. To be able to use expressive arts for self-exploration in a supportive and non-judgmental environment facilitated by the course instructors;
   b. To understand the processes of applying PCEAT and expressive arts in psychotherapeutic contexts and facilitation of human growth and development.

Expected Outcome

Upon completion of this program, each student will:

- Integrate a variety of expressive arts modalities into counseling, group, therapy practice and education.
- Understand and articulate the philosophy and methods of PCEAT, the Creative connection® process and expressive arts processes
- Be familiar with the uses of expressive arts with various populations
- Discover new or renewed aspects of personal creativity through the arts
- Be able to fully consider the connection between creativity, inner peace, and world peace
- Be knowledgeable about outcome measurements that could be used to record shifts and changes in individuals engaged in Creative processes.
- Practice PCEAT and expressive arts with confidence and competency
Core competencies developed in this program are

- Counseling and/or a communications skills that encompasses some of the aspects of the Person-Centered approach to EXAT
- Ability to demonstrate individual skills in Person-Centered communication in relationship to one other person and within a group process. That is, to be able to relate to another person in an empathic, non-judgmental, congruent manner in a one-to-one relationship and within a group
- Ability to facilitate an expressive arts psychotherapeutic process within a counseling session and/or within a group process
- Development of a personal practice for self-healing and spiritual growth through visual art, journal writing, music, dance/movement, drama or some combination of Creative activities
- Experience an understanding of some aspects of the connection of inner peace to world peace
- Ability to develop a personal and professional pathway in the expressive arts avenue through the Creative processes

The Six Residential Training Courses

Course I. Opening for Expressive Arts and Nourishing the Soul (14-20 November, 2011)

This is a brief introduction to the concepts, theory and practice of PCEAT, EXAT and healing arts. The experiential sessions provides arts practice and Creative exploratory experience in self-expression through integrated use of expressive arts modalities - movement, art, music, and writing. This hands-on experience is helpful for understanding our bodily and psychological response to different art modalities.

The Creative spirit within each individual longs to emerge, to be known and celebrated. Yet out of fear, shame, shyness, or just plain reluctance, people put a lid on the deep well—the source—of their creativity. The Creative process puts us in touch with our soul, our spirit, our inner wisdom. This can be a sacred and often mystical experience, transforming pain, anger, fear, and grief into forms that can nourish the soul. This course focuses on the inner journey of self-awareness through a Creative process in an accepting, non-judgmental and often playful environment.
Course II. Expressive Arts for Healing and Counseling (19-25 March, 2012)

In this course emphasis is put on the practice of EXAT in the Person-Centered approach in counseling. Using expressive arts for counseling and psychotherapy is taught via live demonstrations, communications triads, individual process and practicum sessions. The qualities of empathy, openness, acceptance, congruence are highlighted. Deep listening and empathetic understanding of the expressive arts process are practiced and followed with theoretical presentations and discussion for consolidating these experiences. Readings, literature review, video tapes of Carl Rogers and Natalie Rogers in counseling sessions, discussions and a paper ground the experience in theory and concepts. Applications of expressive arts in counseling and professional ethics are studied.

Course III. Movement-based Expressive Arts and the Wisdom of the Body (5-11 November, 2012)

To build trust in the wisdom and wholeness of body, mind, emotions and spirit, students use expressive arts to explore inner polarities, body awareness, self-image, and metaphor in health and healing issues. Putting society’s ideas of body image aside, a deeper wisdom is discovered. The relationship of childhood experiences to present day body awareness is explored through a Movement-based approach to Expressive Arts Therapy. Authentic movement is a powerful practice in understanding the wisdom of our bodies and the unconsciousness. Witnessing in authentic movement is vital and will be taught through hands-on experience in practicum sessions, individual and group process. Visual art, sounding, music improvisation, witnessing, writing and sharing are used in an integrated way to understand the exploration through body movement.

Course IV. Expressive Arts for Personal and Social Transformation (25-31 March, 2013)

This course is an immersion in experiential, Creative approaches to peace and conflict resolution at the personal and social level. Through theory, discussion, practice of non-violent communication and collaborative arts processes, students explore how we can recognize and appreciate our ethnic, cultural, religious and ideological differences. Students learn to use Person-Centered communication skills and expressive arts to help clarify thoughts and feelings, explore interpersonal communication in emotionally charged situations and envision solutions for personal transformation and social change. The use of expressive arts for healing the wounds of trauma is also studied. To ground PCEAT and expressive arts in Chinese community, clinical practice and possibilities of using folk arts, Chinese metaphors, traditional rituals and philosophy are explored.
Course V. Practicum: Expressive Arts Therapy Facilitation 1 (18-24 November, 2013)

The goal of this course is to give students the opportunity to create and facilitate EXAT sessions with a Person-Centered approach. With the guidance of trainers, students design and facilitate a two and a half hour workshop for their peers, while keeping in mind the needs of participants during this weeklong course. Students "go behind the scenes" of Person-Centered facilitation to learn how group dynamics influences group design and expressive arts facilitation. Learning to give and receive honest, supportive feedback helps students reflect on their strengths and growing edge. Observing sessions offers a more objective learning position regarding group dynamics. Students are encouraged to explore their personal styles, theoretical orientation and working philosophy.

Course VI. Practicum: Expressive Arts Therapy Facilitation 2 (17-23 March, 2014)

Group dynamics and group development are studied through reading, planning and facilitating EXAT sessions, discussing our own process and debriefing the group process. This week gives students a second opportunity to design and facilitate a session with peer feedback. This strengthens the student’s skills in creating a positive, nurturing environment for others. Particular attention is paid to the application of Person-Centered expressive arts with various populations such as people with chronic illness, palliative care, children with special needs, family counseling, educational and personal growth groups. Students can further develop their personal styles and working approaches.

Schedule of each course:

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Monthly Supervision

(January 2012 to February 2014)

Students are required to apply the practice and theory of EXAT in their professional and/or volunteer work. To provide adequate support and guidance, group supervision is provided on a monthly basis (3 hours in the morning on one Saturday of each month).

According to IEATA, supervision is defined as direct contact with a supervisor for the purpose of reviewing therapeutic work either in an individual or group setting. Direct contact may be on-site or through video or audiocassettes accompanied by transcripts of sessions. A ratio of ten hours of client contact to one hour of supervision is recommended. Supervision time includes that for reviewing of work and giving feedback to supervisee. Students can make use of the monthly supervision or they are encouraged to have clinical supervisor on site.

Applications with various client populations, professional ethics, cultural sensitivity and outcome measurements are discussed through case studies, role-play demonstration and group sharing. Video tapes of Natalie Rogers and Fiona Chang in using expressive arts in local context are studied. Toward the end of the course, each student presents a summary of their own personal journey through EXAT, ongoing arts practice, reviewing their practice of EXAT in their professional and/or volunteer work.

Schedule of the Monthly Supervision:

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Total Training Hours: 480 hours

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<tr>
<td>Supervision</td>
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<td>Total</td>
<td>190</td>
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Expressive Arts Community

Students are encouraged to deepen their involvement in the expressive arts community:

- Receive individual or group psychotherapy with a mental health professional who is an Expressive or Creative Arts Therapist.
- Obtain clinical training and continued professional education in expressive arts/creative arts therapy/healing arts and learn about different approaches to multimodal EXAT, as Jungian, Intermodal, Movement-Centered, Psychoanalytical, Psychodynamic etc.
- Join and participate in IEATA and related organizations
- Take up volunteer expressive arts projects, EXAT or other work in Hong Kong, Mainland China, Asia and other countries.
- Pursue professional credentialing as a REAT or/and REACE.

For information about the content of the program, please contact us:

Amy Choi       : bhealth@hku.hk  
Fiona Chang    : fionafoo@sw.hku.hk  
Christine Evans: Christine4Arts@aol.com  
Website        : http://cbh.hku.hk/
Faculty Profiles

Program Founder/Director/Trainer - Fiona Chang, M. Soc. Sc. REAT, RSW, is the Vice-chairperson of “Art in Hospital”, Honorary Lecturer of the Department of Social Work and Social Administration and Honorary Clinical Associate of the Centre on Behavioral Health of the University of Hong Kong (HKU). She completed the PCEAT Certificate training with Natalie and Christine at Saybrook University and the Master of Soc. Sc. (Family Therapy & Health Care) at the HKU. Her dissertation was to study the clinical outcome of using arts as a self-healing tool for cancer patients. She has integrated multimodal expressive arts processes in counseling and group work for more than 18 years. She pioneered the Patient Resource Centre and set up several patient self-help organizations. She received the Young Investigators’ Award, the Outstanding Staff Award of Hospital Authority and Distinguished Social Work Alumni. She is a Regional Co-ordinator and a member of the International Committee of IEATA, a member of the Advisory Council of the Art Therapy Without Borders and a member of the South Western College Board of Advisors.

Lead Trainer – Christine Evans, Ph.D., REAT, is a Licensed clinical psychologist and co-founder of the Living Arts Center in Mountain View, CA. Dr. Evans has taught at the Institute of Transpersonal Psychology, the California Institute of Integral Studies, Saybrook University and internationally. In her clinical practice with adolescents and adults, she bridges verbal therapy with expressive arts modalities. Authentic movement and mindfulness are paths of healing and spiritual growth she has studied, practiced, and shared with others for many years. Her passion and commitment to a Person-Centered approach ensures a deep respect for individuals as they access the timeless gift of the arts to heal.

Founder of PCEAT/Founding Advisor - Natalie Rogers, Ph.D., REAT, is the Author of The Creative Connection: Expressive Arts As Healing, and Emerging Woman: A Decade of Midlife Transitions. Dr. Rogers is a pioneer in Expressive Arts Therapy, leading trainings in Europe, Russia, Latin America, Japan, and the U.S. She trained and practiced as a psychotherapist. Her personal mission is to facilitate personal and planetary healing by incorporating expressive arts in cross-cultural work. Natalie founded the Person-Centered Expressive Therapy Institute, Santa Rosa, CA. She has taught at the California Institute of Integral Studies, the Institute of Transpersonal Psychology, the Institute of Imaginal Studies, and JFK University. She was awarded the first Lifetime Achievement Award from IEATA. Presently she is a Distinguished Consulting Faculty at Saybrook University where she offers this Expressive Arts Certificate program. She is an artist, mother and grandmother.
Program Advisor – Jack S. Weller, Professor Emeritus, was the Rudolph Schaeffer Professor of Arts and Creativity and founding director of the Expressive Arts program at the California Institute of Integral Studies for over twenty years. The ten years before he was the founding director of the Arts and Consciousness graduate program at John F. Kennedy University. His work spans philosophy, mysticism, meditation, aesthetics, sacred and transformative arts, Expressive Arts Therapy and creativity studies. Jack regularly teaches the class "Power of the Arts: Art, Creativity and Spirit", co-teaches a class on Touch Drawing, and has taught a number of times in Europe and Japan. He is a founding co-chair of IEATA, has long been engaged in the global spread of Expressive Arts Therapy and sees an important part of his work to be a “creative, compassionate administrator”. Jack has been a practitioner of Zen Buddhism since 1967.

Clinical Advisor – Anin Utigaard, MFT, REAT, is one of the four founding co-chairs of IEATA. She was a faculty member with the Person-Centered Expressive Therapy Institute for over ten years. She has used the arts as a healing agent for over 20 years having worked with teens in a treatment center, in public schools, with corporations and with communities following natural disasters. She has a private practice in San Francisco, where she combines the arts with Person-Centered Psychology to provide individuals, families and groups of all ages another language to access insights and to embody healing experiences as they face personal challenges and transitions. She has brought the person-centered expressive arts approach to Brazil, Canada, Japan and to multiple conferences and workshops throughout the United States. Anin believes that creative energy is a transformative power we all possess and is dedicated to facilitating others’ connection to their own creative resources, which she believes ultimately promotes community and global healing.

Program Co-ordinator – Amy Choi is Senior Executive Assistant of the Centre on Behavioral Health of HKU.

Interpreter - Mimi Tung, M.A., MFTI, is an Art Therapist, a Registered Marriage and Family Therapist Intern and a Wellness Counselor of the Human Dynamic in Beijing.
Three-year Training Program in Person-centered Expressive Arts Therapy

APPLICATION PROCEDURE

1. Tuition Fee: Total: HKD108,000.
   - 1st Installment - $58,000 before 30 September, 2011
   - 2nd Installment - $30,000 before 30 September, 2012
   - 3rd Installment - $20,000 before 30 September, 2013

2. Application
   a. Completed application forms and supporting documents listed hereunder should be submitted either by post or in person to Centre on Behavioural Health, HKU, G/F, Pauline Chan Building, 10 Sasson Road, Pokfulam, Hong Kong.
   b. Supporting documents to be submitted:
      i. Copy of a current resume/vita
      ii. Copy of HKID Card
      iii. Copy of transcripts of tertiary education
      iv. Application fee of HK$150 (cheque payable to “The University of Hong Kong”)
   c. Application Deadline: 15 August, 2011

3. Interview
   There may be an interview.

4. Results of Application
   Applicants will be informed of the centre’s decision by 20 September, 2011.