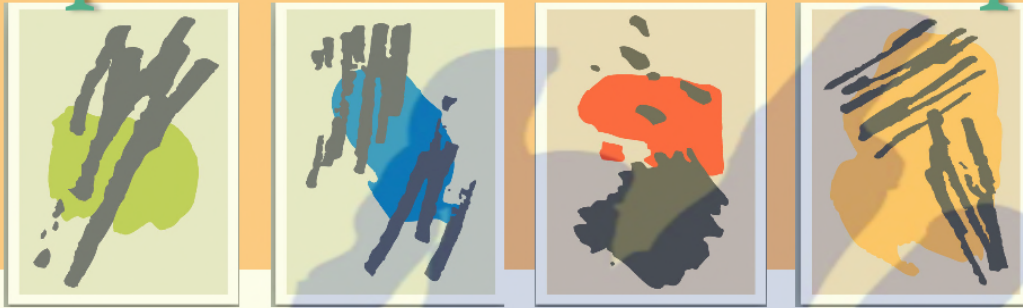


# Professional Certificate Training in Integrative Expressive Arts Therapy



From July 2022 to September 2023

At the HKSWA, Jordan, Kowloon, Hong Kong

By

Hong Kong Social Workers Association  
Hong Kong Academy of Social Work

Partner Organization

Hong Kong Sheng Kung Hui Welfare Council  
LEAD Professional Training Centre

For Social Workers and Helping Professionals who wish to pursue  
professional excellence in Expressive Arts!

# Professional Certificate Training Program in Integrative Expressive Arts Therapy (iEXAT)

## Course Description:

This unique **Integrative Expressive Arts Therapy (iEXAT)** Professional Certificate Training is a practical training program that provides social workers, helping professionals and other interested parties with hands-on experiences of the healing power of expressive arts therapy. It integrates the person-centered philosophy, Jungian approach and phenomenological perspective as the main theoretical frameworks for expressive arts therapy practice.

Through experiential learning, lectures, live demonstrations, incorporated with small group (trio) reflective learning, in-training practicum and supervisions in phase I to phase IV, participants can put their learnings into practice. The practice-based learning process is supported by supervisors who hold the Registered Expressive Arts Therapist (REAT) credential. Participants who have completed phase I to phase IV will be awarded iEXAT Professional Certificate.

This training program offers evening and weekend sessions for working professionals. The training contents and structure are designed with reference to the guidelines and training requirements of different registration bodies to support participants who wish to pursue professional excellence or registration at different professional associations or other institutes. For details of professional registration, please visit the respective websites. There you will see additional requirements needed after completion of this and other professional Expressive Arts trainings.

## Program Objectives

- To provide a learning community for participants to understand the philosophy and wisdom in the theory and practice of the intermodal expressive arts work;
- To enhance the competence in applying the intermodal, integrative approach to expressive arts therapy;
- To develop the platform and promote the use of expressive arts work at social service settings in Hong Kong;
- To provide a professional Expressive Arts Therapy training and enable the participants to pursue professional registration.
- To further the knowledge of research and develop participants' identity as a potential researcher in expressive arts work;

## Program Structure:

This program includes 4 phases:

<p><b>I. Experiential Phase:</b> (150 hrs)</p> <p><i>*This phase is open for individual enrolment</i></p>	<p><b>Embracing the Heart of Intermodal Expressive Arts Work</b></p> <p>Consists of one 3-day and three *4-day experiential workshops on the following dates @9am-9pm:</p> <ul style="list-style-type: none"> <li>● E1: July 1-3, 2022</li> <li>● *E2: August 26-29, 2022</li> <li>● *E3: September 16-19, 2022</li> <li>● *E4: October 1-4, 2022</li> </ul>
<p><b>II. Theory and Practice-based Phase:</b> (290hrs)</p> <p><i>*The 30 practice-based workshops are open for individual enrolment</i></p>	<p><b>The Wisdom in the Theory and Practice of the Healing Power in Intermodal Expressive Arts Work</b></p> <p>Consists of four 2-day and three *3-day theory and practice based experiential workshops on the following weekends @9am-9pm:</p> <ul style="list-style-type: none"> <li>● T1: July 30-31, 2022</li> <li>● T2: October 29-30, 2022</li> <li>● *T3: November 11-13, 2022</li> <li>● T4: November 26-27, 2022</li> <li>● *T5: December 9-11, 2022</li> <li>● *T6: January 6-8, 2023</li> <li>● T7: March 25-26, 2023</li> </ul> <p>And *thirty 4-hour practice-based workshops on Monday evenings and weekends AM from July 2022 to June 2023</p>
<p><b>III. Practicum Phase:</b> (31 hrs in-training practicum, plus additional on-the-job supervised clinical practice to total 200 hrs)</p>	<p><b>Cultivating the Wisdom in Applying Intermodal Expressive Arts Work with Clients</b></p> <p>Consists of:</p> <ul style="list-style-type: none"> <li>● Ten One-on-one Supervised Practice Facilitations from October 2022 – June 2023 (self-arrangement with trio members)</li> <li>● One Group-Practice Facilitation on January 28-29, February 11-12, 2023 @9am-9pm</li> <li>● One Individual Practice Facilitation on February 25-26, March 11-12, 2023 @9am-9pm</li> </ul>
<p><b>IV. Supervision Phase:</b> (75 hrs)</p>	<p><b>Developing Competence in Applying Intermodal Expressive Arts Work with Clients</b></p> <p>Supervisions will be given during the One-on-one Practice Facilitations, and Individual and Group Practice Facilitation from October 2022 to September 2023</p>

## **Phase I: Embracing the Heart of Intermodal Expressive Arts Work**

**[Experiential]** @July – October 2022 [HKT: 9am-9pm]

**Faculty:** Overseas + Local Trainers

- E1: Co-creating our Community: The Art of Connecting to Self and Others  
[Visual Arts weaving with other arts modalities]
- E2: Peace Within, Between and Among: Using the Person-Centered Approach with Expressive Arts Therapy  
[Music, sound, voice weaving with other arts modalities]
- E3: Let Go and Shape: An Intermodal Approach to Working Somatically  
[Weaving movement with other arts modalities: Using the Phenomenological Approach]
- E4: Kinship Libido: the Inner and External in Ourselves and in the World  
[Drama weaving with other arts modalities: Using the Jungian Approach]

## **Phase II: The Wisdom in the Theory and Practice of the Healing Power in Intermodal Expressive Arts Work**

**Faculty:** Overseas + Local Trainers

**IIa. [Theoretical and Practice based Modules]** @ July 2022 – March 2023 [HKT: 9am-9pm]

- T1: Integrative Expressive Arts Journey and the Process of Transformation
- T2: The Essence and Practice Wisdom in Group Intermodal Expressive Arts Therapy
- T3: Theoretical Frameworks of Visual Arts and Music in Person-Centered Expressive Arts Therapy; The Personhood and Use of Self in Intermodal Expressive Arts Therapy Process
- T4: The Essence and Practice Wisdom in One-on-one Intermodal Expressive Arts Therapy
- T5: Theoretical Frameworks of Body Awareness and Movement in Intermodal Expressive Arts Therapy and the Phenomenological Approach; Philosophy of EXA: Contemporary Research Methodologies / Finding your Identity as a Researcher
- T6: Theoretical Frameworks of Drama and other Creative Arts Media in Intermodal Jungian Expressive Arts Therapy
- T7: The Essence and Practice Wisdom in Advocative Community Expressive Arts Process

### **IIb. [Practice-based Modules]**

@July 2022 – September 2023 on Monday evenings and weekends AM

[\(These modules are open for individual enrolment\)](#)

#### **Children and Youth iEXAT Series**

- PCY1: Working with Children and Adolescent Grief and Bereavement
- PCY2: Working with Childhood and Adolescent Stress and Self Understanding
- PCY3: Working with Childhood and Adolescent ASD and ADHD
- PCY4: Working with SEN Children and Family
- PCY5: Working with Depression
- PCY6: Working with Anxiety
- PCY7: Working with Family Relationship
- PCY8: Working Adolescent Sexuality and Identity Issues
- PCY9: Working Self Harm and Suicidality
- PCY10: Working Social Trauma

### **Adult iEXAT Series**

- PA1: Working with Chronic Illnesses
- PA2: Working with Grief and Loss
- PA3: Working with HIV and Sexual Identity
- PA4: Working with Relational Trauma
- PA5: Working with Depression and Suicide
- PA6: Working with Anxiety
- PA7: Working with Multiple Addiction and Comorbidity
- PA8: Working with “I am not good enough”
- PA9: Working Social Trauma
- PA10: Finding Meaning in Life

### **Senior iEXAT Series**

- PS1: Working with Dementia
- PS2: Working with Senior Grief and Loss
- PS3: Working with Illnesses in Infirmary Setting
- PS4: Working with Loneliness and Isolation
- PS5: Working with Senior Depression
- PS6: Working with Retirement and Meaning in Life
- PS7: Working with “I am old”
- PS8: Working with Reminiscence
- PS9: Working with End of Life
- PS10: Working with Carer Stress

## **Program Requirements and Assignments**

The assessment of the course is by coursework:

- Participation and Attendance
- Arts portfolio and journal
- Log and reflections for every experiential module of 1000 words
- Supervision log and reflections
- Research and journal article review

Keeping an art journal can help participants find an outlet for feelings and thoughts during the creative processes in experiential workshops, practicum and supervision. It is a good practice to reflect on your experiences during the arts creation to note down insights gained. Participants are encouraged to take 1-2 hours a week to record their feelings and thoughts through quick drawing, creative writing, poems, painting, collage, photos, video, movement, music, installation and any other multi-media. It promotes the arts involvement in different modalities in expressing emotions, gaining insight, self-soothing, bringing dreams to life through art.

In conjunction with the art journal, the log and self-reflection journals would help to highlight and consolidate participants' thoughts and learning during the creative processes in experiential workshops, practicum and supervision. These reflections should be referenced with Expressive Arts (EXA) theories and approaches, and is a reflection of the synthesis of participants' learnings, understanding of the integrative EXA conceptualization and philosophy in the program.

## Attendance Policy

An essential component to the expressive arts training in this program is the ability to listen, observe, assess and respond sensitively to the creative process. The experiential workshop is a safe laboratory for the participants to develop themselves as a professional in using expressive arts. To strengthen the learning experience, participants are encouraged to involve fully in the experiential activities and be open to the creative experiences and feedback.

Participants are expected to attend all training sessions and arrive on time. Full attendance and active participations to class discussions, workshop activities and trio sharing throughout the program is crucial in experiential learning for creative-selves, skills and personal style development. Only those who attend 90% of the program or above will be considered complete and having fulfilled the program requirements.

## Expected Outcomes

Upon completion of this program, participants will be able to:

- understand the intermodal use of multi-art modalities in the expressive arts therapy process;
- articulate the rationale and theoretical background of the person-centered philosophy, Jungian approach and phenomenological perspective in expressive arts for healing, therapy, psychoeducation, development and social change;
- use intermodal expressive arts to work with different clienteles in the format of one-on-one, family session, group and community project;
- develop the personal style and competence in the intermodal expressive arts therapy process and research;
- participants who have completed phase I to phase IV will be awarded iEXAT Professional Certificate;
- accumulated the Expressive Arts Therapy training hours which fulfil training requirements at different professional registration bodies for those who wish to pursue professional expressive arts therapist registration.

## Faculty Profiles

### Oversea Faculty and Program Advisors

**Nina (Anin) Utigaard, MFT, REAT** is a licensed Marriage Family Therapist and Registered Expressive Arts Therapist. She recently relocated to Ashland, Oregon in 2017 but has also continued her private practice in San Francisco. She works with individuals and groups of all ages and cultures. She was a founding Executive Co-Chair for the International Expressive Arts Therapy Association and continues to be an active board member for the organization.

Anin was a faculty member with Natalie Rogers' Person-Centered Expressive Therapy Institute for over ten years, and uses the person-centered approach in her work with clients and students. She is adjunct faculty with the Northwest Creative and Expressive Arts Institute in Seattle, Washington and was adjunct faculty for the JFK University until moving in 2017. She has presented her work nationally and internationally since 1992. Her work with trauma, addiction and adolescents began at ThunderRoad in Oakland in 1991, where she used expressive arts therapy with teens dealing with substance abuse and trauma. Anin has a fine arts and professional music background, which she combined with psychology and the humanistic approach in psychotherapy. She believes that the arts are a transformative power that can change the world we live in.

**Kate Donohue, PhD, REAT** is a licensed psychologist and registered expressive arts therapist (Jungian based). Co-founder of the expressive arts program at the San Francisco California Institute of Integral Studies and the International Expressive Arts Therapy Association. Kate was awarded the IEATA Shining Star Award in 2005. One of the Grandmothers of Expressive Arts, Kate has taught at many international universities in Asia, Africa and Canada as well as the USA.

Passionate about the arts she has spent 40 years studying Indigenous and ethnic dance forms, West African and Afro-Cuban Dance as well as actively painting and writing. She has authored many articles about expressive arts therapy and the sacred feminine. Kate has an active Jungian oriented expressive arts therapy practice in Northern California and provides supervision and training internationally. Kate has conducted trips to India and Africa through her Expressive Arts Cultural Journeys and feels culture and the arts are a key to reveal the soul.

**Markus Scott-Alexander, PhD, REAT** is a leader in the field of phenomenological expressive arts education with a focus on intermodal, cross-cultural art-making, exploring how every individual can be included in the building of an ensemble.

He was senior faculty member of the European Graduate School from 1997 to 2020 and is currently the director of World Arts Organization ([www.worldartsorg.com](http://www.worldartsorg.com)) offering online expressive arts courses as well as supervision. Markus has co-facilitated many international community-art gatherings with expressive arts pioneer, Paolo Knill. Originally from New York, he now resides in Edmonton, Canada. Markus is the author of *Expressive Arts Education and Therapy: Discoveries in a Dance Theatre Lab through Creative Process-based Research* (2020), available through Brill Publishing. "In moving forward, it helps to return to what precedes our distortions, creating art that reflects and embodies our journey home".

### **Local Faculty and Program Coordinators:**

**Brenda Choi, M/Coun, REAT** is a trainer, psychological counsellor and expressive arts therapist in Hong Kong. She is passionate in using expressive arts in her clinical work for 20 years working with children and their families. She has also been teaching in using creative arts in clinical practices.

**Map Tang M/Soc.Sc, RSW** is a registered social worker and an expressive arts facilitator who applied Horticulture Therapy/ Somatic Experiencing® and Expressive Arts Therapy in Hong Kong. She is passionate in working with children, youth, families, rehabilitation in grief and trauma. She has deep commitment in outreaching people with Person-centered Expressive Arts.

**Eve Wong PsyD, MSW, EXAT, CST, PCCC(Hons)** is a social worker, psychologist, sex therapist, family therapist and an expressive arts therapist in Hong Kong, who applied experiential therapies in her clinical work for more than 25 years working with children and adolescents, who have adverse childhood experiences and special needs, and with their families. She has also been supervising and teaching the use of creative arts and expressive arts in various training institutes.

## Text Books:

Gladding, S. T. (2011). *The creative arts in counseling* (4<sup>th</sup> ed.). Alexandria, VA: American Counseling Association

Knill, P. J., Barba, H. N., Fuchs, M. N., & Knill, M. N. F. (2004). *Minstrels of Soul: Intermodal Expressive Therapy*. EGS Press.

Knill, P. J., Levine, E. G., & Levine, S. K. (2005). *Principles and Practice of Expressive Arts Therapy: Toward a Therapeutic Aesthetics*. Jessica Kingsley Publishers.

Rogers, N. (2000). *The Creative Connection, Expressive Arts as Healing*. Palo Alto, CA: Science & Behaviour Books.

Rogers, N. (2011). *The Creative Connection for Groups, Person-centered Expressive Arts for Healing & Social Change*. Palo Alto, CA: Science & Behaviour Books.

Healing and Social Change. Science & Behavior Books, Incorporated.

Stein, M. (1998). *Jung's Map of the Soul: An Introduction*. Open Court.