

*European Graduate School EGS
Arts, Health & Society Division*

Master of Arts in Expressive Arts Therapy with a minor in Psychology

Over the course of three years, students will learn the principles and practices of intermodal expressive arts for the purpose of therapy, earning a minor in Psychology and a Master of Arts in Expressive Arts Therapy. Students will spend three summers in residence in Saas Fee, Switzerland. Classes are a mixture of lecture and theory, practice and small-group sessions, art-making through different modalities and mediums, and awareness techniques through body movement.

During the first summer session in residence, the student will study the Interdisciplinary Approach (ITS-P) through the EXA method of intermodality, learning the social and developmental issues in Psychology, receive advanced training and methodology of practice, mastering the language and discourse in expressive arts therapy, and understanding the principles and practices of psychotherapy. This module provides an artistic lens on culture and communication, developing sensitivity in relational skills, and increasing recognition of existing resources within a community.

The second year of summer school provides an in depth look at the philosophical and aesthetic foundations (ITS-D) through psychopathology, advanced training and theoretical foundations, study of body and movement in expressive arts therapy, and work with illness and healing through an anthropological perspective. This module accelerates the understanding the therapeutic relationship, employing awareness of the body and its importance in the art-making process, and increases the psychological and methodological skills from theory to practice.

Throughout the first two years, students are required to complete a field based internship, theoretical foundation and research module, and an introductory module satisfied by Intermodal Expressive Arts (Module K), Digital Arts and Media (ITS-M), or an approved module through cooperating institutions.

During the third summer session in residence, students will finish their degree with Final Examination and Graduation (Module IT-3), the student will complete oral and written exams on the principles and practices of intermodal expressive arts therapy through a critical inquiry into a variety of schools and the polyaesthetics and intermodal method. Finally, students will present an Oral Defense of their Master Thesis.

This Program is ideal for artists seeking to work with clients for personal growth and transformation, using the process of art making to improve the quality of life for people with disabilities, psychic disorders, and disharmony in their personal life. This degree is beneficial for those wanting to work in hospitals, children's programs, or in their own therapeutic setting. This course will teach students how to prepare for unexpected situations, advance their cultural and professional communication skills, and connect with masters in the field.