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At John F. Kennedy University

Counseling Psychology (Holistic) — MA EXPRESSIVE ARTS SPECIALIZATION

The **Master of Arts degree in Counseling Psychology – Specialization in Expressive Arts**, offered at JFK University's Campbell campus, integrates the creative process into the academic learning and applied practice of counseling psychology. This degree program prepares individuals for a wide range of employment opportunities currently as art-based therapies are commonly used in community mental health, agency and private practice settings. Looking ahead, the opportunities will increase as there is a growing demand for therapists with these skills at nursing facilities, hospitals, convalescent facilities, and recovery centers (both substance abuse and medical) and for veteran care as the power and potential of this therapeutic process is more fully appreciated and incorporated.

Offered in a cohort format, the MA in Counseling Psychology — Expressive Arts Specialization trains students to develop the capacity to be clear and present with their clients through a combination of classes in group process and therapeutic communication, integration of self awareness and personal growth in all classes, and a year of required personal psychotherapy. Multi-modal art forms including, dance, drama, visual arts, music, and word are combined with traditional academic practices of research and experiential instruction to enable students to explore ways to use art to deepen their own experiences and academic learning, as well as their interaction with clients.

The 91-unit program curriculum consists of 72 quarter units of curriculum mandated by the California Board of Behavioral Sciences (BBS) with an additional 19 units which comprise the Expressive Arts Specialization. The program offers three emphases — Dance Therapy, Buddhist Psychology, and Queer Consciousness — which provide students the opportunity for deeper focus in an area of interest.

The program includes four (4) quarters of field practicum which can be completed at either of the University's staffed sites — the Sunnyvale Counseling Center and Oakland Center for Holistic Counseling — or an external site approved by the University. An additional five (5) quarters of supplemental field practicum work may be taken and applied to the 1,300 possible pre-MA degree hours allowed during training.

This degree:

- Meets the academic requirements for Marriage and Family Therapy (MFT) licensure process in California.
- Prepares students to work toward the certification requirements for a Registered Expressive Arts Therapist (REAT) with the International Expressive Arts Therapy Association.
- With the Dance Therapy Emphasis option (50 hours), prepares students to work toward the certification requirements for the American Dance Therapy Institute.

The Emphasis in Dance Therapy also can be taken separately from the MA degree and units can be applied towards a Dance Therapy Certificate in association with the Center for Movement Education & Research (CMER).

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