Counseling Psychology (Holistic) — MA
EXPRESSIVE ARTS SPECIALIZATION

The Master of Arts degree in Counseling Psychology – Specialization in Expressive Arts prepares students for careers as psychotherapists with a special emphasis on multi-modal expressive arts approaches to psychotherapy. This program is offered at JFK University’s Berkeley campus only.

This degree specialization offers a strong foundation in basic counseling theory and practice. The program combines theoretical and experiential learning modalities and emphasizes personal growth and development. Students engage in self-reflection throughout the program. Core coursework allows students the opportunity to develop awareness of their own process while developing counseling, interpersonal, and communication skills.

Students also explore the integration of the expressive arts including, dance, visual art, music, drama and poetry in their work through content in holistic psychotherapies, expressive arts interventions and humanistic psychology.

The Expressive Arts specialization utilizes many of the same methods as traditionally-oriented therapies and also incorporates art-based interventions that help clients externalize internal experiences. This program takes a Jungian approach to the expressive arts, emphasizing the power of the image to bring insight and transformation. Grounded in deep humanistic theory, expressive arts psychology emphasizes the quality of presence, authenticity and the ability to provide containment in the therapeutic relationship. It values a client centered approach which trusts in the client’s innate health and inner guiding wisdom. The use of the arts and power of art to externalize and contain deep interpersonal emotion are the cornerstones of the field and key to this specialization. The coursework in expressive arts psychology deepens students’ knowledge of the role of art, movement, dreams, sensate experiences, and ritual in fostering psychological well-being.

Students are encouraged to pursue a personal arts based practice as a foundation for their work with others. This specialization also encourages a commitment to work in the community and all students are required to participate in planning and executing a community based art experience.

In addition to licensure in the state of California, this program prepares students for optional registration as a Registered Expressive Arts Therapist. The program also provides optional focused emphases in Dance Therapy or Drama Therapy.

Program Learning Outcomes
- Display the capacity to build a therapeutic relationship with your client;
- Demonstrate a high level of clinical skills;
- Articulate theoretical comprehension and apply critical thinking;
- Exhibit holistic and artistic self-awareness; and
- Articulate and apply the principles of the Expressive Arts.
Admissions Requirements
In addition to a completed application, an applicant must submit:

- One set of official transcripts of the conferred BA degree and any post-Bachelor credits or degrees.
- A personal statement that is 5-to-10 double-spaced, typewritten pages describing any personal or professional growth work or events that have shaped the applicant’s life, reasons for applying to the area of specialization, any study (academic or otherwise) pursued in this area of interest and future professional and personal goals.
- A portfolio of an arts-based practice that shows expertise in visual arts, music, drama, or creative writing.
- Letters of recommendation are strongly recommended, but not required. Letters should be from friends, professional associates, teachers, supervisors or others who can comment on emotional, spiritual, intellectual and practical development, as well as assess capacity for graduate study in the degree area.

Upon receipt of a completed application, an admissions interview will be scheduled.

Degree Requirements
All courses are 3 quarter units unless otherwise indicated.

Expressive Arts Therapy Specialization
EXB 5000  Introduction to Holistic Counseling Psychology Program (0 units)
EXB 5100  EXA Master Courses: Creativity and Consciousness
EXB 5100  EXA Master Courses: Art and Symbolic Process
EXB 5100  EXA Master Courses: Seminar (1 unit)
EXB 5200  Foundations of Expressive Arts
EXB 5220  Jungian Psychology (2 units)
EXB 5210  Community Arts Practice A (1 unit)
EXB 5211  Community Arts Practice B (1 unit)

General Counseling
HPB 5101  Group Process A (2 units)
HPB 5102  Group Process B (2 units)
HPB 5103  Group Process C (2 units)
HPB 5105  Therapeutic Communication A
HPB 5106  Therapeutic Communication B
HPB 5201  Diagnosis, Assessment and Therapeutic Strategy A
HPB 5202  Diagnosis, Assessment and Therapeutic Strategy B
HPB 5225  Basic Addiction Studies
HPB 5520  Psychopharmacology
HPB 5620  Approaches to Trauma (2 units)
HPB 5235  Psychological Testing
HPB 5315  Counseling Case Seminar
EXB 5313  Advanced Clinical Skills: Arts in Psychotherapy (2 units)
HPB 9005  Personal Psychotherapy (0 units)

Marriage and Family Therapy
HPB 5243 Community Mental Health & Principles of Recovery
HPB 5120 Individual Development and Family Life Cycle A
HPB 5121 Individual Development and Family Life Cycle B
HPB 5126 Cross-Cultural Issues in Counseling
Degree Requirements (cont’d)

Marriage and Family Therapy (cont’d)
HPB 5210 Child Therapy
HPB 5215 Marriage and Family Counseling A
HPB 5216 Marriage and Family Counseling B
HPB 5230 Sexuality (2 units)
HPB 5325 Ethics and the Law
HPB 5330 Clinical Skills: Partner & Spousal Abuse, Elder Care (2 units)
HPB 9015 Child Abuse Assessment (0 units)

Field Placement
HPB 5301 Supervised Field Practicum A
HPB 5302 Supervised Field Practicum B (2 units)
HPB 5303 Supervised Field Practicum C (2 units)
HPB 5304 Supervised Field Practicum D (2 units)
HPB 5400 Field Practicum Checkout (0 units)

Final Integrative Project
HPB 5350 Final Integrative Project A (1 unit)
HPB 5351 Final Integrative Project B (2 units)

Total units required: 91