

MASTER OF ARTS **ART THERAPY**

MODE

Full-Time

INTAKE

August

DURATION

2 years (4 semesters)



“The innovative MA Art Therapy Programme at LASALLE strategically places Singapore on the world’s stage as a leader in educating culturally sensitive, competent and ethical art therapists.”

Ronald Lay
Programme Leader, MA Art Therapy

OVERVIEW

As an art therapist, you purposefully facilitate an art-making process to promote and create self-expression, reflection, understanding and change with people and/or communities who encounter a range of stress, trauma, physical, mental or societal challenges and experiences. Art therapy is a form of psychotherapy that helps people to effect change and growth through the use of art materials in a supported and safe environment. For those having difficulty expressing their thoughts and feelings verbally, art therapy is non-intrusive and can tap into the rich non-verbal aspects of communication and creativity.

Art therapists develop the necessary skills and training to effectively work with a variety of populations throughout the life cycle. They work within various medical, institutional, educational, and rehabilitative settings that may include learning, development, medical conditions, social work, marginalised groups, crisis and trauma within communities, ageing and eldercare to name a few. The practice of art therapy ranges from studio-based to clinical approaches, depending on the art therapist's level of expertise, practice and working environment. Art therapists remain sensitive to cultural awareness, difference and diversity and adhere to international ethics and best practices.

The MA Art Therapy Programme at LASALLE is a two-year, four semester full-time training programme spanning a range of psychotherapeutic concepts, theories and practices. The experiential model of the programme places an emphasis on acquiring critical knowledge and understanding of the philosophy of the modality itself. You will undergo a substantial period of clinical practice through supervised clinical placements. Clinical work is further explored and discussed through structured group and individual supervision at the College.

As a Masters student, you will be encouraged to attain an autonomous and reflective stance in your learning, development, and assessment in collaboration with tutors. This is a vital process in developing an approach to your professional practice as a confident, competent and ethical art therapist that will be based upon your ability to be analytical, critical, objective and self-reflective about your work.

Although personal therapy is required in semesters 2-4, it is recommended throughout the duration of the training. You are to arrange and pay for your own personal therapy as this is not included with tuition.

The MA Art Therapy Programme is the first of its kind to be developed and implemented in Southeast Asia. The programme is breaking new ground in relation to the varied and distinctive social, cultural and spiritual frameworks within which it is being nurtured. The Southeast Asian context is considered throughout the training and candidates are encouraged to research and work in a range of settings both local and if appropriate, international.

A blend of Eastern and Western approaches are considered and candidates are encouraged to develop a reflective and contemporary philosophical and practical stance. Although there may be several similarities in terms of the human experience, it is acknowledged that there are unique cultural considerations and local and/or region specific implications in terms of how mental health services are defined, perceived and implemented.

Self-reflexivity, mindfulness and a contemplative approach are practices wherein you may further draw upon to further embrace and/or expand your understanding of an Asian context. It is acknowledged that cultural difference and diversity are at the heart of current art therapy debate and discourse both locally and around the globe.

Image: Field trip to a local dragon kiln.



BE A CULTURALLY
SENSITIVE,
COMPETENT
AND ETHICAL
ART THERAPIST.

Image:
Industry art collaboration event
celebrating inclusion.



Image:
MA Art Therapy Programme
Leader, Ronald Lay at a
research presentation.

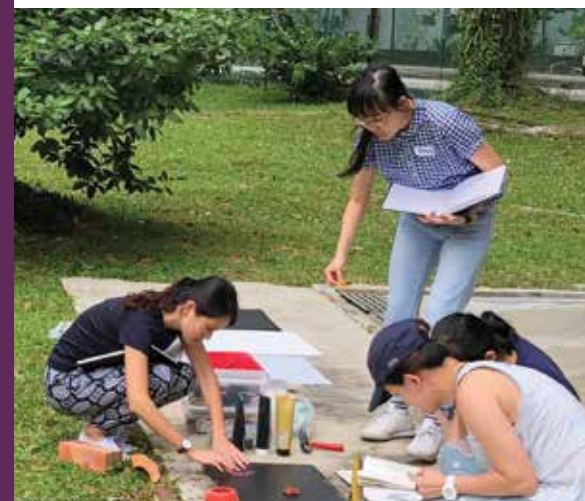


Image:
Off-site campus and outdoor group art experiential.

PROGRAMME STRUCTURE

The MA in Art Therapy is a two-year full-time programme divided into four semesters of 13 teaching weeks. You must successfully complete the modules offered in sequence before you can progress to the next semester. You learn progressively, each module building upon the knowledge and skill base of the previous semester. The incremental learning structure of the programme ensures that you will acquire the essential knowledge and practical experience to become a professional art therapist.

SEMESTER 1	CREDIT POINTS
Psychodynamic Processes and Pictorial Analysis	15
Introduction to Art Therapy	15
Group Training 1	15
Human Development and Clinical Theory	15

SEMESTER 2	CREDIT POINTS
Research Methods in Creative Arts	30
Child and Adolescent Art Therapy	15
Clinical Placement 1	15

SEMESTER 3	CREDIT POINTS
Adult, Geriatric and Family Art Therapy	15
Clinical Placement 2	15

SEMESTER 4	CREDIT POINTS
Group Training 2	15
Clinical Placement 3	15

SEMESTER 3 & 4	CREDIT POINTS
Final Research	60

Psychodynamic Processes and Pictorial Analysis

This module will explore contemporary psychodynamic theories including object relations and inter-subjective theories to name a few, with in-depth training in the understanding of the symbolism of sublimation and the language of art. This module will provide an introduction to a range of visual methodologies.

Introduction to Art Therapy

This module provides the foundation for the programme and the theoretical framework for safe and professional clinical art therapy practice. You are introduced to the history of art therapy and psychodynamic theory that has evolved from object relations into intersubjective theory and how these theories can be connected to the making of artwork. The importance of attachment, transference and countertransference, sublimation and trauma are all elements for discussion and incorporated into assignments. You will develop a beginning understanding of key psychodynamic theory, concepts and terms as related to professional art therapy practice.

Image: Clinical placement.



Group Training 1

In this module, you will learn about the facilitation of different kinds of art therapy groups as well as developing an understanding of dynamically based group therapy. Led by an experienced and dynamically trained therapist, you will develop an empathic understanding of group experiences.

Human Development and Clinical Theory

This module introduces students to the dynamics of human development across the lifespan looking at the psychology of child, adolescent, adult and geriatric development. The module examines these different stages of development and achievement through the additional lens of attachment and trauma. This module includes one paper which will integrate biological, psychological, social and environmental theories in understanding human development.

Research Methods in Creative Arts

This module introduces you to arts research through a thorough study of research methods and analytical techniques informing artistic and critical practices at the MA level. Research operates within a critical context and this module aims to prepare you to confidently articulate your practice, formulate your own critical arguments and methods to investigate and probe issues.

Clinical Placement 1

During the first week of semester 2, several Clinical Placement Primers will be scheduled to further prepare you for their first clinical placement. You must accumulate a minimum of 272 hours at placement and carry a clinical caseload, under supervision, in Singapore. You will learn to engage with patients/clients/beneficiaries and develop your ability to facilitate art therapy in the placement setting.

Adult, Geriatric and Family Art Therapy

You are further introduced to specific theories and practical ways of working with adults, older adults and families. The coursework will be experiential and builds upon the core skills developed in semester 2.

Clinical Placement 2

In this module, you will be more fully engaged with individual clients and groups within their clinical settings. You will continue to develop your clinical art therapy skills and understanding of the dynamic, psychological processes of their clients in the Southeast Asian context.

Group Training 2

You will incorporate your theoretical and practical experiences over the course of your training into further exploring dynamically based group theory and practice experientially. You will take turns in leading your own experiential groups under the supervision of an experienced art therapist.

Clinical Placement 3

In this module, you will engage fully with individual clients and groups within your clinical setting. Emphasis is placed on the therapeutic relationship and your ability to function as an integrated member of a multidisciplinary team.

Final Research

In this module, you will engage in research on an aspect of art therapy of particular interest to you. Practitioners and researchers within art therapy will also provide you with differing perspectives to assist you in the development and the delivery of your research project.

PROGRAMME HIGHLIGHTS

The programme is formally approved by the Australian, New Zealand and Asian Creative Arts Therapy Association (ANZACATA). Graduates are eligible to apply for professional registration (AThR) with ANZACATA. It may be possible to apply for professional membership with other international art therapy organisations and registration authorities. It is the graduate's responsibility to be familiar with the appropriate professional credential and membership organisations in terms of requirements and procedures for professional membership, credentials, and of working within a country outside of Singapore. You are encouraged to obtain student membership in any of the professional art(s) therapy organisations in addition to the Art Therapists' Association Singapore (ATAS).

The MA Art Therapy Programme continues to develop community and collaborative relationships locally and internationally to enhance its professional, clinical, and research profile. There are several opportunities for students to volunteer with various projects locally and abroad throughout the academic year. The Programme has been the Educational Partner with The Red Pencil Humanitarian Mission, an international art therapy humanitarian foundation based in Singapore since 2012. The MA Art Therapy Programme has organised international student learning trips to Bali, Sarawak, London and, Napa (California) that combined art, culture and mental health exchange and experience. MA Art Therapy students have also presented at and/or participated in art(s) therapy conferences and workshops in Singapore, UK, USA and Australia.

ESSENTIAL ELEMENTS OF THE THERAPIST TRAINING EXPERIENCE

CLINICAL PLACEMENT

There are three clinical placement modules in the programme. For each module, you must accumulate a minimum of 272 hours at placement and carry a clinical caseload, under supervision. You will gain practical experience at an approved and relevant clinical placement setting wherein you will develop your clinical art therapy skills and learn to utilise on-site and offsite clinical supervision through individual and group formats. The programme applies a variety of strategies to promote learning while you are on placement. These include process notes written throughout the semester, case presentations, case studies and supervisor reports and discussions. The programme's Clinical Placement Coordinator will liaise with the various placement settings and will assist you with logistics related to your placement based on your identified interests and learning needs. Our students provide a significant number of clinical art therapy hours (10,000+) on a yearly basis and most students actively contribute to their communities through volunteer work.

ETHICS AND ESSENTIAL WORKSHOPS

International best practices and ethical codes in art therapy are adopted, and these serve to guide and inform your training. Discussions on ethics will be integrated throughout the programme in supervision, coursework and during your research thesis process. This is in addition to a risk assessment workshop at the beginning of semester 1. Child abuse identification and intervention training will take place in semester 2 by a local agency. In semester 3, a workshop on elder abuse and family violence identification and intervention will be scheduled.

CROSS CULTURAL AWARENESS AND SENSITIVITY

Art therapists often provide services to culturally diverse groups of people with varying backgrounds and experiences. Throughout your course of study, you are expected to further develop cross-cultural awareness and sensitivity as you develop your professional skills, identity, experience and knowledge. This will assist in your empathic stance and enrich your clinical skills while working in the rich diversity of cultures in Singapore and abroad.

PERSONAL THERAPY

You are required to receive regular personal therapy during semesters 2, 3 and 4 of the taught programme; personal therapy in semester 1 is strongly recommended. This provides art therapists-in-training with the opportunity to explore and reflect on issues that may arise for them during the experiential learning process.

FITNESS-TO-PRACTICE/TRAIN

You will be required to satisfy the programme of your fitness to work and undertake training, which involves children and vulnerable people. You are required to sign a Suitability Declaration related to criminal convictions and to occupational health prior to admission to the programme. Assessment of your health and occupational fitness will be based on your ability to satisfy the following criteria, taking into account the range of duties which you will undertake as part of your training, including clinical placement and community projects as well as any health problems you may have.

- You are physically able to cope with the day-to-day duties of your training (at the College and at the placement).
- You can communicate effectively with children, parents, clients and colleagues.
- You have sound judgement and insight, and can remain alert at all times.
- You are able to respond to clients' needs rapidly and effectively.
- You can manage classes or groups.
- You do not constitute any risk to the health, safety or well-being of those in your care.
- You can, where disabilities exist, meet all these criteria through reasonable adjustments made by LASALLE.

Concerns and/or questions pertaining to your mental fitness to become a therapist will be discussed, documented and assessed at the end-of-semester meeting and as needed during the semester. Your progress will be monitored through regular faculty meetings, feedback from your clinical placement, and feedback from your supervision.

ARTISTIC PRACTICE AND INTERDISCIPLINARY PROJECTS

With the backdrop of LASALLE as a vibrant and innovative art school, students may include interdisciplinary collaborations with programmes such as drama, music, fine arts, film, media and design. This accentuates the continued development of your artistic practice, clinical expertise and research capacity. You are encouraged to consider and integrate collaboration across LASALLE faculties into your coursework where appropriate and according to individual interests. Many of our students are accomplished and practicing artists, and many maintain a national and/or international exhibiting profile.

SELF-REFLECTIVE JOURNAL REVIEW

During the end-of-semester meetings, you will present your self-reflective journal to the programme team to demonstrate your active engagement in a self-reflective process through visual and written means. You are to include response art, reflections from art exhibition and studio visits, reflections from course material and lessons as well as documentation of art experientials from your training and/or outside experiences. The artwork can be cross-faculty based and include drama, fine arts, design, media and film to name a few. Studio time is provided in the course schedule.

END-OF-SEMESTER MEETINGS

At the end of each semester, you will meet individually with the programme team to review your progress academically, clinically and artistically. You will have the opportunity to verbally review your fitness to practice with the programme team during these meetings.

Image: **Studio art practice and research.**



Image: **Study trip to Bali, Indonesia.**



POSTGRADUATE RESEARCH

LASALLE has a long tradition of practice-led research in art and design. The College aims to assume a significant role in Singapore for practice-led research in visual, performing and literary arts, and aspires to add the distinctive viewpoint of Singapore to research into artistic practice in the 21st century.

The Research Methods in Creative Arts module is a common module which all students are required to undertake. You will have the opportunity to interact with one another in the first term (seven weeks), to network with peers in other MA programmes and foster a stronger community of research practice that enhances your respective discipline of study as well as within the College.

You will be introduced to relevant professional methods of research and creation which may include profiles of and/or dialogue with creative professionals, critical/theoretical discourse, action research, visual object analysis, textual analysis, case studies, historical and ethnographic research, interviews, life stories/autobiographies, etc. You will also be introduced to research practices such as literature reviews, process-based discovery, bibliographical searches, quantitative & qualitative methods, citations and the construction of research questions.

Postgraduate students are constantly exposed to first-hand experience in current practices of research and creation, leading to the acquiring powerful knowledge and of a wide set of skills by the time you graduate. You will have opportunities to develop expertise in accordance with your research interests.

CAREER PATHS

Art Therapist, Counsellor, Educator, Social Worker, Artist, Researcher, Writer

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Image:
Dialogue and art experiential with artist in residence.

THE FACULTY



Ronald P.M.H. Lay

MA, AThR, ATR-BC, EdD (candidate),
Programme Leader

- MA (Art Therapy),
Concordia University, Canada
- BA (Fine Arts),
University of Guelph, Canada
- BA (Psychology), Wilfred
Laurier University, Canada

Grounded in a psychodynamic psychotherapy paradigm, Ronald P.M.H Lay's career blends both practical and academic pursuits. His years of experience working full-time as a forensic art therapist in California's Department of Mental Health acknowledges the invaluable role that education plays in developing, informing and preparing postgraduate students to become competent, ethical, socially responsible and effective professional therapists. This is especially critical in regions of the world wherein art therapy is emerging as a viable, meaningful and relevant discipline.

The California State Legislature awarded him the prestigious Sustained Superior Accomplishment Award, a two-year honour, on two separate occasions, recognising his art therapy and contributions to the facility. Ronald developed a sustained art therapy internship at this setting, providing clinical supervision and holding several leadership positions including Acting Chief of Rehabilitation Therapy Services and Chair of the Professional Rehabilitation Therapy Practice Group. He was an active member on several local and state-wide committees that addressed assessment, development, budgets, documentation, quality assurance, privileging, credentialing, treatment intervention and planning as well as continuing professional development.

Ronald is a board-certified and registered art therapist. He maintains professional credentials and memberships nationally and internationally, including the Art Therapists' Association Singapore, the Australian, New Zealand and Asian Creative Arts Therapy Association, the American Art Therapy Association, and the Art Therapy Credentials Board. He has actively contributed to these as well as the Northern California Art Therapy Association through membership on committees to nominate board members, planning international conferences and training events, providing workshops and presentations at peer-juried conferences and providing consultation.

Ronald is an accomplished and award-winning artist. His artistic inquiry is in the area of memory, the passing of time and the psychological interplay between these, and the mixed media he explores (photographs, found objects and acrylic paint). He has donated his personal artwork to several group auctions to raise funds and awareness to several charitable causes, including mental health, breast cancer, heart and stroke, HIV/AIDS and community arts projects. In addition to this, he has spent a considerable amount of time volunteering in Africa.

Ronald is currently pursuing his Doctorate in Education. His research focuses on the impact of experiential learning within postgraduate training on professional practice. He is interested in how art therapy is being applied within Asian and local contexts.



Emylia Safian

MA, AThR, Lecturer

- Postgraduate Certificate in Clinical
Supervision, The University of Derby, UK
- MA Art Therapy, Open University, UK
- BA Psychology & Humanities, Monash
University, Australia
- Certificate of Teaching in Higher
Education, Temasek Polytechnic,
Singapore

Emylia is a practicing art therapist and educator with specialist training in stress, trauma and loss. Her practice gravitates towards mind/body sciences and integrates physiology with psychology for an encompassing approach in capitalising human development.

Since 2007, she has been in partnership with educational institutions, voluntary welfare organisations, government agencies and NGOs within Southeast Asia, working with persons of all ages in situational and developmental crisis within different communities. As a clinician, Emylia is also informed by the science of yoga and expressive arts therapies. She is passionate in reconnecting children and adults alike with the essential joie de vivre through play, creativity, warmth, compassion and sensitivity, and to bring joy to the mind, body, and spirit.



Daniel Wong

MA, AThR, Lecturer

- MA Art Therapy, Western Sydney
University, Australia
- MA Art Administration, University of
New South Wales, Australia
- BA Fine Art, The School of the Art
Institute of Chicago, USA

Daniel is a practicing art therapist, trained facilitator and clinical supervisor, with over 15 years of experience working directly with groups and individuals in Australia and Thailand. He has worked with diverse populations in long-term care and day settings, including several years at Cumberland Hospital, a large public mental health facility in greater western Sydney. Populations include older adults, terminally ill patients, adults with mental illness and co-existing disorders, and children with learning disabilities and those on the spectrum.

Prior to joining LASALLE, Daniel was the clinical supervisor at the International Programme of Art Therapy in Thailand, and he has provided consultation to cancer centres and community-based agencies. He is committed to creating enriching experiences that inform and transform lives, integrating art, therapy and community activism with the hopes that people can access their strengths and capacity for creative growth.

Daniel is a committee member of the Art Therapy Foundation, Thailand, and maintains his professional credentials with the Australian, New Zealand and Asian Creative Arts Therapy Association (ANZACATA).

A trained artist, Daniel works primarily with discarded household material like cardboard, yarn and fabric, fashioning them into miniature sculptures as he finds the unpredictability of these found items inventive.

ENTRY REQUIREMENTS

- Bachelor's degree in visual arts or psychology, or an equivalent level of training in a relevant medical, social or human sciences field.
- Relevant experience in a rehabilitative setting in the form of paid or unpaid/voluntary work.
- Demonstrable ability to discuss and reflect on the creative process.
- A willingness to undergo weekly personal therapy for the duration of the Programme.
- **A minimum of IELTS 7.0, TOEFL iBT 100 or PTE Academic 65** for applicants from countries where English is not the first language or whose qualifications are obtained from institutions where English is not the medium of instruction.
- Portfolio: At least 7-10 pieces of original artwork (actual or documented) that demonstrates your creative practice.
- Statement of purpose: A 500-word statement outlining your reasons for pursuing Master's studies, your suitability and expected benefits from the programme.
- Three references: one personal, one professional, and one academic.
- Additional coursework may be required and/ or suggested before acceptance into the programme based on your qualifications.
- Sign a suitability declaration indicating whether you have any criminal record and/or history at the point of admission to the programme (form can be obtained from the College). *Please note that many clinical placement settings require a mandatory background security check for potential student interns, and many employers request this as well, given the nature and sensitivity of confidential case material, professional and ethical best practices and the potential vulnerability of their clientele.
- Complete an Occupational Health Declaration, verified by a medical physician prior to admission to the programme (form can be obtained from the College).
- An interview with the Programme Leader and academic staff.

All applications will be considered on a case-by-case basis.

The programme maintains a roster of well-known local and international teaching staff, guest lecturers, artists, consultants, researchers and artists in residence including Jessica Koh, Joanna Tan, Joyce Tan, Shubigi Rao, Weixin Chong, Dr Pamela Whitaker (Ireland), Dr Debra Kalmanowitz (Israel), Dr Shaun McNiff (USA), Dr Lisa Hinz (USA), Abbe Miller (USA), Dr Barbara Fish (USA) Dr Arnell Etherington-Reader (US/UK), Dr Christian Widdascheck (Germany), Dr Lynn Kapitan (USA), Dr Neil Springham (UK), Dr Mercedes Ballbe ter Maat (USA), Marian Crawford (Australia), Cathy Moon (USA), Jane M. Adams (USA), Dr Val Huet (UK), Pilar Olabarria (USA), Dr Marian Liebmann (UK), Dr Lorna Collins (UK) and Dr Bill Gillham (UK) to name a few.

ABOUT LASALLE COLLEGE OF THE ARTS

**Asia's leading tertiary institution in contemporary arts
and design education and practice.**

LASALLE College of the Arts offers 30 diploma, undergraduate and postgraduate programmes in fine arts, design communication, interior design, product design, film, animation, fashion, dance, music, theatre, arts management, arts pedagogy and practice, art therapy, Asian art histories and creative writing.

LASALLE provides a nurturing, interdisciplinary learning environment to inspire the next generation of forward-looking, globally engaged artists, designers and leaders of creative industries.

Its faculty is led by a community of award-winning artists, designers, educators and researchers, and their practice-led research sets LASALLE apart as an international centre of excellence.

Founded in 1984 by the late De La Salle Brother Joseph McNally – a visionary artist and educator – LASALLE is a non-profit private educational institution. The College receives tuition grant support from Singapore's Ministry of Education. Its degree programmes are validated by Goldsmiths, University of London.

CONTACT US

For programme consultation or to schedule a guided campus tour, contact our Admissions Office.

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Closed on weekends and Public Holidays

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Partner Institution:

Goldsmiths
UNIVERSITY OF LONDON

LASALLE College of the Arts is registered with the Committee for Private Education (CPE). The Committee for Private Education is part of SkillsFuture Singapore (SSG).
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