

The logo for Whitecliffe College of Arts & Design is centered on a black rectangular background. The word "Whitecliffe" is written in a large, bold, white sans-serif font. Below it, the words "COLLEGE OF ARTS & DESIGN" are written in a smaller, white, all-caps sans-serif font.

**Whitecliffe**  
COLLEGE OF ARTS & DESIGN

## **Course Information**

**Postgraduate Diploma in Arts Therapy**  
PG Dip AT (Yr 1)

**and**

**MA in Arts Therapy (Clinical)**  
MA AT (clinical) (Yrs 2 & 3)

## Contents

<b>MESSAGE FROM THE HEAD OF DEPARTMENT</b>	<b>3</b>
<b>PROGRAMME OUTLINE</b>	<b>4</b>
Structure and components:	4
<b>COURSE OVERVIEW</b>	<b>7</b>
<b>POSTGRADUATE DIPLOMA IN ARTS THERAPY</b>	<b>7</b>
The Postgraduate Diploma in Arts Therapy Course Delivery	7
Postgraduate Diploma in Arts Therapy Course outcomes	7
Final assessment for award of the postgraduate diploma qualification	8
Entry into the MA AT (clinical)	8
<b>MAAT (CLINICAL) YEARS TWO &amp; THREE</b>	<b>9</b>
Online Learning	10
Monitoring/External Assessment	10
Whitecliffe Facilities, Access and Postgraduate Privileges	10
Recognition of Prior Learning (RPL)	11
Fees	11
<b>SUGGESTED READING FOR MA ARTS THERAPY STUDENTS</b>	<b>12</b>
Dates for 2017 Admission	13
Contact Information	13

## MESSAGE FROM THE HEAD OF DEPARTMENT

The Arts Therapy course has been running at Whitecliffe College since 2001. 2015 saw the launch of the one-year Postgraduate Diploma, year one of the restructured three-year Master of Arts in Arts Therapy (Clinical) degree course.

Although it has long been established overseas, Whitecliffe recognises that the Arts Therapy profession in New Zealand is new and dynamic. In the last decade we have seen many changes in New Zealand:

- the emergence of consumer and client based organisations;
- the growing drive to build strong cultures within the “extra-ordinary communities” (mental health, justice, gifted children, at risk youth, older adults, people with disabilities, substance abuse, refugee survivors, etc.);
- recognition of the effectiveness of Arts Therapy methods that are based upon Maori and Pacific Island models of mental health and well-being;
- the constant redefinition of therapy and the role of the therapist;
- an understanding that the arts can be therapeutic in themselves;
- a growing interest by the wider community in Arts Therapy for self-development; and
- a growing number of new Arts Therapy techniques and interventions that have not yet been tested by research.

Our qualifications respond to these changes, encourage creativity, new ideas and new practices. At the same time, we insist on intellectual rigour and high academic standards.

We work from a very broad understanding of Arts Therapy. We include all of the arts (music, drama, creative writing, dance and movement, visual arts, Maori and Pacific traditional arts, etc.) and a variety of therapeutic contexts. We stress the alignment of Arts Therapy theory with the academic disciplines of psychology, psychiatry, sociology, cultural anthropology, arts criticism, and aesthetics. We are committed to developing Arts Therapy career paths.

The new structure introduces a PG Dip consisting of four foundation papers in arts therapy in a sequence that builds a framework of theoretical knowledge and skills. This can act as a stand-alone qualification to enhance the knowledge and skills in this field for those that already have a professional identity with which they wish to continue. It also acts as the introductory postgraduate qualification or first year for those who wish to apply to continue on to the revised Masters of Arts in Arts Therapy (Clinical) degree, as a pathway to become registered arts therapists. The MA degree second year starts with two taught papers, which equip the student with clinical arts therapy skills and the knowledge of appropriate research methods for this field. Additional learning takes place during seminars, supervised placements and a research project. The revised courses improve the delivery of theoretical knowledge and skills, provide choice of length of study and qualification, and place the research component of the degree within a supervised placement.

**Amanda Levey**  
**Head of Department**

## Programme Outline

### Titles:

Master of Arts in Arts Therapy (Clinical)(MA AT (Clinical)) and Postgraduate Diploma in Arts Therapy (PG Dip AT)

### Structure and components:

Master of Arts in Arts Therapy (Clinical) Three Years Full-time 1 + 2-year structure

Year one Postgraduate Diploma in Arts Therapy Level 8, 120 Credits 1.0 EFTs. (1 Year Full-Time) 42 weeks  
Consists of 4 taught courses

5891 Creative Studio 30 credits 5892 Social Aspects of Arts Therapy 30 credits 5893 Psychology of Arts Therapy 30 credits 5894 Group Arts Therapy 30 credits

Years two & three Level 9, 240 Credits 2.0 EFTs. (2 Years Full-Time) 44 weeks x 2 Consists of 2 taught courses and 3 further components: Professional Practice, Placement, and Research.

Year Two 6993 Arts Psychotherapy 30 credits 6996 Research Methods 30 Credits 6994 Professional Practice (Training & Supervision) I, 20 Credits 6995 Placement I, 20 credits 6997 Research Preparation 20 Credits

Year Three 7994 Professional Practice (Training & Supervision) II, 40 credits 7995 Placement II, 40 credits 7991 Clinical Research in Psychotherapeutic Settings or 7992 Non-Clinical Research or 7993 Clinical Research in Community Settings 40 credits

### Delivery:

PG Dip AT Year One Blended-delivery (low-residency) over 42 weeks including weekend seminars (1 per month for 10 months Feb-Nov) held at Whitecliffe College of Arts and Design, 24 Balfour Road Parnell, Auckland and at a second location in Christchurch at Design & Art College, 52-54 Oxford Terrace, Christchurch. Between seminars the course is online learning and supervised or facilitated self-directed learning.

MA AT (Clinical) Years Two & Three Blended delivery (low-residency) model. Two years of 44 weeks each. Quarterly seminars (1 x 5-day seminar per term in January, April, July and September) held at 24 Balfour Road Parnell, Auckland. Self-directed and online learning, supervised clinical placements, and supervised research comprise the course between seminars. NB: Parnell site currently approved for the delivery of existing MA AT and MA AT (Clinical).

### Aims:

**The principal aims of the Postgraduate Diploma in Arts Therapy course are to:**

- prepare students with previous clinical or other professional qualifications to integrate arts therapy theory and practice into their professional role OR
- prepare students without previous clinical experience for further study towards a range of roles in the Arts Therapy professions
- encourage students to apply their creative and scholarly abilities to healing and self-development through the arts
- explore the relationship between theories about the human psyche and Arts Therapy practice
- equip students with a knowledge base for effective Arts Therapy research and further Arts Therapy study

- enable students to extend their creative abilities in the arts and
- develop students' critical skills and foster a mature understanding of the relationships between their work and society.

**The principal aims of the Master of Arts in Arts Therapy (Clinical) course are to**

- encourage students to apply their creative and scholarly abilities to healing and self development through the arts
- explore the relationship between theories about the human psyche and Arts Therapy practice
- enable students to extend their creative abilities in the arts
- develop students' critical skills and foster a mature understanding of the relationships between their work and society;
- engage students in Arts Therapy research
- prepare students for professional practice in the Arts Therapy professions
- prepare students for a range of leadership roles in the Arts Therapy professions and
- provide additional clinical instruction and supervision required by associated professional bodies to enable the graduates to become members of these approved associations.

**Outcomes:** By the end of the **Postgraduate Diploma in Arts Therapy** course successful students should be able to

- articulate the principles of best professional practice for Arts Therapists
- discuss social science theories as they apply to Arts Therapy
- make art works informed by Arts Therapy theories, insights and symbols
- formulate focused questions and identify and implement appropriate research methods to gather, analyse and report data in support of directed inquiry and
- design and facilitate the use of the arts within a therapeutic group context.

By the end of the **Master of Arts in Arts Therapy (Clinical)** course successful students should be able to

- Articulate the principles of best professional practice for Arts Therapists
- Discuss social science theories as they apply to Arts Therapy
- Identify appropriate research methods and conduct a number of types of research
- Make art works and performances informed by Arts Therapy theories, insights and symbols
- Formulate focused questions and identify and implement appropriate research methods to gather, analyse and report data in support of directed inquiry
- Work effectively using Arts Therapy with individuals and with groups of people seeking help with a variety of presenting problems
- Complete a research dissertation to a professional and scholarly standard
- Meet the registration criteria for appropriate professional bodies that includes supervised client contact hours

- Engage in self-directed learning and advanced study through completion of related assignments such as case studies, observational study and online discussions
- Demonstrate intellectual independence, analytical rigour, and the ability to understand and evaluate new knowledge and ideas that include the application of different psychotherapeutic theories that underpin the arts therapies, participation and insight of group process and clarity of ethical considerations and
- Demonstrate the ability to identify topics for original research, plan and
  - conduct research, analyse results and communicate the findings to the satisfaction of subject experts by creating therapeutic plans, writing reports, proposals for specific diagnosis and /or related topics such as trauma, addictions, emotional and psychological distress.

## COURSE OVERVIEW

### Postgraduate Diploma in Arts Therapy

The Postgraduate Diploma in Arts Therapy (PG Dip AT) is a one-year course, which requires, as a prerequisite for matriculation, an appropriate undergraduate degree or equivalent educational and professional experience. The PG Dip AT is Year One of the three-year Master of Arts in Arts Therapy (Clinical) degree. It is approved by the New Zealand Qualifications Authority under the provisions of the Education Act 1989<sup>1</sup> and sits at level 8 on the New Zealand Qualifications Framework (NZQF).

It is designed to provide graduates and/or professionals from arts, therapeutic or other clinical fields, with a solid foundation in Arts Therapy knowledge so that they may add Arts Therapy to their existing clinical practices or pursue further training and studies in Arts Therapy (such as the Master of Arts in Arts Therapy (Clinical)).

The Postgraduate Diploma in Arts Therapy is built around a carefully selected course of theoretical readings, weekend seminars, formal assignments, guest speakers, fieldwork and case studies, creative studio, and professional practices.

If graduates of the PG Dip AT have previous clinical training and qualifications they will be able to integrate arts therapy theory and practice into their professional skillset. Graduates of the PG Dip AT should note that successful completion of the first year does not lead to automatic progression to Year Two of the MA AT (Clinical). **PG Dip AT graduates without previous clinical training or qualifications are likely to be encouraged to seek further experience in therapeutic settings and with special communities before pursuing clinical training including the MAAT (Clinical).**

#### The Postgraduate Diploma in Arts Therapy Course Delivery

The Postgraduate Diploma is a low-residency (blended delivery) course of study. Its teaching seminars are scheduled monthly, in the weekends, to provide flexibility for students in the work place and/or those travelling from outside of Auckland. Please note that “low-residency” does not equate to “low-contact”. Rather, contact hours are concentrated into seminar weekends and staff and lecturers are available between seminars via email and telephone.

The design and delivery of course documentation, the use of telephone, internet and e-mail for communication and teaching, the nature of assignment topics, the readings supplied to students and the intensive weekend seminars are all designed for the benefit of low-residency students.

Course delivery aims to develop a range of skills. At the end of this time, the successful student will be able to:

- analyse and summarise a range of academic and professional readings;
- critique the design of effective Arts Therapy sessions;
- deliver a presentation, chair a seminar/facilitate a workshop;
- produce art works influenced by Arts Therapy; and
- write reports and academic papers in a variety of styles.
- equip students with a knowledge base for effective Arts Therapy research and further Arts Therapy study;
- enable students to extend their creative abilities in the arts; and
- develop students’ critical skills and foster a mature understanding of the relationships between their work and society.

#### Postgraduate Diploma in Arts Therapy Course outcomes

By the end of the Postgraduate Diploma in Arts Therapy course successful students should be able to:

- articulate the principles of best professional practice for Arts Therapists;
- discuss social science theories as they apply to Arts Therapy; and
- make art works/performances informed by Arts Therapy theories, insights and symbols.

### **Courses required of all students (120 credits = 1.0 EFTs)**

5891	Creative Studio	30 credits
5892	Social Aspects of Arts Therapy	30 credits
5893	Psychology of Arts Therapy	30 credits
5894	Group Arts Therapy	30 credits

### **Final assessment for award of the postgraduate diploma qualification**

*Award of the Postgraduate Diploma in Arts Therapy qualification is dependent on the student successfully completing all of the course requirements, and achieving the required minimum number of credits (120), with grades of C- or better for each course.*

Students who successfully complete all of the course requirements within the designated time should expect to graduate with a Postgraduate Diploma at the Graduation ceremony scheduled for the end of their year of study.

### **Entry into the MA AT (clinical)**

Students who wish to apply to continue on the MA AT (Clinical) course will need to meet the following criteria as a condition of entry to years two and three of the course. These are minimum requirements, and other indicators of professional achievement and professional conduct may also be applied.

Entry requirements:

1. Grade average for the Postgraduate Diploma of C+ or above.
2. Professional behaviour throughout the PG Dip, as indicated by:
  - i. full participation in the group process
  - ii. appropriate self-disclosure in group and other situations
  - iii. ability to handle stress and ask for help when needed
  - iv. generosity in sharing time, resources, and ideas with other students
  - v. engaging responsibly and appropriately with Whitecliffe staff, policies and procedures
  - vi. taking responsibility for progress on the course
3. Demonstrated practical awareness of therapeutic principles
  - i. honesty and integrity
  - ii. awareness of boundaries of self and others
  - iii. awareness of confidential material
  - iv. able to own personal responses rather than blame or attribute these to others
  - v. appropriate challenges to self, peers, and staff.

In addition to these and other requirements stated elsewhere in other Whitecliffe documentation, admission into the MA AT (Clinical) requires the formal permission of the Head of Department and Dean of College.

This will normally be given where the student has

- satisfactorily completed the PG Dip course (Or its equivalent);
- met the entry requirements and had a satisfactory admissions interview; and
- provided a letter of intent summarising their intentions for their research and placements.

### MAAT (Clinical) Years Two & Three

Courses required of all students (Two Years 240 credits. One Year = 120 credits = 1.0 EFT)  
NZQF Level 9

6999	Arts Psychotherapy	30 credits
6998	Research Methods	30 Credits
6997, 7997	Professional Practice (Training & Supervision)	60 credits
6994, 7991	Research Prep & Research Elective*	60 credits
6995, 7995	Placement	60 credits

Semester 1 (Year Two)	Arts Psychotherapy	30 credits each	Research Methods (taught course)	60 credits total
Semesters 2 (Year Two) and 1 & 2 (Year Three)	Prof Practice – 60 credits (20 +40)	Research Prep & Elective* – 60	Placement – 60 ( 20 +40)	180 credits total

\*Research Elective (40 credits):

7991 Individual supervised research project negotiated  
by proposal

**Delivery: 2 Years Full-time. Blended delivery (Low-residency).**

Year Two - 4 x quarterly 5-day seminars (January, April, July & September).

Year Three - 4 x quarterly 5-day seminars (January, April, July & September).

## **Online Learning**

Online Learning is an essential tool to facilitate student communication with programme faculty. <https://whitecliffe.coursesites.com>. It is also a valuable forum for exchange of ideas, networking and engagement in discussion between monthly seminars, and allows low residency students to maintain contact with their peer group.

## **Attendance at Seminars**

Students are required to make at least one contact with their lecturer each week (so that the student can report progress with research and assignments and be briefed about course activities). Students are required to attend each semester Orientation. Students are required to attend both days of each weekend seminar (so that they can contribute to discussions, profit from guest speakers and participate in class-work briefings). A student who attends only part of a weekend seminar will be marked absent for the whole class period. Students are required to attend scheduled activities external to Whitecliffe (so that they can profit from and document the experience).

## **Monitoring/External Assessment**

The Master of Arts in Arts Therapy programme is monitored not only internally, by established Whitecliffe review processes, but also by a NZQA Monitor. At various times throughout the programme students may be required to give feedback to the NZQA Monitor. The New Zealand Qualifications Authority also regularly reviews the quality of Whitecliffe's programmes generally, and students may also be required to present their feedback to a NZQA review panel.

## **Whitecliffe Facilities, Access and Postgraduate Privileges**

Postgraduate students are encouraged to make use of Whitecliffe facilities, including the staff room and library during the seminar period and at other times when visiting Whitecliffe.

Postgraduate students are entitled to attend and participate in undergraduate (and graduate) courses subject to space and availability at no extra cost, on an "auditing" basis. Postgraduate students doing so will receive no credit for undergraduate/graduate courses on this basis, and are not required to complete assignments etc. Attendance however does imply participation, the degree of which must be negotiated with the lecturer and/or Head of Department for the course. Material and other course related costs must be met by the student.

## **ADMISSION REQUIREMENTS**

Students applying for admission to the programme should have an undergraduate diploma or degree qualification equivalent to Level Seven on the NZQA Framework.

Students without a Level Seven Qualification or from a non-arts-related background will be assessed on an individual basis in order to determine their potential for successful completion of the programme. In appropriate cases, Whitecliffe recognises relevant professional experiences as potential preparation for advanced study.

## **Personal Prerequisites for the Programme Include The Following:**

- Some ability in the visual or performing arts
- High level of computer literacy for purposes such as word processing, email and searching the Internet. Ability to work competently with current Microsoft Office for Word software e.g. Vista. NB. If you need to brush up your computing skills before coming on the course,

we suggest that you try out the free BBC [Webwise Online Course](http://www.bbc.co.uk/webwise/course/).  
<http://www.bbc.co.uk/webwise/course/>

- Some understanding of Arts Therapy
- Interpersonal skills (e.g. teamwork, personality, problem solving)
- Study and work behaviour – independent learning, time planning, responsibility etc
- A clear understanding of the aims and objective of the Masters programme

### Specific Requirements For Admission Include:

- A completed Whitecliffe Application Form
- Official transcripts of baccalaureate degree and/or other academic qualifications
- A current curriculum vitae
- Three letters of reference
- A letter of intent/description of reasons for applying to the programme
- Evidence of academic writing ability which reflects the potential for successful study at the graduate level (examples of previous academic writing may be submitted)
- Prospective students must have a current email address and Internet access and be familiar with the use of computers for these purposes (if you want to brush up your computing skills before coming on the course, we suggest that you try out the free BBC Webwise Online Course: <http://www.bbc.co.uk/webwise/course/>)
- Applicants whose first language is not English are required to provide satisfactory evidence of proficiency in the English language, such as a minimum score of 625 on the TOEFL test, or 6.5 on the IELTS

#### ***Your Letter of Intent***

*The letter of intent is an important part of your application process and needs to be composed to with care and consideration. The Admissions Board will use the letter of intent when considering your application for acceptance on to the MA programme. It will give a preliminary indication as to whether you are able to participate at the required level in the theoretical and practical components of the course. The letter will also be used to make an initial assessment of your ability to communicate in a style appropriate to the academic demands of the programme. The information you provide will inform the decision made by the Admissions Board and then assists the Director of the Programme to advise you more effectively.*

When Whitecliffe is in receipt of completed information, applicants will be required to attend a formal individual interview as well as a creative group interview. Senior Faculty will review their applications in order to determine the suitability of the programme to their needs and their ability to successfully complete the programme. Assessment of candidates may include identification of any areas of additional study considered necessary, either to strengthen skills or to meet pre-requisites, which will be required as a condition of matriculation or advancement in the programme.

### Recognition of Prior Learning (RPL)

Whitecliffe Regulations (<http://www.whitecliffe.ac.nz/resources/policy/>) outline procedures for evaluation and granting of RPL. RPL can be based on verifiable, certified documentation, appropriate industry experience, an outstanding portfolio, demonstration of intellectual and academic development or other cause. In the case of the Master of Arts in Arts Management degree, transfer credit may be granted for work undertaken at postgraduate level in accredited institutions in New Zealand or overseas.

### Fees

Please see current application form for Course Fee details. Materials and supplies expenses will vary from student to student, and are the responsibility of the student.

## Suggested reading for MA Arts Therapy students

- Allen, Pat B. (1995). *Art is a way of knowing*. New York, NY: Shambhala
- Axline, Virginia. (2001). *Dibs: In search of Self: Personality development in play therapy*. Boston, MA: Houghton Mifflin.
- Case, Caroline & Dalley, Tessa. (1992). *The handbook of art therapy*. London, UK: Tavistock/Routledge.
- Cattanach, Ann. (1999). *Process in the arts therapies*. London, UK: J. Kingsley.
- Gilroy, Andrea & McNeilly, Gerry. (Eds.) (c2000). *The changing shape of art therapy*. London, UK: Jessica Kingsley Publishers.
- Halprin, Daria. (2003). *The expressive body in life, art and therapy*. London, UK: Jessica Kingsley Publishers.
- Hillman, James & Pozzo, Laura. (c1991). *Inter views: Conversations with Laura Pozzo on psychotherapy, biography, love, soul, dreams, work, imagination, and the state of the culture*. Woodstock, CT: Spring Publications.
- Jennings, Sue., Cattanach, Ann., Mitchell, Steve., Chesner, Anna., & Meldrum, Brenda. (1994). *The handbook of dramatherapy*. London, UK: Routledge.
- Johnson, David Read. (c1999). *Essays on the creative art therapies*. Springfield, IL: Charles C Thomas, Publisher.
- Lewis, Penny & Johnson, David Read. (Eds.). (2000). *Current approaches in drama therapy*. Springfield, IL: Charles C. Thomas, Publisher
- McNiff, Shaun. (c1992). *Art as medicine : Creating a therapy of the imagination*. Boston, MA: Shambhala.
- Moon, Catherine. (2002). *Studio art therapy*. London, UK: Jessica Kingsley Publishers Ltd.
- Rubin, Judith Aron. (1984). *Child art therapy: understanding and helping children grow through art*. New York, NY: Van Nostrand Reinhold.
- Rubin, Judith Aron. (Ed.). (2001). *Approaches to art therapy : theory and technique*. Philadelphia: PA: Brunner-Routledge.
- Schaverien, Joy. (1992). *The revealing image*. London, UK: Jessica Kingsley Publishers.
- Sutton, Julie. (Ed.). (2002). *Music therapy and trauma: International perspectives*. London, UK: Jessica Kingsley Publishers.

## Dates for 2017 Admission

Semester Starting	Application Deadline Dates	Interviews Commence
February 2017	1 October 2016	October 2016

**Note:** Applications may be submitted at anytime prior to application deadlines.

While applications received after the application deadlines *may* still be considered for entry subject to places being available, applicants are cautioned that competition for a place on this course is very high.

### Contact Information

For an application pack please contact  
Receptionist  
Whitecliffe College of Arts and Design  
Ph: 64-9-309-5970  
Email: [info@whitecliffe.ac.nz](mailto:info@whitecliffe.ac.nz)

### For further information:

#### For all MA AT information:

Amanda Levey  
HOD MA AT  
Email: [amandal@whitecliffe.ac.nz](mailto:amandal@whitecliffe.ac.nz)

#### For specific PG Dip AT information:

Deborah Green  
Senior Lecturer & Course Co-ordinator  
[deborahg@whitecliffe.ac.nz](mailto:deborahg@whitecliffe.ac.nz)

#### For all general postgraduate enquiries:

Pam Young  
Postgraduate Programme Manager  
Email: [pamy@whitecliffe.ac.nz](mailto:pamy@whitecliffe.ac.nz)

**Whitecliffe College of Arts and Design**  
**Te Whare Takiura o Wikiriwhi**  
**PO Box 8192**  
**Symonds Street**  
**Auckland 1010**

Telephone: 64-9-309-5970  
Fax: 64-9-302-2957  
Website: [www.whitecliffe.ac.nz](http://www.whitecliffe.ac.nz)