

# **GRADUATE CERTIFICATE PROGRAM - CGS/CAGS**

## **in the Professional Applications of the Expressive & Creative Arts as Transformation**

### **schedule for 2017 – 2018 - Fall /Spring /Summer Semesters**

A 15-credit **Certificate of Advanced Graduate Study (C.A.G.S.)** in the Expressive and Creative Arts is available for those students who have graduated or will graduate from Salve Regina University's Graduate Program in Holistic Counseling, Holistic Leadership or other related Master's programs. Those students with a master's degree in other fields, or bachelor's degree from other accredited institution, who wish to learn how to apply the expressive and creative arts to their chosen field, may enroll in the 15-credit certificate program in the expressive arts as a Certificate of Graduate Studies (C.G.S.).

This Expressive & Creative Arts Graduate Certificate program utilizes an intermodal approach to integrate the visual arts with dance/movement, sound/music, expressive theater arts, and expressive writing. The courses blend hands-on experiential work with the theoretical applications of the expressive and creative arts to the fields of psychotherapy, medical caregiving, education, community service, business and industry or any other profession in which personal expression and creative development are essential.

The **prerequisite and introduction / foundation for the program** involves completing either the Expressive Arts Institute's 3 part foundation course, or the **following three Introductory 500-level graduate-credit courses:**  
**HLC 582; HLC 584; HLC 535.**

#### **Foundation / Pre-requisite Courses**

#### **HLC 582: Introduction to the Expressive and Creative Arts: as Transformation**

A 3-credit course, offered in 2-weekend class format with guided study module between weekends.

*A Foundation Course for the program & specific Pre-requisite for HLC604, 611, 613.*

**FALL – Section 1 - October 21, 22 ; Dec. 2, 3 2017; (Saturday & Sunday 9:30am to 5pm)**

*or If 2<sup>nd</sup> section is needed - Oct. 28, 29 ; Dec 9, 10, 2017 (Saturday & Sunday 9:30am to 5pm)*

#### **HLC 584: Movement, Creativity and Consciousness: An Introduction**

A 2-credit, 2-weekend course. *Foundation Course for program & specific Pre-requisite for HLC610.*

**SPRING - Jan 20, 21; Feb 3, 5 2018 (Saturday & Sunday 9:30am to 5pm)**

#### **HLC 535: Introduction to Expressive Sound (number change: formerly was numbered HLC581)**

A 1-credit, 1-weekend course. *Foundation Course & specific Pre-requisite for HLC615 & HLC610.*

**SPRING - Feb. 17, 18 2018 (Saturday & Sunday 9:30 to 5pm)**

#### **Courses & Dates for the CGS / CAGS in the Expressive and Creative Arts**

Each Graduate Certificate course is 3 credits, offered in a blended 2-weekend class-intensive format with guided study modules between each weekend. Typically offered once per academic year.

#### **HLC 615: Utilizing Expressive Sound and Music for Creativity and Healing**

*For this course, prerequisite "Intro to Expressive Sound" HLC 535 needed - or the Exp. Arts Institute.*

**SUMMER I – June 10, 11 ; July 22, 23 2017 (Saturday & Sunday 9:30am to 5pm)**

#### **HLC 604: Self-discovery through the Expressive and Creative Arts**

*For this course, prerequisite HLC 582 needed - or the Expressive Arts Institute foundation course.*

**FALL - September 9, 10 ; October 14, 15 2017 (Saturday & Sunday 9:30am to 5pm)**

#### **HLC 610: Expressive Theater Arts & Movement : a Multi-Modal Approach**

*For this course, prerequisite HLC 535 and HLC584 needed - or the Expressive Arts Institute foundation.*

**FALL – November 4,5; December 9, 10 2017 (Saturday & Sunday 9:30am to 5pm)**

#### **HLC 613: Expressive Writing for Personal Growth and Transformation**

*For this course, prerequisite HLC 582 needed - or the Expressive Arts Institute foundation training.*

**SPRING – March 3, 4 ; April 14, 15 2018 (Saturday & Sunday 9:30am to 5pm)**

#### **HLC 611: Group Applications of the Expressive and Creative Arts**

*Best to do this course AFTER completing all foundation and several other Expressive Arts courses*

*For this course, prerequisite HLC 582, HLC535, HLC584 needed - or the Expressive Arts Institute.*

**SPRING – Feb 10, 11 ; March 24, 25 2018 (Saturday & Sunday 9:30am to 5pm)**

**CERTIFICATE OF GRADUATE / ADVANCED GRADUATE STUDIES CGS/CAGS:**  
**In the EXPRESSIVE & CREATIVE ARTS as TRANSFORMATION : PROFESSIONAL APPLICATIONS**  
**COURSE DESCRIPTIONS**

**HLC613: Expressive Writing: for Personal Growth and Transformation**

This course is designed to provide students with a comprehensive understanding of the principles and applications of **Expressive Writing as a transformational tool** that can facilitate emotional, physical and spiritual healing as well as self-discovery, personal growth and conflict resolution. The course will focus on how expressive writing can be used with others in psychotherapy, medical care-giving, the arts, education, and the corporate environment. In this course, students will learn how to adapt and integrate expressive writing into their own professional areas of specialization through class discussions and in-class writing exercises that emphasize an intermodal expressive and creative arts approach to writing.

**HLC615: Utilizing Expressive Sound and Music, for Creativity and Healing**

This expressive arts course will deepen one's understanding of the realms of **Expressive Sound, Music and Rhythm** as a means of personal growth, community-building, and healing. The specific focal points for the course will include: vocal explorations and toning, elements of music for self-discovery and community-building, creativity and music, and recreational music making. We will also incorporate the practice of deep listening and mindfulness as a touchstone for the explorations. The course combines theory with practical exercises that demonstrate how to integrate them into programs for healing and education, as utilized in a variety of settings.

**HLC604: Self-Discovery through the Expressive and Creative Arts**

This course is designed to provide students with experiential opportunities for creative self-discovery using various expressive arts modalities, **primarily Image-Making, and visual arts**. In addition, it offers discussion segments that explore the importance for our time and culture of engaging and heightening our connection to our own individual creativity and inner wisdom, and the effect that doing this can have on the growth of personal as well as collective consciousness. One key premise of the course is that each of us is born creative, and being creative is the nature of being alive. Our creativity forms the essence of our enduring soul. Another key premise is that in order to be effective in integrating the use of art, creativity and image-making in any educational, therapeutic, business or other professional setting, it is critical to explore one's own personal creative process, development, and style. Accordingly, the principal emphasis of the course is on individual work using personal process, in-class discussions, outside assignments and an independently designed project to develop a self-discovery creative/visual journal.

**HLC610: Expressive Theater Arts & Movement : a Multi-Modal Approach**

In this course, students have an opportunity to do hands-on experiential work in the expressive and creative arts as applied to a variety of professions including counseling, medical caregiving, education and the corporate environment. The emphasis will be on the modalities of expressive **Theater Arts & Movement**, with the integration of visual arts and writing interwoven as part of the multi-modal approach. A key premise of this course is that the embodied practices of theater arts and movement provide a vital avenue of expression for the inner self. In addition, the multi-modal process will create opportunities to reflect upon the ways that one mode of expression informs another, so the inter-play of modalities will be an additional area of learning.

**HLC611: Group Applications of the Expressive Arts**

This course will explore central concepts and approaches to using the expressive and creative arts with groups. Participants will have the opportunity to deepen learning into the **Application of Group Experiences** with the expressive and creative arts in various settings, and will consider applications for a variety of group and community levels. Students will learn how to design and implement a group program with appropriate uses of various arts modalities, including movement, sound, writing and the visual arts. In a specific area of professional interest, students will develop a **proposal for a Group Program** demonstrating the benefits to a specific group or community. Preference for enrollment in this course will go to students who are fully enrolled in the Certificate Program and who have completed at least 3 of the CGS/CAGS level courses.

*To apply to the program, or more information, contact the Program Coordinator:*

*Christopher Carbone, [christopher.carbone@salve.edu](mailto:christopher.carbone@salve.edu) 401 341-3122*

*Please include your email address and a phone contact number in your communications*