

Salve Regina University's
Professional Applications of the Expressive & Creative Arts Program
GRADUATE CERTIFICATE PROGRAM – CGS / CAGS
schedule for 2018 – 2019 - Fall /Spring /Summer Semesters

The **Expressive and Creative Arts program** provides **experiential training in expressive arts** facilitation and therapies, integrating the arts into the helping professions. The courses blend creative hands-on work in the arts with supportive research and holistic theoretical frameworks. The training promotes application of the expressive and creative arts to the fields of counseling, psychotherapy, healthcare, education, community service, leadership or any other field in which personal expression and creative development are essential. We utilize an innovative, intermodal approach to connect the visual arts with dance/movement, sound/music, expressive theater arts, and expressive writing, along with mindfulness-based practices.

The 15-credit **Certificate of Advanced Graduate Study (CAGS) in the Expressive and Creative Arts** is available as a complementary pathway for **anyone currently enrolled in, or graduated from, our Master's Programs** in Counseling, Holistic Leadership or **other related Master's programs**. Those students with a master's degree in other fields, or with a bachelor's degree from another accredited institution, who wish to learn how to apply these arts-based approaches to their chosen field, may enroll in the 15-credit program in the expressive arts as a Certificate of Graduate Studies (CGS). *We accept students from diverse backgrounds, who bring an interest in personal & professional growth.*

The foundation and prerequisites in the Expressive Arts program can be covered either:
via the Expressive Arts Institute 3-part foundation course (non-credit),
or via the **following three Introductory 500-level graduate-credit courses: HLC 582; HLC 584; HLC 535.**

Foundation / Pre-requisite Courses : an Introduction to the Approaches and Modalities

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 20, 21; Dec. 1, 2 2018 (Saturday & Sunday 9:30am to 5pm)
or If 2nd section is needed - Oct. 27, 28 ; Dec 8, 9, 2018 (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 26, 27; Feb 9, 10 2019 (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 - February 23, 24 2019 (Saturday & Sunday 9:30am to 5pm)

Courses & Dates for the CGS / CAGS level courses in the Expressive and Creative Arts

Each in-depth Graduate Certificate course is 3 credits, offered in a hybrid 2-weekend class format with guided study modules between the weekends. Each course is typically offered once per academic year. The CGS/CAGS may be completed intensively in 1 year or spread over 2-4 years as needed.

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 8, 9; October 13, 14 2018 (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 – October 27, 28; December 1, 2 2018 (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 (Sat & Sun 9:30am to 5pm) *or 2019: March 1,2; April 13,14 2019*

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 2, 3; March 23, 24 2019 (Saturday & Sunday 9:30am to 5pm)

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 9, 10; July 21, 22 2018 (Saturday & Sunday 9:30am to 5pm)

Certificate of Graduate / Advanced Graduate Studies = CGS/CAGS
In the EXPRESSIVE & CREATIVE ARTS as TRANSFORMATION : PROFESSIONAL APPLICATIONS
Part of Holistic Graduate Programs, in the Department of Counseling, Leadership & Expressive Arts
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 401 341-3122 <http://ecarts.salvereginablogs.com/>
Please include your email address and a phone contact number in your communications*