

Expressive Arts Therapy

Certificate

18 Credit Hours

This program is offered by the Leigh Gerding College of Fine Arts/ Department of Art, Design and Art History and is only available at the St. Louis main campus.

For information on the general requirements for a certificate, see Certificate under the Academic Policies and Information section of this catalog.

This certificate is available to students pursuing a bachelor's degree and/or those who have already completed a bachelor's degree.

Program Description

Expressive arts therapy is a growing area for graduate study that may lead to subsequent employment as an expressive arts therapist. Expressive arts therapy integrates the healing objectives of the fields of art therapy, dance therapy, drama therapy, and music therapy. This undergraduate expressive arts therapy certificate offers an introduction the unique potential to the fine and performing arts to foster healing and increase empathic human connection. Techniques from expressive arts therapy have been proven to increase mind-body integration, support self-actualization and promote healing in adults and children in numerous therapeutic and non-therapeutic contexts.

Because the arts rely primarily on sensory processes (auditory, vocal, visual, kinesthetic, interoceptive and proprioceptive) to engage individuals and groups, expressive arts therapy is often utilized as an adjunctive or alternative approach to language based "talk" therapy. For this same reason, techniques from expressive arts therapy are frequently adapted for use in humanitarian settings which serve migrants, war refugees, and victims of trafficking. For this reason, the expressive arts therapy certificate may be considered complimentary to the international human rights certificate and the migration and refugee studies certificate offered at Webster.

Students who complete the expressive arts therapy certificate will need to pursue a graduate degree before they are able to obtain professional licensure. Students are encouraged to check entrance requirements for any post-graduate programs prior to