

## ***Frequently Asked Questions:***

### **1. What are some of the reasons that people train at The CREATE Institute?**

Expressive arts therapy is a new and exciting field of therapeutic practice. It emphasizes creative expression in all its forms within a collaborative process in which both therapist and client are engaged. People come to The CREATE Institute to enhance their professional skills and/or to re-train as expressive arts therapists. Individuals in career transition or those who are just beginning their professional life are also attracted to the programme. Potential students are attracted to CREATE as a place for artistic and personal development.

### **2. What level of education is needed to enroll at CREATE?**

Admissions criteria for the CREATE training programme include a suitable educational background, which normally consists of a bachelor's degree (BA, BFA, BSW) in fine arts, psychology, social work, social science, etc.

Non-degree students with a thorough practical training/experience in these areas may also be admitted into the programme, if qualified.

Each student's personal readiness for the programme will be evaluated, on a case-by-case basis, through the admission process.

However, we want to inform potential non-degree students that at some point the College may require additional academic qualifications.

### **3. Do I need to be a professionally trained artist?**

Students are not expected to be professional artists, but should demonstrate a commitment to work in some artistic medium - creative writing, dance, theatre, music, visual arts, etc.

### **5. How much does CREATE cost?**

The tuition fee is currently \$5,900 per year. This includes all evening classes and weekend intensives. Tuition does not include required personal therapy, books on the core reading list and a small materials fee.

Tuition fees can be paid in installments (per semester or quarterly). Students who are experiencing severe financial difficulty can make alternate payment arrangements with the administrator.

CREATE does not currently administer OSAP, however, students are advised to apply for student loans or line of credit with their financial institution. CREATE can assist by providing proof of enrollment and/or acceptance to the program and other necessary documents required by the financial institutions.

Tuition fees are tax deductible.

### **6. Can I work while I am training at CREATE?**

Most students are able to work either part-time or full-time depending upon the flexibility of their jobs. In addition to class one evening per week and one weekend per month, CREATE students engage in practicum and studio work as well as personal therapy, reading and written assignments. This averages about 20 hours per week, from September to May.

### **7. What are the practicum requirements?**

In all three years of the program, the practicum coordinator works with each student to find the right placement situation. Through this process, students begin to learn about reaching out to the community, as well as presenting and articulating themselves as expressive arts therapists.

We place students in a variety of settings, some of which include special education classes in schools, child and adolescent mental

health agencies, day treatment programmes for adults with psychiatric disorders, addiction treatment facilities, homes for the aged, women's shelters, facilities for women dealing with eating disorder issues, hospice settings and many more. On most of these sites, students have the opportunity to work collaboratively with other helping professionals.

## **8. How many practicum hours are needed for the training program?**

Total over the three years - 600 hours

- 250 hours are spent in direct client contact.
- 350 hours are spent in supervision, planning, presentations and other activities related to the placement.
- 80 hours of supervision must be completed within the 600 hours.

## **9. What happens after graduation?**

After they graduate, students often move on to work in full or part-time capacities as expressive arts therapists. Most graduates combine work at agencies, schools or other institutions with part-time private work. Some of the places where graduates are or have been employed as expressive arts therapists in the Toronto area include: Toronto General Hospital, Ronald McDonald House, Muki-Baum Association, Central Toronto Youth Services, J.D. Griffen Centre, Sheena's Place, Hincks-Dellcrest Centre, Bellwoods Centre, Toronto Board of Education, Centre for Addiction and Mental Health (CAMH), Baycrest Centre, Parkdale Community Health Centre, L'Arche, Mt. Sinai Hospital. Graduates are also employed in other parts of Ontario and Canada.

## **10. What professional associations do Expressive Arts Therapists belong to?**

The CREATE Institute belongs to the Coalition of Mental Health Practitioners. CREATE students, graduates and faculty can join the International Expressive Arts Therapy Association (IEATA) <http://www.ieata.org>, the Ontario Society of Psychotherapists (OSP) <http://www.psychotherapyontario.com>, and the Ontario Association of Counselors, Consultants, Psychometrists, and Psychotherapists (OACCPP) <http://www.oaccpp.ca>, as well as other professional associations. Once the College of Psychotherapy is established, graduates with their base training at CREATE, will be able to apply for membership.

As well, the newly forming Ontario Expressive Arts Therapy Association (OEATA) is a non-profit organization created to promote professional training, research, and publications of Expressive Arts Therapy.

## **11. Can I get an academic degree from my training at CREATE?**

The CREATE Institute is affiliated with the European Graduate School in Saas-Fee, Switzerland. Qualified students can receive advanced standing towards the Masters Degree at this institution and pursue their studies towards a degree either concurrently or after their CREATE training is completed. EGS: <http://expressivearts.egs.edu/>

## **12. What other options are there for training at CREATE?**

***Introduction to Expressive Arts*** is a 3-hour weekly class, running for sixteen-weeks, designed to help professionals expand their working skills to include the principles and practice of expressive arts. Didactic and experiential training will draw from core literature in the field of intermodal expressive arts as used in therapy, coaching, education and social change. This sixteen-week class can be taken for personal as well as professional development. After finishing all course requirements, students will receive a Certificate of Completion.

### ***Professional Development Workshop Series***

Over the past few years, CREATE has developed a series of Professional Development Workshops and Training with Expressive Arts. We place emphasis on experiential learning in combination with reflection on our experience to see how we can bring it into our work and our lives. CREATE faculty, graduates and adjunct faculty with many years of experience facilitate the workshops and trainings.

This series appeals to therapists, counsellors, coaches, educators, artists and other professionals. We encourage both potential students for the CREATE program and those interested in personal growth, to join us in exploring the process of the Expressive Arts and how they shape us as both creator and witness. Previous experience in the arts may be helpful but is not required - just bring your curiosity and be ready to be surprised.