

**TAMALPA INSTITUTE
MOVEMENT-BASED EXPRESSIVE ART THERAPY AND EDUCATION**

TAMALPA INSTITUTE – COOPERATING INSTITUTE

The Tamalpa Institute’s training program takes place over three levels of training, and post-graduate requirements. *Sessions at Tamalpa Institute training are 6hrs.

120 cp in ECTS (with BA or equivalent, access exam possible at EGS) = **60 US cr**

Module **K** (Intermodal Expressive arts) 16.2cp ECTS **Tamalpa Institute**

Module **ITS-P** (Interdisciplinary Approach, Methods) 21cp ECTS **Saas Fee**

Module **F** (Theoretical Foundation and Research) 24.2cp ECTS **Tamalpa Institute**

Module **P** (Field Work) 20cp **Tamalpa Institute**

Module **ITS-D**(Interdisciplinary Approach, Philosophical Base & Aesthetics) 21cp ECTS **SF**

Module **IT-3** (Examination) 18cp ECTS **Saas Fee**

Or with summer school modules ITC P AND ITC D a concentration in expressive arts coaching and consulting

IMPORTANT NOTE: As Cooperating Institute, Tamalpa Institute provides 44.2 cp ECTS. Due to the integrative, comprehensive and process-oriented nature of the Tamalpa Institute’s certification training’s curriculum, **students must complete all Levels of training** (Level 1, Level 2 and Level 3). A list of additional credits can be found on page 3.

Module K Concentration Dance/Movement-based Intermodal Arts– 16.2 cp ECTS

Praxis Expressive Arts Therapy I (foundation Personal Embodiment) (25 sessions) or 150 hrs workload	5cp
Exploring Metaphors, Narratives and Psychological Process of Body, Movement, and Art I (foundation Personal Embodiment) (5 sessions) 30 hrs workload	1cp
Exploring Metaphors, Narratives and Psychological Process of Body, Movement, and Art II (advanced Embodied Leadership) (5 sessions) 30hrs workload	1 cp
Studio Performance Work (5 sessions) 30 hrs workload	1 cp
Aesthetic Response (3 sessions) 18 hrs workload	0.6 cp
Self-Portrait Ritual Performance Qualifying exam: presentation of multimodal artwork; with a concentration in movement/dance 8 sessions (48hrs) workload	1.6 cp
Praxis Expressive Arts Therapy II (advanced Embodied Leadership) (20 sessions) or 120 hrs workload	4cp
Somatic Psychology (foundation Personal Embodiment) (5 sessions) 30 hrs workload	1 cp
Communication Skills and Group Dynamics (Group development and dynamics, group forming, counseling, and conflict resolution, practice of communication model and decentering) (5 sessions) 30 hrs workload	1 cp

Workload	Self study	Presence time (residency with faculty)
486 hours	210 hours	276 hours

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Module P (Field Work) – 20 cp

Practicum/Supervision

Apprenticeship 12 contact hours
Fieldwork Supervision (9-month online seminar: students prepare, document, evaluate their fieldwork projects. Working with faculty and giving and receiving feedback from supervision group) 100hrs presence time w/faculty
Guiding Individual Sessions and Supervision 60 hrs
Total of Presence time: 172

Practicum/Self-study

Internship 80 contact hours
Student Lab/Peer Groups Practicum seminars: Presentation and/or facilitation to peers, offering and receiveing feedback and supervision. 60 hrs
Peer Mentoring Program Professional dialogues and feedback in a peer setting 60 hrs
Public Presentations 30 contact hours
Fieldwork Supervision (9-month online seminar: students prepare, document, evaluate their fieldwork projects. Working with faculty and giving and receiving feedback from supervision group) 200 hrs self/study
Total of Self-Study hours: 430

Workload	Self study	Presence time (Residency with faculty)
602 Std.	430 Std.	172 Std.

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**Module F (Theoretical Foundation and Research) 24 cp ECTS–
 8 cp ECTS at Tamalpa Institute (16cp ETS are for thesis and
 research colloquium)**

Principles and Theory of Expressive Arts Therapy I (foundation) (3 sessions) 18 hrs workload	0.6 cp
Principles and Theory of Expressive Arts Therapy II (advanced Embodied Leadership) (10 sessions) 60 hrs workload	2 cp
Movement as Art and as Psychological Process (5 sessions) 30 hrs workload	1 cp
Clinical Approach (Concentration in Psychology) (7 sessions) 48 hrs workload	1.6cp
Communication Skills and Aesthetic Feedback (5 sessions) 30 hrs workload	1 cp
Ethics of Professional Practice (5 session) 30hrs workload	1cp
Articulation of Learning Goals and Learning Strategies (2 sessions) 12 hrs workload	0.4cp
Intermodal Arts into Community Settings and Consultancy Work (2 sessions) 12 hrs workload	0.4cp
TOTAL CREDITS (240 hrs workload)	8cp

Workload	Self study	Presence time (Residency with faculty)
240	160	80

ADDITIONAL CREDITS FOR TAMALPA CERTIFICATION	
Somatic Psychology and Movement Education (5 sessions) 30 hrs	1 cp
Creation and Conduction of Community Rituals (5 sessions) 30 hrs	1cp
Lesson Planning and Scoring I & II (13 sessions) 78 hrs	2.6cp
Introduction to Trauma work (2 sessions) 12 hrs	0.4cp
Introduction to Addiction and Recovery work (2 sessions) 12 hrs	0.4cp
Learning Portfolio (Personal Process Journal, Objective and Theoretical Journal, and four academic/research papers throughout the three levels of training program) 240 hrs	8cp
Teaching and Facilitation Models and Skills 72 hrs	2.4cp

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Module ITS-D (Interdisciplinary Approach, Philosophical Base and Aesthetics) - 21 cp (11 US credits)

21 Days for the following learning events (International Summer School Campus Steinmatte, Saas Fee):

Principles and Practices of Intermodal Expressive Arts Therapy (Core Group ITS D)
Psychopathology II
Advanced Training and Theoretical Foundations
Body and Movement in Expressive Arts Therapy (foundation in expressive arts oriented dance)
Illness and Healing in Anthropological Perspective

Self study / Requirements:

Projects and portfolio for each learning event

- **Entrance requirements (E):** Admissions procedure, Introduction Seminar and interview with a Core Faculty Member of the Program
- **Module exam (OD):** Presentation of Portfolio in Peer group and Discourse in Class
- **Requirements to pass Learning Events:** Participation, Presentations, Forum Dispute of a given theme

Workload	Self study	Presence time (Residency with faculty)
630 Std.	420 Std.	210 Std.

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Module IT-3 (Exam) – 18 cp (9 US credits)

18 Days for the following learning events (International Summer School Campus Steinmatte, Saas Fee):

Principles and Practices of Intermodal Expressive Arts Therapy (Core Group IT 3)
Principles and Practices: A Critical Inquiry into a Variety of Schools Examination Course (oral and written exam)
Polyaesthetics and Intermodal Expressive Arts Examination Course (oral exam)
Presentation and Oral Defense of the Master Thesis (oral exam)
Preparation and Presentation in connection with Graduation (inter modular)

Workload	Self study	Presence time (Residency with faculty)
540 Std.	360 Std.	180 Std.

Module ITS-P (Interdisciplinary Approach, Methods) – 21 cp (11 US credits)

21 Days for the following learning events (International Summer School Campus Steinmatte, Saas Fee):

Principles and Practices of Intermodal Expressive Arts Therapy (Core Group ITS P)
Social and Developmental Issues in Psychology
Advanced Training and Methodology of Practice
Language and Discourse in Expressive Arts Therapy
Principles and Practices of Psychotherapy: A Critical Inquiry into a Variety of Schools and their Personality Theories I

Workload	Self study	Presence (Residency with faculty)
630 hours	420 hours	210 hours