

1 TERTIARY EDUCATION IN EXPRESSIVE THERAPIES IN THE EUROPEAN CONTEXT

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Expressivity and its manifestations are highly individualised human characteristics. Malchiodi (2005) wrote that people possess different expressive styles and preferences. If therapists support these expressive differences, they allow their clients to communicate in a fuller, more effective and authentic manner. Expressive or art therapies have the potential to respond to these needs of people and to enhance their development.

Knill et al. (1995, as cited in Malchiodi, 2005) stated that expressive therapies contain common characteristics, which include, for example, the conduct of action. However, they differ in many respects. Each artistic modality uses different tools to achieve change and focuses on activities that best facilitate the therapeutic process based on their artistic characteristics.

The aim of this chapter is to familiarise the reader with the international dimension of the development of expressive therapy schools. As a result of the existence of different methods, along with a common line of artistic expression, the arts therapies have developed separately in some countries, while other countries were inspired by existing theories and created eclectic approaches.

1.1 Opportunities to study expressive therapies in particular countries of Europe

The umbrella organisation in the area of expressive art therapies is the European Consortium for Arts Therapies Education (ecarte.info). As member organisations, universities that provide accredited education in arts therapies are eligible to register. The member states currently include Belgium, Croatia, Estonia, Finland, France, Germany, Ireland, the Netherlands, Norway, Russia, Slovenia, Spain, Sweden and the United Kingdom.

The consortium was established in 1991 and currently includes 34 member universities from the 14 above-mentioned European countries. The Chair of the consortium is Sarah Scoble from the University of Worcester. The tasks of the consortium include creating networks between professionals and students in the area of arts therapies, supporting communication and mobility, the development of research, support for the process of international recognition of degrees gained in member countries, publishing academic texts that include current trends, philosophies and research results, creating a platform and organising international conferences.

Opportunities to study expressive therapies exist also in countries that are not members of the consortium. For example in Czech Republic, the expressive therapies are included in the study programmes of special education (Müller et al., 2014) or in Slovakia they exist as courses within the therapeutic education field (Fábry Lucká, 2014). The following text will focus on the study training programmes that are registered in the European consortium.

Belgium

Expressive therapies in Belgium are covered by the Belgian Association of Arts Therapies (BVCT-ABAT, bcvt-abat.be). Well-established fields include art therapy in the sense of visual art, dance-movement therapy, drama therapy and music therapy. These therapies allow reflection and stimulation through art and they

are used in work with people with psychosocial, psychological and psychiatric problems. Arts therapists lean towards defining therapeutic goals together with their clients.

There are four schools in Belgium that provide the opportunity to study arts therapies in Belgium: Artevelde University College, PXL University College, Lemmens University and Agape. The first school offers bachelor's degree education in arts therapies in a broader sense. The second school is focused on art therapy in a narrow sense. The Lemmens Institute organises a master's programme in music therapy and Agape provides a certified course in dance-movement therapy.

Artevelde University College (arteveldehs.be) based the philosophy of their approach to arts therapies on the perspective on psychoanalysis of Jacques Lacan. It stems from the premise that the individuality of a person is the centre of the diagnostic and therapeutic efforts. Lacan's theory allows the mutual relationships of the subjects and the artistic forms to be observed. Lacan also talked about three parts of the psyche: imaginative, symbolic and real. In practice the work in arts therapies is based on these. The unity of art and the psyche is the central idea of expressive therapies, according to the approach of this school.

PXL University College (pxl.be) offers a bachelor's programme in art therapy. Other than an insight into the client's situation, the students/graduates of this programme are expected to gain knowledge in the fields of art psychology, modern art and the art of outsiders, as well as of ethical issues. They will also develop their creative competences in various art modalities. The programme contains participation in work in studios for drawing, sculpture, graphics, ceramics, painting and new media.

Croatia

In the context of art therapies in Croatia, it is possible to find art psychotherapy (painting), creative therapy, art sophrotherapy, drama therapy and psychodrama, music therapy, dance-movement therapy and symbolisation.

The University of Zagreb offers master's study modules in rehabilitation, sophrology, and creative and art/expressive therapies. The study programmes in Croatia are five years long. Students in the fourth and fifth years gain skills in art therapies as a supplementary approach to various areas of diagnostics, education, treatment and rehabilitation. Currently, students are not awarded the title of an arts therapist, but they earn a degree in the area of pedagogical or rehabilitation science (or sophrology, which is the science dealing with human consciousness, its modifications and the possibilities of change with prophylactic, therapeutic and educational goals). This approach is focused on different levels of consciousness and self-awareness and their development. The originator of the term 'sophrology' is Dr. Alfonso Caycedo. The term is a connection of the Greek words standing for science and harmony of consciousness.

The university cooperates with several organisations:

- the Croatian Association for Sophrology, Creative Therapies and Arts/Expressive Therapies,
- the Croatian Association for Psychosocial Oncology,
- the Croatian Association for Musical Therapy.

Estonia

The tradition of arts therapies in Estonia can be traced back to the 1920s. It is connected with Tallinn University (tlu.ee) and the psychiatric hospital in Tallinn. In 2004, the Estonian Society of Creative Arts Therapies (loovteraapiad.ee) was created. Tallinn University offers education on the bachelor's and master's levels in the areas of music therapy, art therapy, dance and movement therapy and drama therapy (creative drama).

The music therapy programme is based on psychodynamic and humanistic approaches. Research in receptive music therapy is focused mainly on vibroacoustic therapy. In 1990, the Estonian Society of Music Therapy (muusikateraapia.ee) was established. Short-term courses are also provided by the Es-

tonian Academy of Music and Theatre. Drama therapy in Estonia is based on Moreno's psychodrama. In 1990 the Estonian Society of Psychodrama (hot.ee/epdy) was founded. Currently, there are two training institutions: the Estonian Moreno Centre and Tallinn Psychodrama School. Visual art therapy was developed thanks to teachers from Finland and became the most popular modality of arts therapies in Estonia. It applies various approaches, such as a humanistic-expressive or solution-focused approach. Dance and movement therapy is relatively poorly developed. The Association for Dance and Circus Therapy was established only in 2010.

The occupation of a creative therapist belongs among the new professions in Estonia and it is mostly employed in the area of rehabilitation, but also as a support therapy in psychiatric treatment, in institutions of social services and in special schools (ecarte.info).

Finland

In Finland, arts therapies started to develop in the 1950s, especially in settings related to mental healthcare. Later they were also transferred to special education and rehabilitation. Despite that, the profession of an arts therapist is not currently registered among the healthcare fields. The most widespread art therapies in Finland are music therapy, art therapy and dance-movement therapy, which also feature the possibility of university-level education. Drama therapy, art psychotherapy and phototherapy are also practised.

The theoretical backgrounds of arts therapies in Finland are rather eclectic and integrative. They move from psychodynamic towards humanistic and existential theories. Music therapy services for some groups of clients are refunded by the state social insurance company, which increases their accessibility. The centre of research in music therapy is the University of Jyväskylä. Music therapy in Finland belongs under the umbrella of the Finnish Society for Music Therapy (musiikkiterapia.fi), which organises conferences and publishes a journal called *Musiikkiterapia*.

Visual art therapy is often considered to be a part of psychotherapy. Many art therapists are registered as psychotherapists. The Finnish Association for Mental Health and the Association of Art Therapists in Finland (kuvataideterapia.fi) set the length of studies as four years, so that it matches the criteria for psychotherapeutic professions. Another organisation is the Finnish Art Therapy Association (suomentaideterapiayhdistys.fi). The first training institution has been in existence since 1974 and is currently named the University of Art and Design in Helsinki. In Finland, it is possible to gain qualifications on various levels (Table 1) (ecarte.info).

Table 1 Study opportunities in expressive therapies in Finland

	Number of credits	Institutions providing education
Music therapy		
Introductory course	3-5	Open University
Basic studies	30	Open University
Subject studies	50	Open University
Professional/Clinical studies	80	University of Applied Sciences in Tampere and Turku Eino Roiha Institute in Jyväskylä
International master's programme with the possibility of continuing with doctoral studies	120	Univerzita Jyväskylä
Dance-movement therapy		
Basic studies	30	Eino Roiha Institute in Jyväskylä Summer University of Northern Ostrobothnia Kokos Theatre Academy in Helsinki
Professional/Clinical studies	90	Eino Roiha Institute in Jyväskylä

Visual art therapy		
Socio/economic/bachelor's level (psychodynamic approach)	120/60	Satakunta University of Applied Sciences
Specialised training in psychodynamic art psychotherapy	60	
Art therapy	60	
Training in visual art therapy	76	Finnish Art Therapy Association Vantaa Institute of Continual Professional Education at the University of Helsinki
Visual Art Therapy (4-year training programme)		Finnish Association for Mental Health and Association for Arts Therapists
Expressive Therapies		
Extended training programme in expressive art therapy	120	Inartes Institute in cooperation with the European Graduate School from Switzerland

France

In France, the history of arts therapies started in the 19th century and it is connected with the settings of psychiatric hospitals and the name of P. Pinel (ecarte.info). In this period, an attitude on the part of the helping professions started developing that departed from purely medical care towards social therapy and the use of group activities. Artistic activities involved ergotherapy (the creation of crafts products) and occupational therapy (with opportunities for self-expression). Since then many approaches to arts therapies have been established. Art therapy or plastic art was influenced by psychopathological art – artistic expression in the treatment of mental disorders. In dance therapy, two directions were created: through the classical approach to dance and through a psychological, psychoanalytical orientation of primitive expression that overlaps with psychomotor or dance-occupational activity and the-

rapy. Music therapy developed at psychiatric hospitals. Currently, it is being transferred from behavioural conditioning with music towards working with sound that creates structure, code and artistic products. Dramatherapy is not highly developed in France, because this area is dominated by psychoanalytical psychodrama. At present, it is possible to gain a Master's degree with a practical and/or research orientation from the Sorbonne Paris Cité in Art Creation, with a specialisation in Arts Therapies, with four specialisations: music therapy, drama therapy, dance therapy and plastic art therapy. An important association is the French Society of Psychopathology of Expression, which is concerned with theatre, poetry, painting, film and dance in the healthcare context. There is also the French Federation of Arts Therapies (ffat.federation.org) and smaller organisations that are engaged in one or other of the art therapeutic modalities. However, on the national level, there is only the French Federation of Music Therapy (musicotherapie-federationfrancaise.com). The profession of an arts therapist is not legally established yet. Professionals are employed on the basis of their original professional qualification (ecarte.info).

Germany

In Germany, there is a tradition of an anthroposophic orientation of medicine that is characterised by the integration of art into psychiatric treatment. Active music therapy began to develop after World War II. Currently, there are opportunities to gain education in music therapy, as well as in art therapy or dance-movement therapy in Heidelberg (Table 2). Arts therapies are recognised only as supplementary services in treatment and therefore they are not subsidised by insurance companies. The most significant organisations include the German Professional Association for Art and Creative Therapy (DFKGT = Deutscher Fachverband für Kunst- und Gestaltungstherapie), and the German Music Therapy Society (DMtG = Deutsche Musiktherapeutische Gesellschaft). They are united into the National Association of Arts Therapies (BKT = Bundesarbeitsgemeinschaft Künstlerischer Therapien) (ecarte.info).

Arts therapies can be studied in various forms, at various institutions and under different titles (art therapy/arts and creative therapy/creative therapies). They are based on a wide range of different theoretical and methodological backgrounds, such as psychoanalytical orientation, gestalt, anthroposophy, theories of learning, and behavioural approaches (ecarte.info).

Table 2 Study opportunities in expressive therapies in Germany

Art therapy		
Nürtingen	specialised or basic course	BA 180/240 credits 3-4 years MA 60/120 credits 1-2 years depending on the particular programme
Ottersberg		
Kunsthochschule Weissensee, Berlin www.kh-berlin.de	further qualification	
Alanus Hochschule für Kunst und Gesellschaft, Alfter www.alanus.edu		
Fritz Perls Academy, Hückeswagen http://www.eag-fpi.com/	further training of professionals	
Music Therapy		
Augsburg		MA
Berlin		
Frankfurt am Main		
Münster		
Heidelberg		BA and MA

Ireland

The Irish Association of Creative Arts Therapists (IACAT, iacat.ie) was founded in 1986 and it is attempting to gain the recognition of the arts therapies by the law. It also publishes the JIACAT journal. In Ireland, it is possible to study arts therapies on the level of a master's programme at three universities. CIT Crawford College of Art and Design in Cork offers art therapy. Dramatherapy is studied at the National University of Ireland in Maynooth and music therapy at the University of Limerick (ecarte.info).

The Netherlands

Education and training in arts therapies in the Netherlands started at the university level only in the 1970s. At present, it is provided by the universities of Stenden in Leeuwarden, Artez in Arnhem and in Enschede, HAN in Nijmegen, Hogeschool Zuyd in Heerlen, HU in Utrecht and in Amersfoort, Codarts in Rotterdam and Hogeschool Leiden in Leiden (ecarte.info). Some universities have common research centres, e.g. KenVak (kenvak.hszyud.nl/). Professional organisations exist for each of the art modalities (Table 3).

Table 3 Arts therapy associations in the Netherlands

Type of association	Name and abbreviation	Website
Art therapy	Nederlandse Vereniging Beeldende Therapie (NVBT)	www.beeldendetherapie.org
Dance therapy	Nederlandse Vereniging voor Danstherapie (NVDAT)	www.nvdat.nl
Drama therapy	Nederlandse Vereniging Dramatherapie (NVDT)	www.nvdramatherapie.nl
Music therapy	Nederlandse Vereniging Muziektherapie (NVVMT)	www.nvvmt.nl
Art therapy and music therapy	Association for Anthroposophic-based Arts Therapies (NVKT)	www.kunstzinnigetherapie.nl
Umbrella organisation	Federatie Vaktherapeutische Beroepen (FVB)	www.vaktherapie.nl

Stenden University bases the studies and the orientation of its graduates on the aspects of quality of life, meaning and client empowerment. It uses systemic work and it supports diversity. In terms of its theoretical approach, it is quite eclectic and it relies on the principle that the artistic media invites clients and therapists to progress in the therapeutic process (Smeijsters, according to ecarte.info).

Leiden University uses the anthroposophic basis. This approach trusts the creativity of each person and perceives the connection between the individual parts of being. Students are developed not only in the area of professional competences but also on the level of personality.

HAN University of Applied Sciences in Nijmegen offers a bachelor's study programme in arts therapies and psychomotor therapy and a master's programme in arts therapies in cooperation with the University of Applied Sciences in Freiburg. This school considers important competences of therapists to be their ability to design and perform therapeutic plans, research and innovation, and the ability to function in a professional organization. Students get to know the power of their chosen expressive media and gain competences in the area of the aesthetic and anthropological context of arts therapies. Students reflect on the methods used for the application of therapies and they conduct research and project-oriented work (ecarte.info).

Dance-movement therapy can be studied in Rotterdam, at Codarts University for the Arts. The approach of this school is based on modern dance, improvisation and Laban movement analysis. In Amersfoort, there is a chance to earn a bachelor's degree in music therapy, art therapy and drama therapy. The philosophy of the course connects various methods. The ideas that are considered important are art-oriented thinking and a reflective approach (ecarte.info). A selection of all the art modalities is offered by the Zuyd University in separate bachelor's programmes that are followed by a joint master's programme.

Norway

Creative arts therapies have been developing in Norway since the 1970s thanks to professionals who brought these approaches from the UK and the USA. Similarly to other countries, expressive therapies were initially accepted at psychiatric hospitals and later on in day centres, in special education prac-

tice, in care for patients with oncological diseases, in trauma therapy work, or at refugee camps. Currently, at the university level, it is possible to study music therapy in Oslo and in Bergen and art therapy in Oslo. There is no official education in drama therapy or dance-movement therapy. However, there is a non-accredited course in psychodrama, arts and expressive therapies. The Norwegian Music Therapy Association has been functioning since 1972 and in 1978 the Norwegian Art Therapy Association was founded and later on it was extended into the Norwegian Association of Art, Dance and Expressive Arts Therapies (ecarte.info).

Russia

Art therapies in Russia are not yet considered professions, rather therapeutic specialisations that are used for fulfilling therapeutic, preventive and rehabilitation goals. The Russian Art Therapy Association (rusata.ru) has been functioning actively since 1997. It organises training in art therapy and dance-movement therapy. Music therapy and dance-movement therapy programmes are available at the Imaton Institute (imaton.ru). Art therapy can be studied in St. Petersburg (spbappo.ru). The course is derived from psychodynamic theories and theories of systems. It prepares students for practising in the sectors of healthcare, education and social services institutions (ecarte.info).

Slovenia

In Slovenia, an international post-graduate training programme in arts therapies has been running on the master's level since 2009. The training offers working in modalities of art therapy, music therapy, dance-movement therapy and dramatherapy. After finishing their studies, graduates can practice art therapies in private practice or within the frame of their original profession (ecarte.info). In 2004, the Slovenian Association of Arts Therapies (Slovensko Združenje Umetnostnih Terapevtov, szut.si) was established.

Spain

In Spain, similarly to many other countries in Europe, the profession of an art therapist has not yet been established. It is practised in multidisciplinary treatment programmes. In 2010, the Spanish Federation of Professional Associations of Art Therapy (feapa.es) was founded. It connects six organisations:

- AFIA – Foro Iberoamericano de Arteterapia (arteterapiaforo.org),
- ANDART – Asociación Profesional Andaluza de Arteterapia,
- ATE – Asociación Española de Arteterapia (arteterapia.org.es),
- ATH – Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano (asociacion-ath.org),
- GREFART – Grup de Recerca i Formació en Artterapia (grefart.org),
- MURRATT – Asociación Profesional de Arteterapia de la Región de Murcia (murratt.com).

Studying in the area of arts therapies in Spain is possible at two universities in Barcelona and at a university in Madrid. Universitat Autònoma in Barcelona provides master's and post-graduate diploma studies in dance-movement therapy. The programme has a multidisciplinary orientation. It follows psychodynamic and intersubjective approaches. The course is approved by the Spanish Association of Dance Therapy (ADMTE – Asociación Española de Danza Movimiento Terapia, danzamovimientoterapia.com). The University of Barcelona offers master's studies in music therapy. The programme also contains elements of dance therapy. Students are prepared for working, for example, in the setting of rehabilitation centres. The umbrella organisation for music therapists in Spain is ACMT – the Catalanian Association of Music Therapy (acmt.es). Art therapy can be studied at the Complutense University of Madrid. The compulsory modules focus on the basics of art therapy and art education in the context of social inclusion, creativity and art, psychological processes and

psychotherapy, as well as art therapy workshops. Subsequently, students can specialise in clinical, social or educational settings (this study programme is conducted in cooperation with the Autonomous University of Madrid) or in cultural studies (this study programme is conducted in cooperation with the University of Valladolid.).

Sweden

At the university level in Sweden, it is possible to study art therapy, music therapy and dance-movement therapy. The term drama therapy is not used. However some private institutes offer courses in psychodrama. The Swedish Association for Art Therapy was founded in 1976 and since 2005 Umeå University has been providing a five-year long master's programme in art therapy. It has a strong orientation towards building therapeutic relationships with clients, health promotion, and therapeutic and rehabilitation approaches. During the studies, there is also an emphasis on the artistic self-expression of the future art therapists. The Swedish National Association for Art Therapists (SRBt, bildterapi.se), established in 2006, is responsible for the code of ethics of art therapists and it unites all art-therapeutic modalities. Art therapists usually practise at psychiatric hospitals or they can supplement their qualifications to become psychotherapists. They also work in various institutions in positions according to their original professions (ecarte.info).

Regarding dance therapy, the Swedish association (danse-terapi.info) was established in 1984. The first study opportunities were developed at the University College of Dance in Stockholm. Currently, there are some privately organised courses and an introductory course of the university in Karlstad. Music therapy is available at the Royal College of Music in Stockholm. The programme is directed towards humanistic and psychodynamic orientation with the emphasis on the integration of music and the therapeutic competences of the students.

United Kingdom

In the United Kingdom, the arts therapies, including art therapy, music therapy and dramatherapy, are registered with the HCPC – Health and Care Professions Council, hpc-uk.org). An important step in the development of expressive therapies was the establishment of the ICRA – International Centre for Research in the Arts Therapies, which is a part of Imperial College in London (ecarte.info). Professional associations function for each type of expressive therapy:

- British Association of Art Therapists (baat.org),
- British Association of Music Therapists (bamt.org),
- British Association of Dramatherapists (badth.org.uk),
- Association of Dance/Movement Therapists (admt.org.uk).

Particular schools are described in more detail in the table below (Table 4) and in the following chapters that relate to each therapeutic direction.

Table 4 Overview of universities in Europe providing education in arts therapies

(Legend: AT = art therapy, DMT = dance-movement therapy, DT = drama therapy, MT = music therapy)

Country	University	Degree	Language	Length	Form	Credits	AT	D&MT	DT	MT
Belgium	Artevelde University College, Ghent www.arteveldehs.be	Advanced BA in the Arts Therapies	NL	2-3 yrs	part-time	88	X	X	X	X
	PXL University College in Hasselt www.pxl.be	BA in Art Therapy	NL	3 yrs	90	X				
	Lemmens Institute in Leuven	MA in Music Therapy								X
	Agape in Koolskamp	certificate						X		

Croatia	University of Zagreb	BA	HR EN	3 yrs						
	www.sophroarts-science.hr	MA	HR EN	2 yrs						
	Rehabilitácia, Sophrológia, Kreativna terapiaa Umelecké / Expressivne terapie	post-graduate, specialised and doctoral studies	HR EN							
Estonia	University of Tallin www.tlu.ee/et/kunstideinstituut/kunstiteraapiateosakond	BA in health sciences	EST	3 yrs	full-time	180	X	X	X	X
		MA in health sciences (art therapies)	EST	2 yrs	full-time	120	X	X	X	X
Finland	Satakunta University of Applied Sciences www.samk.fi	BA Art Psychotherapy	FIN EN	3 yrs	part-time	210	X			
	University of Jyväskylä www.jyu.fi	MA Music Therapy	FIN	2 yrs	full-time	120				X
France	Université Paris Descartes Universités Sorbonne Paris Cité http://formations.parisdescartes.fr/fr-FR/diplomes/TI-ma	MA Professional and Research in Art Creation, speciality Arts Therapies	FR	2 yrs	full-time	X	X	X	X	X
		PhD in Arts therapies				X	X	X	X	X
	University of Nantes http://u2pea.free.fr/ http://www.chu-nantes.fr/	University Diploma in Music Therapy	FR	3 yrs	part-time					X

Germany	FHKT University of Applied Sciences, Nürtingen www.hkt-nuertingen.de	BA + MA in Art Therapy	DE	4 yrs			X			
	University of Applied Sciences and Arts, Ottersberg www.hks-ottersberg.de	BA in Art in Social Contexts: Art Therapy and Art Pedagogy	DE	4 yrs	full-time		X			
		MA in Art and Theatre in Social Contexts: Art Therapy	DE	1-2 yrs	full-/part-time		X			
	MSH Medical School Hamburg http://www.arts-and-change.de/	MA in Intermedial Art Therapy	DE	2-3 yrs	full-/part-time		X			
	Weissensee School of Art, Berlin www.kunsttherapie-berlin.de	MA in art Therapy	DE	3 yrs	part-time		X			
Ireland	CIT Crawford College of Art & Design, Cork www.artincontext.eu	MA in Art Therapy	EN	2-3 yrs	full-/part-time		X			
	National University of Ireland, Maynooth www.maynoothuniversity.ie	MA in Dramatherapy	EN	2 yrs	full-time					X
	University of Limerick www.ul.ie	MA in Music Therapy	EN	2 yrs	full-time					X

The Netherlands	Stenden Hogeschool, Leeuwarden www.stenden.com	BA in Music Therapy	NL EN	4 yrs	full-time					X
		BA in Art Therapy	NL EN	4 yrs	full-time			X		
		BA in Art Therapy	NL EN	4 yrs	full-time				X	
	Hogeschool Leiden, University of Applied Sciences, Leiden www.hsleiden.nl	Bachelor Arts Therapies, differentiation Fine Arts, Music, or Speech & Drama	NL	4 yrs	full-time	240	X		X	X
	HAN University of Applied Sciences, Nijmegen www.han.nl	BA in Arts Therapies	NL	4 yrs	full-time	240	X	X	X	X
		MA in Arts Therapies	EN	2-3 yrs	part-time	90	X	X	X	X
	Codarts University for the Arts, Rotterdam www.codarts.nl	MA in Dance Therapy	EN	3 yrs	part-time	120		X		
	Hogeschool Utrecht Amersfoort University of Applied Sciences, ISW Dep. Arts Therapies, Utrecht www.hu.nl	BA in Music Therapy, Art Therapy or Dramatherapy	NL	4 yrs	full-/part-time	240	X		X	X
	University of Applied Sciences, Zuyd http://creativetherapie.hszyud.nl/	BA in Drama Therapy, Music Therapy, Art Therapy or Dance Movement Therapy	NL	4 yrs	full-time	240	X	X	X	X
		MA in Arts Therapies	NL	2 yrs	part-time				X	

Norway	Norwegian Academy of Music, Oslo www.nmh.no	MA in Music Therapy		5 yrs		300				X
	University of Bergen The Grieg Academy www.uib.no	Integrated MA in Music Therapy		5 yrs		300				X
	Oslo and Akershus University College of Applied Sciences www.hio.no	MA in Art Therapy	NOR	2 yrs	full-time	60	X			
Russia	State Academy of Post-Graduate Pedagogical Training, St. Petersburg Art Therapy in Education, Medicine and Social Sphere http://www.spbappo.ru/	MA in Psychology with Specialisation in Art Therapy	RU	2 yrs	part-time		X			
	The Institute of Practical Psychology, "Imaton", St. Petersburg http://www.imaton.ru/	MA	RU				X	X		
Slovenia	University of Ljubljana, Faculty of Education, Ljubljana www.pef.uni-lj.si	MA in Support through the Arts (Dance Movement Therapy)	SL EN	2 yrs	part-time	120		X		
		MA in Support through the Arts (Dramatherapy)	SL EN	2 yrs	part-time	120			X	
		MA in Support through the Arts (Music Therapy)	SL EN	2 yrs	part-time	120				X

Spain	Universitat Autònoma de Barcelona, Barcelona http://pagines.uab.cat/dmt/	MA in Dance Movement Therapy	ES	2-3 yrs	part-time			X		
		postgraduate diploma in Dance Movement Therapy	ES	1 yrs	part-time			X		
	University of Barcelona http://www.il3.ub.edu/es/master/master-musicoterapia.html	MA in Music Therapy	ES	2 yrs	part-time					X
	Complutense de Madrid, Madrid www.ucm.es	MA in Art Therapy and Art Education for Social Inclusion	ES	2 yrs	full-time	90	X			
Sweden	Umeå University, Umeå www.umu.se Degree of master of medical science (one year), Main field of study: art therapy	MA in Art Therapy	SWE	1-2 yrs	part-time	60	X			
	Royal College of Music, Stockholm www.kmh.se/music-therapy	MA in Music Education, profile: Music Therapy		1 yr		60				X

United Kingdom	Anglia Ruskin University www.anglia.ac.uk	MA in Music Therapy	EN	2 yrs	full-time	240				X
		MA in Dramatherapy	EN	2 yrs	full-time	240			X	
	Central School of Speech and Drama (Sesame) www.sesame-institute.org	MA in Drama and Movement Therapy	EN	1.5 yrs	full-time			X	X	
	University of Chester www.chester.ac.uk	MA in Art Therapy	EN				X			
	Derby University www.derby.ac.uk	MA in Art Therapy	EN	2 yrs	full-time		X			
		MA in Dramatherapy	EN	2 yrs	full-time				X	
		MA in Dance Movement Therapy/ Psychotherapy	EN	2 yrs	full-time			X		
	Guildhall School of Music and Drama www.gsmd.ac.uk	MA in Music Therapy	EN							X
	Goldsmiths University of London www.gold.ac.uk	MA in Art Psychotherapy	EN	2-3 yrs	full-/part-time		X			
	Hertfordshire University www.herts.ac.uk	MA in Art Therapy	EN	2-3 yrs	full-/part-time		X			
Institute of Arts in Therapy and Education, London www.artspsychotherapy.org	MA in Integrative Arts Psychotherapy	EN				X				

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