

Expressive Arts in Mental Health (B.S)

Degree Type

Bachelor's

The B.S. in Expressive Arts in Mental Health is a multi-disciplinary program which integrates many areas of study, including Psychology and the Arts. Art Therapy is designated as a mind-body approach by the National Institute of Health. Students of Expressive Arts in Mental Health are trained to help people find or maintain their own mind/body solutions. They work with individuals, groups, and families to facilitate creative growth. In addition to fundamental skills, students gain the theoretical background and applied experience necessary for graduate studies or employment in human services. In order to be registered and board certified in Expressive Arts in Mental Health/Creative Arts in Therapy it is necessary to acquire an advanced degree. [63-64 credits]

Students in the Expressive Arts in Mental Health program may pursue an accelerated track (3+2) or a linked track (4+2) for the Occupational Therapy (M.S.) program. Please see the links below for eligibility criteria. Students in the 4+2 linked program complete the undergraduate degree before moving on to occupational therapy graduate coursework.

- [Occupational Therapy 3+2 *](#)
- [Occupational Therapy 4+2](#)

* Note: the 3+2 accelerated option is only open to new first year freshman students who have 20 or more completed college credits prior to enrolling at Russell Sage College.

Core Requirements

Complete *all* of the following:

Item #	Title	Credits
EMH 201	Intro to Expressive Arts in Mental Health	3
EMH 207	Practicum I: EMH with Individuals	3
	EMH 211, EMH 213, EMH 216, or EMH 218	6
EMH 307	Practicum II: EMH in Groups	3
EMH 330	Sem I: Child Development in Expressive Arts	3
EMH 407	Integrated Experience (Internship)	3
EMH 430	Expressive Arts in Grief & Healing	3
EMH 442	Sem III: Expresive Arts in Family Therapy	3
PSY 101	Introduction to Psychology	3
	PSY Lifespan Development (PSY 202 or PSY 208)	3-4
PSY 308	Abnormal Psychology	3
PSY 406	Personality Theory	3

Visual Arts

Complete all of the following:

Item #	Title	Credits
AEM 101	Drawing I	3
	AEM 105 or AEM 202	3
	AEM 215 or AEM 222	3
	AEM 203 or AEM 208	3
	AEM 106 or AEM 231	3
GMD 217	Imaging I	3
	ARH 206 or ARH 207 or ARH 214	3
	AEM 421 or AEM 422	3

Degree Completion Notes

- Total credits required for a bachelor's degree (minimum): 120 credits
- Cumulative GPA required for graduation (minimum): 2.000
- Major GPA required for graduation (minimum): 2.200
- 1/2 of major requirements must be completed at Sage (minimum)
- Completion of 60 liberal arts and sciences credits (minimum)
- Completion of all required [General Education](#) coursework

Suggested Program of Study

The following is a general schedule for the Expressive Arts in Mental Health major. Please check with your faculty advisor or the EMH Program Director about course availability and two-year rotations.

• Practicums and internships: students are responsible for transportation arrangements to and from practicum and internship settings. Yearly physical examinations and immunizations are required by most practicum and internship sites. In addition, many of these settings require students to be fingerprinted and undergo a criminal history review. Students are responsible for the costs of these processes. Information regarding how to meet these requirements is provided by the program director.

Year 1 - Fall

EMH 201 Intro to Expressive Arts in Mental Health
EMH Major - Visual Arts Course
PSY 101 Introduction to Psychology
RSC 101 Thriving at Sage
WRT 101 Writing in Community

Year 2 - Spring

EMH 211 Intro to Art Therapy
EMH Major - Visual Arts Course
WRT 201 Researching in Community
General Education course
General/open Elective Course

Year 2 - Fall

EMH 207 Pract I: EMH with the Individual
EMH 330 Child Dev & Expressive Arts
EMH Major - Visual Arts Course
RSC 201 Intercultural Perspectives
General Education Course

Year 2 - Spring

EMH 307 Practicum II: EMH in Groups
EMH Major - Visual Arts Course
PSY Dev Science, PSY 202 or PSY 208
General Education Course
General/open Elective Course

Year 3 - Fall

EMH Major - Therapy course
EMH Major - Visual Arts Course
PSY 308 Abnormal Psychology
General Education Course
General Education Course

Year 3 - Spring

EMH Major - Visual Arts Course
RSC 301 Innovating to Impact
General Education Course

General/open Elective Course
General/open Elective Course

Year 4 - Fall

AEM 421 Capstone I: Studio Theory
EMH 430 Seminar II: Elements of Therapeutic Flow
PSY 406 Personality Theory
General Education Course
General/open Elective Course

Year 4 - Spring

EMH 442 Seminar III: Expressive Arts in Mental Health
EMH 407 EMH Integrated Experience
EMH Major - Visual Arts Course
General Education Course
General/open Elective Course

Total Credits

63-64
