

DRAMA THERAPY (ALTERNATE LICENSURE) (MA)

Department Website (<http://steinhardt.nyu.edu/music/>)

NYSED: 37098 HEGIS: 1099.00 CIP: 42.2703

Program Description

Drama therapy is the intentional use of theatre techniques to facilitate personal growth and promote health, thus treating individuals with a range of mental health, and cognitive and developmental disorders. New York University was the first in the country to develop an academic program leading to a Master of Arts degree in drama therapy.

The program attracts theatre professionals and educators, therapists, and those working in the fields of medicine, healthcare, and special education. Students come from diverse cultural and academic backgrounds to study and do fieldwork and internships with leading professionals in the creative arts therapies. Classes are small and instruction individualized. The Drama Therapy Program has been accredited by the North American Drama Therapy Association and the New York State Department of Education. (See also Music Therapy in this department and Art Therapy in the Department of Art and Art Professions.)

We host an internationally recognized therapeutic theater series "As Performance." This series investigates the nexus of therapeutic theater and arts-based research. Clinical drama therapists participate as artists, and artists explore a therapeutic process. Therapeutic theater is presented as a primary process where need transforms into action. Productions are made possible by an ongoing grant from the Billy Rose Foundation. As Performance seeks to explore the aesthetic, therapeutic, and ethical issues embedded in the process of making theatre.

The New York metropolitan area offers rich opportunities for clinical internships in hospitals and shelters, drug rehabilitation centers, prisons, and special facilities for the elderly, those with developmental disabilities, and the terminally ill, among others.

Career Opportunities

Graduates are employed in a variety of therapeutic settings throughout the world, including public and private hospitals and mental health clinics, centers for adults with developmental disabilities, nursing homes, and drug rehabilitation centers. Drama therapists work in medical facilities as well as artistic ones, in social services as well as private practice. Although drama therapy is a relatively new profession, it is practiced widely with a number of special populations: war veterans and those afflicted with post-traumatic stress disorder, substance abusers, mentally ill individuals, the elderly, and children who have experienced physical and/or sexual abuse. Drama therapists also treat dysfunctional families and, more generally, healthy individuals in need of exploring significant life problems.

Licensure

The program is approved by the New York State Department of Education and qualifies students for licensure in Creative Arts Therapy (LCAT) after graduation and 1,500 hours of postgraduate supervised practice. The 50-unit track (DRMT) meets all requirements for licensure in New York State as a Licensed Creative Arts Therapist (LCAT) This includes required

coursework in drama therapy and applied psychology with no electives. The 60-unit track (DRRL) allows students to do advanced training in Role Theory and Method, Psychodrama, Arts-Based Research, or pursue other electives in Applied Theater (e.g., Theater of Oppressed) or in Applied Psychology (e.g., Marriage and Family Counseling). This track meets the degree unit requirements for licensure in most states outside of New York. Those who intend to practice in New York only, and international students who will not require a license to practice, might prefer the 50-unit alternative. Students intending to practice in states other than New York should consider the 60-unit option. Additionally, all students are required to complete fieldwork and 800 hours of internship with two different populations in selected clinical facilities.

Admissions

All students should have a solid, practical background in the art form of drama and theatre, including experience in improvisational drama and theatre performance. Candidates should also demonstrate a strong academic background in psychology or a related social science, including coursework in developmental and/or abnormal psychology. In certain exceptional cases, alternative experience relevant to drama therapy will be considered. All students are required to submit three letters of recommendation attesting to their strengths, weaknesses, and potential as future drama therapists. Applicants are also required to submit an autobiographical statement of four to six pages which should address all of the following:

- A significant turning point in your life and how that event contributes to your curiosity and excitement about a career in drama therapy.
- A brief statement of purpose about what you intend to do with your degree in drama therapy. This should include areas of research interest.
- At least three references to drama therapy literature. Discuss how those readings influence your thoughts about the significant turning point and/or the field of drama therapy and/or your areas of research interest.

Program Requirements

Course	Title	Credits
Required Courses		
<i>Drama Therapy</i>		
MPADT-GE 2109	Drama Therapy for Clinical Populations	3
MPADT-GE 2114	Intro to Drama Therapy	3
MPADT-GE 2115	Psychodrama & Sociometry	3
MPADT-GE 2117	Proj Techn Drama Therapy	3
MPADT-GE 2119	Adv Theory & Research in Drama Therapy	3
MPADT-GE 2121	Advanced Practices: Theater Aesthetics and Therapeutic Theater	3
MPADT-GE 2303	Internship and Seminar in Drama Therapy	1-4
MPADT-GE 2130	Ethics in Drama Therapy	3
MPADT-GE 2105	Cross-Cultural Awareness for Creative Arts Therapy/ Arts Educ	3
MPADT-GE 2135	Assessment in Drama Therapy and Psychodrama	3
MPADT-GE 2131	Group Dynamics: Theory and Practice in Drama Therapy	3
<i>Counseling and Psychology</i>		
APSY-GE 2038	Abnormal Psychology	3
APSY-GE 2657	Individual Counseling: Theory and Process	3

APSY-GE 2138	Human Growth and Development	3
APSY-GE 2658	Lab in Individual Counseling Skills	3

Culminating Experience

MPADT-GEXXXX	Drama Therapy Culminating Thesis	1
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Elective Courses

Select 13 credits of the following by advisement		13
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MPADT-GE 2100		
MPADT-GE 2133	Drama Therapy in Schools	
MPADT-GE 2132	Improv and Mental Health	
MPADT-GE 2134	Role Theory & Methods In Drama Therapy	
MPADT-GE 2110	Developmental Transformations	
MPADT-GE 2106	Drama Therapy and Aging: From Midlife to Elderhood	
MPADT-GE 2125	Advanced Psychodrama and Sociometry	

Total Credits		60
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Sample Plan of Study

Course	Title	Credits
1st Semester/Term		
MPADT-GE 2114	Intro to Drama Therapy	3
MPADT-GE 2115	Psychodrama & Sociometry	3
APSY-GE 2138	Human Growth and Development	3
MPADT-GE 2131	Group Dynamics: Theory and Practice in Drama Therapy	3
MPADT-GE 2133 or MPADT-GE 2106	Drama Therapy in Schools or Drama Therapy and Aging: From Midlife to Elderhood	3
Credits		15
2nd Semester/Term		
MPADT-GE 2109	Drama Therapy for Clinical Populations	3
APSY-GE 2657	Individual Counseling: Theory and Process	3
APSY-GE 2658	Lab in Individual Counseling Skills	3
MPADT-GE 2105	Cross-Cultural Awareness for Creative Arts Therapy/Arts Educ	3
MPADT-GE 2303	Internship and Seminar in Drama Therapy ¹	1-4
Elective		2
Credits		15
3rd Semester/Term		
MPADT-GE 2117	Proj Techn Drama Therapy	3
MPADT-GE 2303	Internship and Seminar in Drama Therapy	1
MPADT-GE 2119	Adv Theory & Research in Drama Therapy	3
APSY-GE 2038	Abnormal Psychology	3
MPADT-GE 2136	Thesis Seminar in Drama Therapy	1
Elective		4
Credits		15
4th Semester/Term		
MPADT-GE 2303	Internship and Seminar in Drama Therapy	2
MPADT-GE 2121	Advanced Practices: Theater Aesthetics and Therapeutic Theater	3
MPADT-GE 2135	Assessment in Drama Therapy and Psychodrama	3
Elective		3

Elective		4
Credits		15
Total Credits		60

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This course is taken during the Summer term.

Learning Outcomes

Upon successful completion of the Drama Therapy Master of Arts, graduates will:

1. Identify and apply theories and methods of drama therapy, psychology, and counseling in assessment, treatment, and health promotion.
2. Identify, locate, evaluate, synthesize, and apply peer-reviewed research to inform practice.
3. Demonstrate one's professional identity as a drama therapist and a future licensed professional in the mental health field.
4. Exercise cultural and ethical responsibilities in clinical and community practice.

Policies**NYU Policies**

University-wide policies can be found on the New York University Policy pages (<https://bulletins.nyu.edu/nyu/policies/>).

Steinhardt Academic Policies

Additional academic policies can be found the Steinhardt academic policies page (<https://bulletins.nyu.edu/graduate/culture-education-human-development/academic-policies/>).