

DRAMA THERAPY (MA)

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

NYSED: 84508 **HEGIS:** 1099.00 **CIP:** 42.2703

Program Description

The Master of Arts program in Drama Therapy provides advanced clinical training in counseling and course work in drama therapy. The program prepares graduates to promote health and wellbeing in a range of wellness contexts. Drama therapy uses theatre techniques to facilitate personal growth and promote health and to treat individuals with a range of mental health, and cognitive and developmental disorders. 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 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.

The program hosts 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.

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 and Accreditation

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-credit 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. Those who intend to practice in New York only, and international students who will not require a license to practice, might prefer the 50-credit program.

The 60-credit 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 credit requirements for licensure in most states outside of New York. Those who intend to practice in states other than New York should consider the 60-credit option.

Additionally, all students are required to complete fieldwork and 800 hours of internship with two different populations in selected clinical facilities.

Each graduate of the Drama Therapy master's program meets the educational requirements for licensure as a creative arts therapist (LCAT) in New York State and for credentialing as a drama therapist with the North American Drama Therapy Association (NADTA), which accredits this master's degree program.

Admissions

Admission to graduate programs in the Steinhardt School of Culture, Education, and Human Development requires the following minimum components:

- Résumé/CV
- Statement of Purpose
- Letters of Recommendation
- Transcripts
- Proficiency in English

See NYU Steinhardt's Graduate Admissions website (<https://steinhardt.nyu.edu/admissions/how-apply/graduate-students/>) for additional information on school-wide admission. Some programs may require additional components for admissions.

See How to Apply (<https://steinhardt.nyu.edu/degree/ma-drama-therapy/how-apply/>) for admission requirements and instructions specific to this program.

Program Requirements

Course	Title	Credits
Major Requirements		
<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 2131	Group Dynamics: Theory and Practice in Drama Therapy	3
MPADT-GE 2135	Assessment in Drama Therapy and Psychodrama	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

Drama Therapy Culminating Thesis	1
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Electives

Select 3-13 elective credits from the following, by advisement: ¹	3-13
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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	50-60
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Students in the 50-credit track take 3 credits in electives; those in the 60-credit track take 13 credits.

Sample Plan of Study

This sample plan is for a student in the 50-credit program. Students in the 60-credit program will take additional electives chosen in close consultation with an academic adviser.

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
Credits		12
3rd Semester/Term		
MPADT-GE 2303	Internship and Seminar in Drama Therapy	1
Credits		1
4th 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
Credits		11
5th 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
Credits		11
Total Credits		50

Learning Outcomes

Upon successful completion of the program, 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/>).