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## Frequently Asked Questions

### 1. Who can join the Social Prescribing Professional Art Therapy Program®?

Anyone who is committed to the learning process, interested in self-growth, and helping others can join this program. Additionally, you should be interested in visual arts, human psychological development, and have a caring nature for those who are suffering. This program is also beneficial for educators, helping professionals, artists, and creative workers who want to expand their skills.

### 2. Is there any prerequisite for this program?

Yes, you must enrol in our online basic art therapy introduction (7.5 hours) and online experiential art therapy workshop (18 hours) to understand what art therapy is and who your trainer will be during the course.

### 3. What is the difference between the Preventive Art Therapy Professional Program and the Social Prescribing Professional Art Therapy Program?

The Social Prescribing Professional Art Therapy Program focuses more on community mental health needs, with the goal of preventing mental health illnesses, creating awareness for mental health and emotional well-being, avoiding social problems, and enhancing family connections and happiness.

### 4. How many levels are in the Social Prescribing Professional Art Therapy Program?

There are six levels in this program, and you need to complete a 100-hour placement. Each level is four days long, with six hours of classes each day, making a total of 24 hours per level.

### 5. What are the components of the professional program?

The program consists of 418 hours of lecturing (144 hours), tutorials (36 hours), triads (15 hours), self-study (120 hours), written and practical examination (3 hours), and placement (100 hours).

### 6. Can I learn art therapy even if I don't know how to draw?

Yes, you can. You need to practice drawing frequently to get familiar with art materials and techniques. Art therapy is more about the process, connection, and felt sensations than the products.

### 7. Can I study art therapy even if I don't have a counselling or psychology background?

Yes, you can, but you need to work extra hard and read more to understand the subject better.

### 8. I am more rational and think more, so am I suitable for learning art therapy?

Yes, you are. You need to practice drawing more to develop your emotional side. Art therapy is valuable for complementing your rational side, and the program will help you to discover yourself in a different light.

### 9. What are the differences between an art therapy practitioner and an art therapy support worker?

After completing your course, you can serve the community with your skills and knowledge but only with emotional expression, behavioural modification, relationships and career changes unless you have a counselling or psychology background.

**10. Can this course help me further my studies in art therapy?**

Yes, if you have satisfied all the requirements, we will provide you with a reference letter to further your studies.

**11. Is this program accredited by the MQA?**

No, this program is not accredited by any governing legislative agency. It is designed to train people who are interested in art therapy to serve the community.

**12. Is this program suitable for personal exploration?**

This program is an educational training program and not meant for self-exploration or therapy. It focuses on your art therapy skills and knowledge. However, it can help you explore yourself personally. During the course, you may approach seniors in Dolphiner Awakening Arts Center (DAAC) for personal issues at your own cost.

**13. What does the timetable look like?**

The classes are held once a month for four days, with six hours of classes each day. The program follows a one-month on and one-month off schedule.

**14. Are the classes conducted on weekends?**

Yes, the classes are held every Saturday (Chinese) or Sunday (English) as shown in the schedule. You choose the language that you feel comfortable.

**15. Can I swap classes between Chinese and English?**

No, it is not recommended to switch between Chinese and English classes due to the importance of maintaining confidentiality and group cohesion.

**16. What are the class timings?**

The class is held in the afternoon from 3pm to 6pm, followed by a break from 6pm to 7pm, and then from 7pm to 10pm.

**17. What is the total duration of the program?**

The program requires 410 hours in total, including 144 hours of online studying time, as well as a minimum of 10 hours of self-study per week, for a total of 240 hours.

**18. How many hours are dedicated to online learning?**

The program includes 144 hours of lectures and 36 hours of tutorials delivered online.

**19. How is the class conducted?**

The class involves watching videos before class, participating in class discussions and asking questions, reading materials to enhance your learning, experiential activities in tutorials, and learning from different tutors. Important topics will be discussed in the class, and demonstrations will be provided.

**20. Are there a lot of assignments?**

Each level of the program includes one written assignment, including a reflective art journal.

**21. What is the biggest challenge in learning art therapy?**

The biggest challenge in learning art therapy is imposing our values on the artwork, trying to interpret the artwork, and balancing family commitments, financial stress, health issues, and studies.

**22. What language is used for assignments?**

English is used for assignments in the English class, and Mandarin is used for assignments in the Chinese class.

**23. What language is used in the class?**

Mandarin is used in the Chinese class, and English is used in the English class.

**24. What language are the reference books in?**

The reading materials are mainly in English, but Chinese reading materials will also be provided.

**25. What should I do if I face any learning difficulties?**

If you face any learning difficulties, you can write an email to the trainer or DAAC centers or discuss with an art therapy senior.

**26. Whom should I see if I face any emotional issues during the class?**

If you face any emotional issues during the class, you can seek help from an art therapy senior or a graduated senior at your own cost.

**27. How can I make payment for the program?**

Fees can be paid in instalments of 6, 9 or 12. Special arrangements can be discussed, and a discount of 5% is offered for full payment.

**28. What certificate will I receive after completing the program?**

After level 5, you will receive a Certificate of Attendance, and after level 6, you will receive a Certificate of Completion. If you complete two to five years of continuous supervision with satisfactory results, you will be issued a Certificate of Competence.

**29. What are the main themes covered in the Malaysia Art Therapy (Community) Academy's curriculum on Art Therapy?**

The Malaysia Art Therapy (Community) Academy's curriculum on Art Therapy covers a range of themes, including cultural competence, understanding of theoretical frameworks, art elements, cultivating self-awareness, and awareness of social and daily life issues, all aimed at equipping students with the necessary skills to serve the community effectively. The program seeks to promote personal fulfilment by encouraging students to connect their learning with their own selves.

**30. How many students are in each class?**

The class size ranges from a minimum of 12 to a maximum of 21 students to ensure optimal learning outcomes and a dynamic interaction.