

Creative Arts in Therapy (B.S)

Degree Type

Bachelor's

***Note: the B.S. in Creative Arts in Therapy program changed to B.S. in Expressive Arts in Mental Health.**

The information below is for students who matriculated in fall 2022 or earlier. Click [here](#) to view the B.S. in Expressive Arts in Mental Health program information.

Core Requirements

- Complete *all* of the following:

Item #	Title	Credits
CAT 201	Introduction to Creative Arts in Therapy: Grief and Creative Healing	3
CAT 207	Practicum I: Creative Arts in Therapy with the Individual	3
CAT 307	Practicum II: Creative Arts in Therapy in Groups	3
CAT 407	Creative Arts in Therapy Integrated Experience	3
CAT 430	Seminar II: Elements of Therapeutic Flow	3
CAT 442	Seminar III: Family Creative Arts in Therapy	3

Required Supporting Courses

- Complete *all* of the following:

Item #	Title	Credits
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

Concentrations

- Complete *one* of the following concentrations in dance, music, theatre, or visual art.

Concentration in Dance

- Complete the following:

Item #	Title	Credits
CAT 213	Introduction to Dance Therapy	3
DAN 213	Dance Medicine	3
DAN 226	Creative Movement for Children	3
DAN 404	Performance Repertory	3
	DAN 405 or DAN 410	3
	DAN 111 or DAN 270	3
	DAN 241 or DAN 350	3
	DAN 231 or DAN 235	3

Concentration in Music

- Complete the following:

Item #	Title	Credits
CAT 216	Introduction to Music Therapy	3
MUS 111	Basic Musicianship I	3
MUS 112	Musicianship II	3
MUS 208	Masterpieces of Music	3
MUS 217	American Musical Theatre	3
MUS 231	Guitar	1.5
	MUS 316 Chorus: Sage Singers	6
	MUS 315, 318, or 319	5
MUS 405	Senior Project	3

Concentration in Theater

Complete the following:

Item #	Title	Credits
CAT 218	Introduction to Theatre Therapy	3
THR 103	Acting I: Storytelling/Improvisation	3
THR 203	Acting II: Contemporary Scene Study	3
	THR 205 or THR 209 or THR 212	
THR 303	Acting III: Performance Style	3
THR 304	Directing	3
THR 406	Senior Project	3
DAN 226	Creative Movement for Children	3

Concentration in Visual Arts

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

Practicum and Internship Requirements

Students are responsible for transportation arrangements to and from practicum and internship settings. Yearly physical examinations and immunizations are required by most Creative Arts Therapy practicum and internship placements. 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.

Transfer Policy for Visual Arts Concentration

All transfer students concentrating in the visual arts must complete six credits of studio work and the senior project at Russell Sage College, regardless of prior college experience.

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

Total Credits

78-88

Course Sequencing

Suggested Course Sequence

The following is a general schedule for the CAT major. Other course sequences are possible. Consult your advisor or the CAT Program Coordinator. Note also that one can introduce flexibility into this recommended sequence by shifting elective and/or general education slots around to allow one to pursue other courses of personal interest or compensate for scheduling conflicts. Please check with your advisor about course availability and two-year rotations.

Year 1 - Fall

CAT 201 Intro to Creative Arts in Therapy
Concentration Course (CAT)
PSY 101 Introduction to Psychology
RSC 101 Thriving at Sage
WRT 101 Writing in Community

Year 2 - Spring

WRT 201 Researching in Community
CAT Concentration Course
General Education course
Elective

Year 2 - Fall

CAT 207 Practicum I: CAT with the Individual
CAT Concentration Course
General Education Course
RSC 201 Intercultural Perspectives

Year 2 - Spring

CAT Concentration Course
PSY 208 Developmental Science
General Education Course
Elective

Year 3 - Fall

PSY 308 Abnormal Psychology
CAT Concentration Course
General Education Course

Year 3 - Spring

CAT 307 Practicum II: CAT in Groups
CAT Concentration Course
RSC 301 Innovating to Impact
General Education Course
Elective

Year 4 - Fall

CAT 407 CAT Integrated Experience
CAT 430 Seminar II: Elements of Therapeutic Flow
CAT Concentration Course
PSY 406 Personality Theory

General Education Course

Year 4 - Spring

CAT Concentration Course

CAT 442 Seminar III: Family Creative Arts in Therapy

General Education Course

Elective

Elective