



# MASTER'S IN ART THERAPY

METAFORA  
art therapy

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# What is Art Therapy?

According to the ATe (Spanish Professional Association of Art Therapists), art therapy is a profession based on the psychotherapeutic application of the artistic process and on the importance of the relationship between the client and the art therapist.

It primarily uses visual arts media to facilitate communication and the exploration of psychological or emotional conflicts, as well as to promote meaningful changes in individuals, supporting their development and growth as both individual and social beings. From this perspective, Metàfora's art therapy training is psychodynamically oriented.

Art therapy is one of the four expressive or creative therapies, alongside music therapy, drama therapy, and dance-movement therapy. It is essential to distinguish art therapy from other practices that use "art as therapy," such as art mediation, community art, or art-and-health projects, which rely solely on the therapeutic benefits of the artistic process without a psychotherapeutic framework.

Art therapy is an interdisciplinary profession that can function complementarily to other therapeutic approaches.

# About the Master's Program

The Master in Art Therapy prepares students to develop professionally as art therapists both in Spain and internationally.

Throughout the program, the theoretical and practical knowledge acquired in the Diploma in Art Therapy and Community Art is consolidated and expanded, with a deeper focus on students' personal development and professional competencies for the practice of art therapy.

The program places clinical practice and supervision at the core of its training, providing the necessary preparation to work in diverse contexts and with a variety of populations. Theoretical courses develop the conceptual and methodological framework of art therapy, psychodynamic psychology, and artistic language, integrating this knowledge into clinical practice.

# Objectives and Learning Methodology

- Consolidate theoretical and clinical knowledge in art therapy and psychodynamic psychology.
- Integrate theory, experiential learning, and clinical practice through ongoing supervision.
- Acquire competencies for working with diverse populations and engaging in interdisciplinary practice in professional settings.
- Develop the use of artistic expression as a tool for understanding the creative and therapeutic process.
- Strengthen students' reflective capacity and professional identity.

The learning methodology of the Master in Art Therapy is participatory and experiential, in line with the psychodynamic approach that underpins the teaching of the discipline. Student training goes beyond the acquisition of theoretical knowledge, promoting its integration and application in real-world contexts through supervised clinical practice. Case analysis, experiential groups, and clinical practice are structured within the supervision space, where the fundamental competencies for professional art therapy practice are developed and evaluated.

# Degree and Professional Recognition

As a standard criterion for calculating the workload of Metàfora's art therapy training, the European Credit Transfer and Accumulation System (ECTS) is used, where 25 hours (including class time and independent study) are equivalent to 1 ECTS credit. This is a university-level postgraduate diploma accredited by both the ATe (Spanish Professional Association of Art Therapists) and FEAPA (Spanish Federation of Professional Art Therapy Associations).

Upon completion of the Master's program, students receive a graduation diploma and a certificate of studies, which can be used to apply for professional recognition in Spain and abroad. These procedures must be managed individually by each graduate and are subject to the requirements and regulations established by the competent authorities in each country.

## Admission Requirements

- To enroll in the Master's in Art Therapy, students must:
- Have successfully completed the Diploma in Art Therapy and Community Art at Metàfora.
- Hold a university undergraduate degree.
- Possess an English language proficiency equivalent to C1. An official certificate is not required, but students must have sufficient language skills to follow classes and actively participate in the master's activities.
- Be over 23 years of age.

## Student Profile

The program is primarily aimed at individuals interested in pursuing a professional career as art therapists, coming from the fields of art, education, health, and social care. Each year, Metàfora brings together a community of students from diverse nationalities across all five continents, whose cultural diversity enriches and shapes the learning experience.

# Formats and Schedule

The program has a total duration of eighteen months, spread over two academic years, running from October to June. The Master in Art Therapy is offered in blended (partially in-person) and online formats.

**Blended format:** During the first year of the Master's, classes are held online every Friday from 4:00 PM to 9:00 PM, plus one weekend per month, with Saturdays in person from 4:00 PM to 9:00 PM and Sundays online from 4:00 PM to 9:00 PM.

During the second year classes are online on Fridays from 16:00 to 21:00.

**Online format:** Every Friday from 4:00 PM to 9:00 PM, plus one weekend per month during the same hours.

During the second year classes are on Fridays from 16:00 to 21:00.

The final schedule for each class will be available prior to the start of the course. All times are expressed according to local Spanish time. In accordance with European regulations, two clock adjustments are made each year, which should be considered depending on each country's time zone.

## SCHEDULED CLASSES

**October:** 2, 3, 4, 9, 16, 23, and 30

**November:** 6, 13, 14, 15, 20, and 27

**December:** 4, 11, 12, 13, and 18

**January:** 8, 9, 10, 15, 16, 17, 22, and 29

**February:** 5, 12, 13, 14, 19, and 26

**March:** 5, 12, 13, 14, 19, and 28

**April:** 2, 9, 10, 11, 16, 23, and 30

**May:** 7, 8, 9, 14, 21, 22, 23, and 28

**June:** 4, 11, 12, 13 + final presentations: 18, 19, and 20

## ATTENDANCE

Attendance to at least 80% of classes is mandatory. Failure to meet this requirement will result in non-completion of the course.

# Workload

The program is part-time and is designed to accommodate other professional or personal commitments. In addition to class hours, students are expected to dedicate approximately 10 hours per week to independent study at home. They will also complete in-person placements : 5 hours per week in the first year and 8 in the second.

# Assessment

Assessment is continuous throughout the program and takes into account students' engagement, academic performance, and personal development, reflected in their ability to participate in group dynamics. An integrated system is applied, allowing student progress to be evaluated using both qualitative and quantitative criteria.

The qualitative dimension focuses on the quality of learning and the competencies acquired, highlighting strengths and areas for improvement in order to support preparation for professional practice in art therapy. It considers personal involvement in the learning process as well as the development of relational skills, such as generating trust, establishing consistent affective bonds, and managing difficult emotions. It also encompasses clinical skills, including creating and maintaining a therapeutic setting, integrating theory into practice, and making effective use of supervision.

The quantitative dimension includes monitoring attendance, submission of assignments, and completion of academic work.

The final grade is determined based on the combination of these criteria throughout the academic year. The possible outcomes are: PASS or FAIL.

# Master's Final Dissertation & Presentations

The Master's Final Dissertation consists of developing a case study derived from clinical practice, integrating theory, practice, and research. It is carried out throughout the program, with training in methodology and ongoing academic supervision.

At the end of the program, students give final presentations, publicly presenting a case they have worked on during their clinical practice.

# Clinical placements & Supervision

Upon entering the master's program, students have a sufficient theoretical and experiential foundation to begin clinical practice with the necessary preparation. These practices involve designing and implementing art therapy interventions in real-world settings under the supervision of a professional teaching team.

Clinical placements are carried out in external institutions through collaboration agreements. Metàfora has an extensive network of centers in Spain and internationally that host students each year. Placement assignments are managed by the practice coordination team, which ensures a match between the student's profile and the characteristics of the center. If no suitable center is available in a student's city of residence, new institutions may be proposed, always with the guidance and support of the coordination team.

The internship project has a strong social dimension, as it brings art therapy to vulnerable populations who might otherwise not have access to this type of service. At the same time, it fulfills an educational function, helping to introduce art therapy to the professional teams of collaborating institutions, thereby promoting an understanding of its benefits and its integration into interdisciplinary work.

Metàfora's network of partner institutions includes organizations in areas such as education, mental health, hospitals, disability, services for women and families, elder care, addiction, homelessness, prisons, and non-profit organizations.

# Modules and subjects

## Module 1: Art Therapy

Workload: 300 hours (including class time and independent study)

Art Therapy Group  
(GAT) – 40.5 hrs

Observation and Expression  
Techniques  
(OET) 40,5 hrs.

Theory of Art Therapy  
(TAT) 81 hrs.

Methodology  
(MET) 63 hrs.

Academic Work  
(ACA) 70 hrs.

Case Presentations  
(CAS) 22,5 hrs

Applications of Art Therapy  
(AAT) 45 hrs

Professional Resources  
(PFR) 18 hrs.

Reading Groups  
(RGR) 27 hrs.

## Module 2: Art

Workload: 237 hours (including class time and independent study)

Contemporary Art Strategies  
(ART2) 40,5 hrs

Art Practice  
(ART3) 100 hrs

Art Workshops  
(ART4) 36 hrs

## Module 3: Psychology

Workload: 216 hours (including class time and independent study)

Psychopathology  
(PTA) 81 hrs

Relational Psychotherapy  
(RPT) 81 hrs.

Group Theory  
(GRT) 54 hrs.

Neuropsychology  
(NPS) 27 hrs

## Module 4: Practicum

Workload: 1,218 hours (including class time and independent study)

Supervision  
(SUP) 443 hrs.

Clinical Placement  
(PRC) 700 hrs.

Tutorials  
(TUT1) 9 hrs.

Final Presentations  
(PRES) 51hrs

## Work opportunities

Development of art therapy intervention projects

Practicing art therapy in diverse settings, including private practice, public services, and non-profit organizations

Becoming a Member of a Professional Association

Upon obtaining the master's degree, graduates can become members of a professional association by providing proof of their studies and complying with the professional practice regulations of each country.

# Team

Director: Carles Ramos i Portas

Academic Coordination: Rosa Barquero

Internship Coordination: Liz Sosa

Technical Coordination: María José Garrido Castells

Management Assistant: Moeki Yamada

Admissions: Marcos Persichini

Marketing: Sarah Ramos Bjerg

Teaching Staff: Varies depending on the edition

# Contact

Metàfora's administrative team is available to answer any questions you may have and to assist you with the application process. We will be happy to assist you in person, by phone, or via email.

Office Hours:

Monday to Thursday: 9:00 – 17:00

Friday: 9:00 – 14:00

Location:

Papin 29 · 08028 Barcelona

School Visits:

By appointment only

Contact:

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