



POSTGRADUATE
DIPLOMA
IN ART THERAPY &
COMMUNITY ART

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 Postraduate of Metàfora

The Diploma in Art Therapy and Community Art is the second level of Metàfora's art therapy training, comprising 30 ECTS, equivalent to 753 hours (including class and independent study).

As its name suggests, the program integrates the psychotherapeutic application of art through art therapy with its use in social development and transformation through community art.

Learning activities include group dynamics, exploration of the creative process, and theoretical sessions in psychology, psychotherapy, art therapy, and art. The international faculty is composed of practicing art therapists, psychologists, psychotherapists, artists, and activists.

Objectives and Learning Methodology

- Deepen knowledge of art therapy theory
- Introduction to psychodynamic psychotherapy
- Experience the art therapy process within a structured learning framework
- Explore different languages of contemporary art
- Learn the theory and application of community art

Metàfora's learning methodology is participatory and experiential, in line with the psychodynamic approach through which art therapy is taught. Student training goes beyond acquiring theoretical knowledge and analyzing clinical cases, incorporating experiential groups and interactive dynamics. These spaces are essential for developing the ability to express oneself in a group setting, listen to others, and sustain relational processes—core competencies in professional art therapy practice.

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 Postgraduate Diploma in Art Therapy and Community Art, it is essential to have successfully completed an Introductory Course in Art Therapy at Metàfora.

Student profile

It is aimed at professionals in the arts, education, healthcare, and social services, as well as anyone interested in art as a tool for self-awareness and personal growth.

Each year, Metàfora brings together a community of students from diverse nationalities and all five continents, whose cultural diversity characterizes and enriches the learning experience.

Formats & Schedule

The Postgraduate Diploma in Art Therapy and Community Art has a duration of 9 months (from October to June) and is offered in both blended and online formats.

Blended format: 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.

100% Online format: Every Friday from 4:00 PM to 9:00 PM, plus one weekend per month during the same hours.

The detailed timetable for each subject will be available before the start of the program. All schedules are based on Spanish local time (including seasonal time changes).

This is a part-time program, designed to be compatible with work commitments, requiring an additional 6–10 hours per week for reading, assignments, academic work, and tutorials.

The course runs from October to June, with weekly sessions and monthly weekend intensives, concluding with final presentations in June (18th, 19th, and 20th).

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.

Assessment

Evaluation 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 assessment system is applied, allowing progress to be measured using both qualitative and quantitative criteria.

Qualitative assessment focuses on the quality of learning and the competencies acquired, highlighting students' strengths and areas for improvement, with the goal of preparing them for professional practice in art therapy. Quantitative assessment includes monitoring attendance, completion of assignments, and submission of academic work.

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

Modules & Subjects

Module 1: Art Therapy

Credits: 12 ECTS

Workload: 298 hours (including class time and independent study)

Introductory Course in Art Therapy
(INT) – 25 hrs

Experiential Art Therapy Group
(GAT) 40,5 hrs.

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

Individual Tutorials
(TUT1) 4,5 hrs.

Group Tutorials and Role Play
(TUT2) 40,5 hrs.

Theory of Art Therapy
(TAT) 40,5 hrs.

Applications of Art Therapy
(AAT) 45 hrs

Case Presentations
(CAS) 23 hrs

Academic Paper
(ACA) 30 hrs.

Methodology
(MET) 9 hrs.

Module 2: Art

Credits: 8 ECTS

Workload: 207 hours (including class time and independent study)

Art Process Presentations
(ART1) 40,5 hrs

Contemporary Art Strategies
(ART2) 40,5 hrs

Art Practice
(ART3) 117 hrs

Art Workshops
(ART4) 36 hrs

Module 3: Psychology

Credits: 6 ECTS

Workload: 149 hours (including class time and independent study)

Introduction to Psychotherapy
(PTR) 40,5 hrs

Developmental Psychology
(DPS) 40,5 hrs

Introduction to Attachment
Theory
(IAT) 40,5 hrs

Module 4: Projects

Credits: 4 ECTS

Workload: 99 hours (including class time and independent study)

Community Art Theory
(TAC) 40,5 hrs

Community Art Projects
(PRJ) 40,5 hrs

Community Art Presentations
(CAP) 18 hrs

Career opportunities

- Development of community art intervention projects
- Participation with organizations dedicated to social integration and transformation through art and culture
- Design and facilitation of creative expression workshops and support for the creative process
- Expansion and integration of knowledge on the applications of art across various professional fields

Application to the Master's Program

To practice professionally as an art therapist, it is necessary to subsequently complete the Master in Art Therapy. The application period for the master takes place during the final trimester of the diploma program, that is, between April and June each year.

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 administration 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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