

Report of Validation Panel for a Special Purpose, Minor or Supplemental Award

Date of Meeting: 3rd March 2017

Named Award: Certificate
Programme Title: Principles of Sesame Drama and Movement Therapy
Award Type: Special Purpose Award
NFQ Level: 8
Intakes Commencing: September 2017
ECTS/ACCS Credits: 10

PANEL MEMBERS

Name / Function / External Institution OR CIT Academic Unit
Katherine Keane, Head of Department of Architecture, CIT
Tim Horgan, Head of Department of Computer Science, CIT
Justine Foster, West Cork Arts Centre
Dr Zoë Pool, UKCP Registered Psychotherapist, DAA Service Director

IN ATTENDANCE

Name / Function / External Institution OR CIT Academic Unit

PROPOSING TEAM MEMBERS

Name / Function / Academic Unit
Catherine Fehily, Head of School, Crawford College of Art and Design
Edward Kuczaj, Head of Department of Arts in Health and Community Practice.
Mary Smail
Raphaëla Heaslip

BACKGROUND TO THE PROPOSED PROGRAMME

Sesame Drama & Movement Therapy is a recognised therapeutic approach with the Irish Association of Creative Arts Therapies (IACAT) and within the UK under the Health Care Professions Council (HCPC). The Sesame Approach uses movement, story-making, play and non-verbal communication as an indirect, non-confronting, right-brain responsive therapy. Its intention is to restore people's listening to a deeper part of their being which is fundamentally healthy and creative, but which goes unrecognized, shadowed by attention on diagnosis or pathology. Metaphor and image speak in the language of the inner world and emerge when a person feels sufficiently safe to express themselves imaginatively and through the non-verbal knowing of the body. Problems are met from a changed perspective, self-confidence grows and relationship with other people develops.

The Sesame Approach has been a therapeutic practice for 53 years and has practitioners working throughout the world. There are only two Sesame training programmes running – a MA in Drama and Movement Therapy in London, and *Psyche and Soma*, an eighteen month Continuing Professional Development training for registered health professionals (HCPC), running in Wales and in London. The proposed SPA course, Principles of Sesame Drama and Movement Therapy would provide an additional training option and a foundation course in Ireland offering an entrance into the UK MA training as well as the MA in Dramatherapy currently on offer at NUI Maynooth.

Since 2002 Sesame Ireland has delivered short trainings through Introductions to the Sesame Approach and Continuing Professional Development courses. These events, allowing individuals interested in Sesame drama and movement therapy to gain a specific understanding of this form of Arts Therapy, have attracted 180+ applicants to date. Interest in Sesame drama and movement therapy has been consistent and positive in numbers and a desire for further training in Ireland has been repeatedly requested. It is from this record that the proposed 10-credit SPA has evolved, providing an introductory path for those individuals in Ireland who may wish to consider further professional training in the Sesame Method (or in Dramatherapy).

FINDINGS OF THE PANEL

*NOTE: In this report, the term “Requirement” is used to indicate an action or amendment which in the view of the Panel **must** be undertaken prior to validation and commencement of the Programme. The term “Recommendation” indicates an item which the Course Board (or other relevant Institute unit) should implement at the earliest stage possible, and appropriate implementation of which should be the subject of ongoing monitoring.*

The panel wishes to thank the proposing team for their thorough presentation and explanation of the details related to this Special purpose Award.

On consideration of the documentation provided and discussion of the programme with the proposers, the Panel has arrived at the following Findings, Requirements and Recommendations:

1. Validation Criteria

1.1 Is there a convincing need for the programme with a viable level of applications?

Overall Finding: Yes

Finding(s):

The proposing team evidenced that there is a convincing need for the programme with a viable level of application. Since 2002 Sesame Ireland has delivered short trainings through Introductions to the Sesame Approach and Continuing Professional Development courses. These events, allowing individuals interested in Sesame drama and movement therapy to gain a specific understanding of this form of Arts Therapy, have attracted 180+ applicants to date. Interest in Sesame drama and movement therapy has been consistent and positive in numbers and a desire for further training in Ireland has been repeatedly requested. It is from this record that the proposed 10-credit SPA has evolved.

1.2 Are the level and type of the proposed award appropriate?

Overall Finding: Yes

Finding(s):

The level and type of the proposed award are appropriate. The proposed 10-credit level SPA will provide an introductory path for those individuals in Ireland who may wish to consider further professional training through a MA at level 9 in the Sesame Method or in Dramatherapy. It will also provide the opportunity for registered health workers, educators, social workers etc to develop imaginative and embodied interventions in their practice to supplement their existing professional qualifications and practice.

1.3 Is the learning experience of an appropriate level, standard and quality?

Overall Finding: Yes, subject to certain Requirements and/or Recommendations.

Finding(s):

The learning experience is of an appropriate level and quality. The SPA is designed as a level 8 Certificate. Knowledge and skills are incorporated so that through the Sesame approach, an indirect, non-confronting arts therapy working through metaphor and image, movement

and touch, students will obtain an in-depth introduction to the use of movement, story making, play and non-verbal communication in therapeutic or healing contexts. The pedagogy introduces an experiential component, which requires students to work heuristically through their own process.

This level of qualification offers students an introduction to this specialised practice and does not alone qualify them to practice in a professional capacity. It is envisaged that graduates from the SPA, would combine the learning with their existing professional qualifications or undertake further professional training.

Professional graduates would normally be already working within the statutory services or be working in private practice.

Requirement(s):

Module: Sesame Theory and Practice 1

LO1: Refer to Bloom's Taxonomy for appropriate verb usage

Indicative Content: Revise text as discussed to clarify "apprenticeship"

Course Work: Revise text to better fit with non-standard delivery timing and continuous assessment method, which is not weekly. Review % breakdown of each component.

Reassessment Requirement: Clarify how reassessment will be conducted for practical skills workshops.

Workload: Clarify workload to better fit the non-standard delivery timing, which is not weekly. Clarify individual and group tutorial hours. Revise Learner Workload hours to reflect maximum average of 7 hours weekly for a 5-credit module.

Resources: Include all publication dates.

Correct all errors in text.

Module: Sesame Theory and Practice 1

LO3: Refer to Bloom's Taxonomy for appropriate verb usage

Pre-requisite learning: Include Module Sesame Theory and Practice 1 as a pre-requisite for Module Sesame Theory and Practice 2

Workload: Clarify workload to better fit the non-standard delivery timing, which is not weekly. Clarify individual and group tutorial hours. Revise Learner Workload hours to reflect maximum average of 7 hours weekly for a 5-credit module.

Correct all errors in text.

1.4 Is the programme structure logical and well designed (including procedures for access, transfer and progression)?

Overall Finding: Yes, subject to certain Requirements and/or Recommendations.

Finding(s):

The programme structure is logical and well designed. The Special Purpose Award is composed of two 5-credit modules delivered part-time and in sequence over eight two-day units, running on a Friday and Saturday between 10:00am and 5:00pm. The Sesame training is informed by the philosophies and theories of Marian R Lindkvist, Rudolph Laban, Carl Jung and Peter Slade, along with human development psychology, delivered in five learning strands:

- The Sesame Approach and the craft of therapy:
- Human Development and Jungian Psychology:
- Story Making and Myth Enactment:
- The Use of Body and Movement:
- Clinical Application/Supervision:

Applicants would normally have a level 7 or 8 qualification or professional qualification or have prior experience. Applicants with no formal qualifications or experience of Drama/movement therapy will be considered dependent on recognition of prior learning experience. The Part-time block delivery will provide opportunity for students engaged in employment to participate.

Recommendation(s):

The panel suggests that it would be very beneficial to develop a matrix, which illustrates how this level 8 award relates with other relevant existing and future level 9 awards and lay out a clear pathway of potential career development. A Masters level degree is currently the recognised qualification for recognition as a professional drama therapist.

1.5 Are the programme management structures adequate?

Overall Finding: Yes

Finding(s):

The programme management structures are adequate. This programme falls within the management of the Head of Department of Arts in Health and Community Practice. The course leader and tutor will be part of the normal department structure and organization including department meetings and supervision forums.

1.6 Are the resource requirements reasonable?

Overall Finding: Yes, subject to certain Requirements and/or Recommendations.

Finding(s):

The sponsors confirm that resources approval for this programme has been received from the faculty. The resource requirements are reasonable. This programme will be housed in the new CIT Grand Parade facility. Over eight weekends it will utilize the MA space, when not in use at weekends, delivering an efficiency in resource utilization. Students will have access to CCAD library and the range of art(s) materials and equipment already existing. No additional resources are anticipated except additional reading material in the library. The programme will be delivered by Part-time staff, visiting practitioners and a lecturer from Cork School of Music.

Recommendation(s):

The panel recommends that consideration should be given to the provision of appropriate administration support.

1.7 Will the impact of the programme on the Institute be positive?

Overall Finding: Yes

The impact of the programme on the institute will be positive. The proposed course aligns with the overall focus of the department and it is a very good fit with the other programme offerings in the department. A number of the Sesame training days could be made accessible for MA Art Therapy students who during their training undertake experience in relation to other Arts Therapies. This programme is unique within Ireland. It offers a flexible delivery, which will attract new markets and accommodate those in employment. It will satisfy CPD for existing practitioners
The course could be run on a self-funding basis.

2. Other Findings

This proposed 10-credit SPA is innovative and unique in Ireland. It will provide a foundation to explore further education and also support existing practitioners in expanding their skills. It will both introduce and promote the Sesame method in Ireland.

CONCLUSION

Based on the above findings, the Panel recommends to Academic Council:

That the Programme be validated for five academic years, or until the next programmatic review, whichever is soonest, subject to implementation of the Requirements above, and with due regard to the Recommendations made.

Implementation of Requirements and Recommendations
Requiring Registrar's Office Sign-Off:
<p>1.3 Module Requirements: Sesame Theory & Practice 1 (retitled to Thematic Creative Engagement) and Sesame Theory & Practice 2 (retitled to Sesame Professional Practice). All requirements complete.</p>
<p>1.4 Recommendation(s): Develop a matrix, which illustrates how this level 8 award relates with other relevant existing and future level 9 awards and lay out a clear pathway of potential career development. A Masters level degree is currently the recognised qualification for recognition as a professional drama therapist.</p> <p>Response: <i>This will be considered and developed in the light of ongoing discussions and developments within the department and CIT CCAD regarding proposals for future MA's. The course also fits within the suite of SPA's which further consideration is being given to and related their possible combining as a post graduate award.</i></p> <p><i>It will be clearly articulated and indicated to students on the course, of the necessity of attaining the MA level degree to practice as a drama therapist.</i></p>
<p>1.6 Recommendation(s): The panel recommends that consideration should be given to the provision of appropriate administration support to appropriately support, develop and promote the programme.</p> <p>Response: <i>This is an ongoing issue within the CIT CCAD and will be reviewed in the light of the impending move to the Grand Parade site in September 2017.</i></p>