香港教育大學
The Education University of Hong Kong



Master of Social Sciences in Therapeutic Play and Well-Being (1.5-year Full-time / 2-year Part-time)

遊戲治療及身心健康社會科學碩士 (一年半全日制/兩年兼讀制)

Programme Handbook (2026-27 Cohort)

Department of Health and Physical Education

香港教育大學
The Education University of Hong Kong

Faculty of Liberal Arts and Social Sciences

Department of Health and Physical Education

PROGRAMME HANDBOOK

Master of Social Sciences in Therapeutic Play and Well-Being [MSocSc(TPWB)]

1.5-year Full-time (A1M111)

2-year Part-time (C2M041)

Department of Health and Physical Education

(Last updated: 7 Aug 2026)

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Individuals who wish to apply for qualification certification in Mainland China after graduation should contact the CSCSE (website: https://zwfw.cscse.edu.cn/cscse/lxfwzxwsfwdt2020/xlxwrz32/index.html) directly for updated details and confirmation. The certification in Mainland China is an independent process from the conferral of academic qualification in Hong Kong by the University. For the avoidance of doubt, no warranties are given in respect of individual graduate's qualification certification or recognition in Mainland China or any other professional qualification or license outside Hong Kong.

In the event of inconsistency between information contained in this Programme Handbook and any University or Programme policies and regulations or where an interpretation of Programme Handbook is required, the decision of the University shall be final.

Any aspect of the course and course offerings (including, without limitation, the content of the course and the manner in which the course is taught) may be subject to change at any time at the sole discretion of the University. Without limiting the right of the University to amend the course and its course offerings, it is envisaged that changes may be required due to factors such as staffing, enrolment levels, logistical arrangements, curriculum changes, and other factors caused by unforeseeable circumstances. Tuition fees, once paid, are non-refundable.

Faculty of Liberal Arts and Social Sciences
(www.eduhk.hk/flass)

Department of Health and Physical Education
(https://hpe.eduhk.hk/)

Master of Social Sciences in Therapeutic Play and Well-Being

1.5-year Full-time (A1M111)
2-year Part-time (C2M041)

2026/27

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Section 1 Programme Information

1.1 Programme Title:

Master of Social Sciences in Therapeutic Play and Well-Being

1.2 Programme Code:

Full-time mode: A1M111

Part-time mode: C2M041

1.3 Abbreviated Programme Title:

MSocSc(TPWB)

1.4 Mode of Attendance:

1.5-year Full-time / 2-year Part-time

1.5 Faculty/Department hosting the programme:

Faculty of Liberal Arts and Social Sciences / Department of Health and Physical Education

1.6 Medium of Instruction:

English

1.7 Contact Hours

The number of credit points assigned to a course is indicative of the hours of student effort, which include both contact hours and study time. In terms of contact hours, one credit point should normally be equivalent to one hour of teaching per week for 13 teaching weeks in a semester. In terms of study time, students are normally expected to engage in no less than 2 hours of independent learning per week for each contact hour. For example, a 3-credit point course will normally have 39 hours of classroom work with a further 78 hours of study time.

1.8 Period of Studies

The length of a programme is stipulated in the curriculum. To complete the curriculum, students are required to complete satisfactorily all the specified course requirements including coursework, school attachment, block practice, internship or similar programme required activities, as applicable. [*GAR for TPg Section 7.1*]

Normally, there are two semesters in each academic year for academic activities, such as coursework, field experience, overseas immersion, internship and summer institute. [*GAR for*

TPg Section 7.2]

1.9 Timetable Arrangements

According to the standard of Play Therapy United Kingdom (PTUK), the core courses will be held from 9:30am - 5:30pm, Monday to Saturday, over 2 consecutive weeks in each block of teaching. Elective courses/other courses in the same or different semester(s) may be scheduled on weekday daytime/ evenings, weekends, and/or during long holidays at the Tai Po Campus / Tseung Kwan O Study Centre / North Point Study Centre / Kowloon Tong Satellite Study Centre and/or other locations as decided by the University with possible scheduling of combined classes for programmes / courses of different modes of study (including full-time and part-time). Participants are required to check their personal timetable in The Portal (https://portal.eduhk.hk) from time to time for the most recent version.

1.10 Course Registration

Students must ensure the completion of course registration before the course starts. Students who have not registered for any course in a semester (for full-time students) / two consecutive semesters (for part-time students) (excluding the summer semester) will be considered to have withdrawn from their programme at the University (as stipulated in 14.1) unless deferment of studies has been approved by the relevant Programme Leader/Coordinator. *[GAR for TPg Section 4.1]*

Students can add or drop a course during the add-drop period or before the third class meeting. Students are permitted to drop a course after the add-drop period but before the examination period or the deadline for submission of final assignments or presentation, whichever applicable, only for strong personal reasons, such as serious illnesses; the grade W (Withdrawn) will be recorded on the students' transcript. *[GAR for TPg Section 4.4]*

1.11 Student Portal, Emails, Intranet Messages and Notices

Participants must visit The Portal (the University's student portal), and read e-mails, intranet messages and notices regularly. These are the major means of communication in the University. In order not to miss out important information, participants should check these sources regularly. For details of the student portal, participants may refer to the relevant pages in the Student Handbook.

Section 2 Programme Aims and Objectives

2.1 The MSocSc(TPWB), targets students who plan to pursue careers in the field of therapeutic play. The programme will provide students with advanced theories, knowledge and practical experiences in therapeutic play skills. It covers essential elements ranging from health assessment and analysis, etiology and treatment in well-being, and counselling skills to the latest technologies in the promotion of therapeutic play. Graduates are expected to pursue a career in play and well-being promotion for populations varying from community clients to clinical patients. The proposed programme will enhance the service diversities in physical and mental well-being education and rehabilitation, and address the urgent community needs of improved public health by providing trained professionals specialised in therapeutic play.

2.2 Upon completion of the Programme, students should be able to:

2.2.1. Critically examine the development of therapeutic play for children;

2.2.2. Demonstrate understanding of up-to-date non-directive play principles and practice and develop research play tools relevant to children's well-being;

2.2.3. Devise comprehesive practice in therapeutic play to contribute to good well-being and apply related strategies in school health;

2.2.4. Develop scientific and evidence-based strategies to conduct research related to therapeutic play and well-being; and

2.2.5. Formulate and apply adapted interdisciplinary teaching strategies for play therapy and well-being in different settings.

Section 3 Programme Structure and Curriculum

The MSocSc(TPWB) composes 24 cps with **three** core courses (9 cps) and **three** elective courses (9 cps). Students are required to further complete a total of 100 hours of practicum (6 cps) with satisfactory feedback (i.e., grade "Pass" or above) for graduation. The programme structure is shown as below:

	Normal path (Applicants without the Postgraduate Certificate in Therapeutic Play Skills)	Applicants of Certified Practitioners in Therapeutic Play Skills / obtained Postgraduate Certificates in Therapeutic Play Skills	
		Within 5 years	Over 5 years
Core Courses	3 courses (9 cps)	Nil *[to be granted with credit transfer]*	3 courses (9 cps)
Elective Courses	3 courses (9 cps)	5 courses in total (15 cps) *[including 2 additional courses for replacing the credit exemption of Practicum]*	5 courses in total (15 cps) *[including 2 additional courses for replacing* credit *exemption of Practicum]*
Practicum	1 practicum (6 cps)	Credit exemption *[to be replaced by 2 additional elective courses]*	Credit exemption *[to be replaced by 2 additional elective courses]*
Total cps	24 cps	15 cps	24 cps

3.1 Major

3.1.1 Three core courses enable students to practice safely and effectively using therapeutic play skills in a variety of settings and to provide emotional support for individual children.

3.1.2 According to the standard of Play Therapy United Kingdom (PTUK), the core courses will be held from 9:30am – 5:30pm, Monday to Saturday, over 2 consecutive weeks in each block of teaching.

Course Code	Course title	CPs
HCS6078	Orientation to Setting up Play Practice Using Non-Directive Play	3
HCS6079	Using Symbolic Play Therapy Tools and Metaphor Safely	3
HCS6080	Using Expressive Arts Therapy to Reach the Unconscious	3

**Offering semester is subject to change, if necessary.*

3.2 Electives

3.2.1 To strengthen students' knowledge in different domains, a pool of 9 electives is provided for students to select for completing the programme:

Course Code	Course title	CPs
HCS6081	Mindfulness	3
HCS6082	Child and Adolescent Health Education	3
HCS6084	Therapeutic Use of Music and Imagery	3
HCS6085	Musicking for Life and Well-being	3
HCS6086	Creating a Musical Third Space in School	3
PSY6056	Stress and Coping *(offered by PS)*	3
LIN6071	Therapeutic Narrative Studies *(offered by LML)*	3
LIN6072	The Linguistics of Happiness *(offered by LML)*	3
LIT6078	Writing the Authentic Self *(offered by LCS)*	3

**Offering semester is subject to change, if necessary.*

3.2.2 Students who are Certified Practitioners in Therapeutic Play Skills or Certified Play Therapist **within 5 years** can apply for credit transfer of the three core courses (9 cps) and credit exemption of the practicum. They are required to take a total of **five** electives with the inclusion of two additional elective courses (6 cps) to replace credit exemption of the practicum.

3.2.3 Applicants who are Certified Practitioners in Therapeutic Play Skills or Certified Play Therapist **over 5 years** can apply for credit exemption of the practicum. They are required to

take **three** core courses (9 cps) in order to grasp the up-to-date knowledge of therapeutic play, **five** elective courses with the inclusion of two additional elective courses (6 cps) to replace credit exemption of the practicum.

3.3 Practicum

3.3.1 To prepare students conducting the practicum in local schools setting, the schedule of the 100-hour practicum is required to make reference to respective school academic, examination and other activities.

Course Code	Course title	CPs
HCS6083	Therapeutic Play Skills	6

3.4 Language Support

The Centre for Language in Education (CLE) provides support outside the classroom in the form of individual and small group support and informal language exchange in the Arthur Samy Language Learning Centre (ASLLC).

Arthur Samy Language Learning Centre (ASLLC) provides a wide-range of self-access language learning software, workshops and consultations (for Chinese, English and Putonghua).

For detailed information about CLE and ASLLC, you may visit:

CLE
Location: B2-G/F-03
Website: http://www.eduhk.hk/cle/

ASLLC
Location: B3-G/F-05
Website: https://www.eduhk.hk/cle/en/asllc/.

3.5 General Academic Regulations (GAR)

Please check regularly on the website: http://www.eduhk.hk/reg/student_handbook/ for the most up-to-date University's general academic regulations. Other regulations are available from Student Handbook of relevant years.

3.6 Suggested Study Pattern

3.6.1 **Full-time (One and a half-year)**

i. Normal study path

<table>
<tr><th>Mode of Study</th><th>Year</th><th>Semester</th><th colspan="3">Courses</th></tr>
<tr><td rowspan="3">Full-time</td><td rowspan="2">Year 1</td><td>Semester 1</td><td>Core Courses (9 cps)
Orientation to Setting Up Play Practice Using Non-Directive Play Therapy (3 cps)
Using Symbolic Play Therapy Tools and Metaphor Safety (3 cps)
Using Expressive Arts Therapy to Reach the Unconscious (3 cps)</td><td rowspan="3">Electives (9 cps)
(Students can take any three with 3 cps each from below)
1. Mindfulness
2. Child and Adolescent Health Education
3. Stress and Coping
4. Therapeutic Use of Music and Imagery
5. Musicking for Life and Well-being
6. Creating a Musical Third Space in School
7. Therapeutic Narrative Studies
8. The Linguistics of Happiness
9. Writing the Authentic Self</td><td></td></tr>
<tr><td>Semester 2</td><td></td><td rowspan="2">Practicum (6 cps)
Therapeutic Play Skills</td></tr>
<tr><td>Year 2</td><td>Semester 1</td><td></td></tr>
</table>

ii. Applicants of certified practitioners in Therapeutic Play Skills / or Certified Play Therapist **within 5 years** *[to be granted with credit transfer of core courses and credit exemption of practicum]*

<table>
<tr><th>Mode of Study</th><th>Year</th><th>Semester</th><th>Courses</th></tr>
<tr><td rowspan="2">Full-time</td><td rowspan="2">Year 1</td><td>Semester 1</td><td rowspan="2">Electives (15 cps)
(Students can take any five with 3 cps each from below)
1. Mindfulness
2. Child and Adolescent Health Education</td></tr>
<tr><td>Semester 2</td></tr>
</table>

	Year 2	Semester 1	3. Stress and Coping 4. Therapeutic Use of Music and Imagery 5. Musicking for Life and Well-being 6. Creating a Musical Third Space in School 7. Therapeutic Narrative Studies 8. The Linguistics of Happiness 9. Writing the Authentic Self

iii. Applicants of certified practitioners in Therapeutic Play Skills / or Certified Play Therapist **over 5 years** *[to be granted with credit exemption of practicum]*

Mode of Study	Year	Semester	Courses	
Full-time	Year 1	Semester 1	**Core Courses (9 cps)** • Orientation to Setting Up Play Practice Using Non-Directive Play Therapy (3 cps) • Using Symbolic Play Therapy Tools and Metaphor Safety (3 cps) • Using Expressive Arts Therapy to Reach the Unconscious (3 cps)	**Electives (15 cps)** (Students can take any five with 3 cps each from below) 1. Mindfulness* 2. Child and Adolescent Health Education* 3. Stress and Coping 4. Therapeutic Use of Music and Imagery* 5. Musicking for Life and Well-being* 6. Creating a Musical Third Space in School* 7. Therapeutic Narrative Studies* 8. The Linguistics of Happiness* 9. Writing the Authentic Self*
		Semester 2		
	Year 2	Semester 1		

3.6.2 **Part-time (Two-year)**

i. Normal study path

Mode of Study	Year	Semester	Courses		
Part-time	Year 1	Semester 1	**Core Courses (9 cps)** • Orientation to Setting Up Play Practice Using Non-Directive Play Therapy (3 cps) • Using Symbolic Play Therapy Tools and Metaphor Safety (3 cps) • Using Expressive Arts Therapy to Reach the Unconscious (3 cps)		

		Semester 2		**Electives (9 cps)** (Students can take any **three** with 3 cps each from below) 1. Mindfulness 2. Child and Adolescent Health Education 3. Stress and Coping 4. Therapeutic Use of Music and Imagery 5. Musicking for Life and Well-being 6. Creating a Musical Third Space in School 7. Therapeutic Narrative Studies 8. The Linguistics of Happiness 9. Writing the Authentic Self	**Practicum (6 cps)** Therapeutic Play Skills
	Year 2	Semester 1			
		Semester 2			

ii. Applicants of certified practitioners in Therapeutic Play Skills or Certified Play Therapist **within 5 years** *[to be granted with credit transfer of core courses and credit exemption of practicum]*

Mode of Study	Year	Semester	Courses
Part-time	Year 1	Semester 1	**Electives (15 cps)** (Students can take any **five** with 3 cps each from below) 1. Mindfulness 2. Child and Adolescent Health Education 3. Stress and Coping 4. Therapeutic Use of Music and Imagery 5. Musicking for Life and Well-being 6. Creating a Musical Third Space in School 7. Therapeutic Narrative Studies 8. The Linguistics of Happiness 9. Writing the Authentic Self
		Semester 2	
	Year 2	Semester 1	
		Semester 2	

iii. Applicants of certified practitioners in Therapeutic Play Skills / or Certified Play Therapist **over 5 years** *[to be granted with credit exemption of practicum]*

<table>
<tr><th>Mode of Study</th><th>Year</th><th>Semester</th><th colspan="2">Courses</th></tr>
<tr><td rowspan="4">Part-time</td><td rowspan="2">Year 1</td><td>Semester 1</td><td rowspan="4">Core Courses (9 cps)
• Orientation to Setting Up Play Practice Using Non-Directive Play Therapy (3 cps)
• Using Symbolic Play Therapy Tools and Metaphor Safety (3 cps)
• Using Expressive Arts Therapy to Reach the Unconscious (3 cps)</td><td rowspan="4">Electives (15 cps)
(Students can take any five with 3 cps each from below)
1. Mindfulness
2. Child and Adolescent Health Education
3. Stress and Coping
4. Therapeutic Use of Music and Imagery
5. Musicking for Life and Well-being
6. Creating a Musical Third Space in School
7. Therapeutic Narrative Studies
8. The Linguistics of Happiness
9. Writing the Authentic Self</td></tr>
<tr><td>Semester 2</td></tr>
<tr><td rowspan="2">Year 2</td><td>Semester 1</td></tr>
<tr><td>Semester 2</td></tr>
</table>

Section 4 Course Synopses

[The detailed course outlines can be found at https://hpe.eduhk.hk/student-corner/(Student Corner > MSocSc(TPWB)).]

4.1 Core

HCS6078 Orientation to Setting Up Play Practice Using Non-Directive Play Therapy

The course aims to understand certification requirements and obligation. Students can recognise and develop critically towards achieving the reflexive thinking and skills required through setting up Play Therapy Practice using non-directive Play Therapy. Using non-directive therapeutic play skills, students can successfully establish and assess therapeutic relationships with children. Students are required to perform 120 hours of placements and complete the clinical portfolio to fulfill certification requirements.

HCS6079 Using Symbolic Play Therapy Tools and Metaphor Safely

The course aims to know about therapeutic play practice using non-directive approach and using symbolic play tools and metaphor safely. Students can recognize and develop critically towards achieving the reflexive thinking and skills. It will also provide students to learn how to establish and assess therapeutic relationship using non-directive therapeutic play skills.

HCS6080 Using Expressive Arts Therapy to Reach the Unconscious

The aim of this course is to add to the students' repertoire of play therapy tools and conditions, which will benefit from therapeutic play. It includes an introduction to the main research methods that are applicable to play therapy and the fundamentals of neurobiology showing the beneficial effects of play. The practical demonstrations and exercises show how the various therapeutic media might be integrated by the child. Students are able to communicate with children using a full range of expressive arts media by adding art, clay, movement and puppets into the toolkit. In addition, students are able to integrate art, clay, movement as play therapy interventions.

4.2 Elective

HCS6081 Mindfulness

The course aims at providing students with basic knowledge and understanding of mindfulness in stress reduction and resilience. Self-awareness and 'core' essential qualities are central to the establishment of positive therapeutic relationships. Mindfulness develops awareness of present

experience accompanied with an attitude of acceptance. Students will have the opportunities in practicing mindfulness as well.

HCS6082 Child and Adolescent Health Education

The course aims to introduce the social, emotion and mental growth and development of children and adolescents, with special emphasis on the factors affecting their health-seeking behaviours and lifestyles. Various common health problems in children and adolescents are covered. Appropriate health education to the children and family are discussed. It will also provide students with skills in designing and implementing an education program for targeting child and adolescent health issues in school and community settings.

HCS6084 Therapeutic Use of Music and Imagery

This is an introductory course based on Guided Imagery and Music (GIM) and guided imagery psychotherapy (Katathym-Imaginativer Psychotherapie) (KIP), which utilized imagery and music in psychodynamic psychotherapy interventions for mental health and wellness. Students will learn about neuroscience and theoretical bases of music and imagery, specifically on GIM. The course will introduce students with specific intervention skills and techniques along with researches and scenario studies, and along with some trial sessions under professional guidance of the course tutor. On completion of the course, students will be consolidated their learning through a pilot project by bridging the learning gaps from theory to hands-on practice.

This course has no prerequisite, but students are required to immerse in music listening and expressive drawing activities during lessons.

HCS6085 Musicking for Life and Well-Being

The infant breath, the walking posture, the belly laugh, the need to be heard – those are completely natural but of crucial importance. This course provides students with opportunities to engage and unleashes their bodies as the instruments by exploring vocal tone, characters and emotions through musicking. Through various form of activities, students will experiment possible ways to improvise with voices, spaces, movements to connect memories and senses. Students will experience breathing and singing that is grounded in the physical base, exploring, and liberating the voice and the rhythm in the body. This course aims to facilitate students to relate the connection between breathing, eurythmic, speaking, vocalizing and silent voices to awaken our body and brain, so that one's can

communicate, connect, and manifest themselves emotionally and spiritually. On completion of the course, students should be able to know how they can take their music in care and action to serve selected target groups in the community.

This course has no prerequisite, but students are required to immerse in music making, singing and moving activities.

HCS6086 Creating a Musical Third Space in School

The third space has been described as a neutral place that allows us to rest and reset in between home and work engagements. A musical third space in school is intended to create a breathing space in the midst of fast-paced school life where pupils can check in with their current physical and mental states, reconnect with their self and others, and return to learning with a refreshed body and mind. This course introduces theories and research on the relationship between music, wellbeing, and mental health, asks students to reflect on the significance of music in their lives, and takes students on a journey to discover ways in which musical engagement can be applied in school settings to address different types and levels of wellbeing needs. On completion of the course, students should be able to describe the importance of creating a musical third space in school and how it may be achieved in collaboration with music therapist, student support staff, and music teachers at school.

This course has no prerequisite, but students with experience in conducting music learning and teaching activities would have advantage.

4.3 Practicum

HCS6083 Therapeutic Play Skills

This practicum provides students with practical experience of the challenges in communication, facilitation and negotiation in settings focusing on non-directive play skills and mental rehabilitation. Students will integrate and apply the knowledge and skills they gained from the programme to the real-life workplace. This practicum will enrich their practical experience in future career development as a play practitioner.

For more details of the practicum, please refer to the **Practicum Handbook**.

Section 5 Graduation

The MSocSc(TPWB) is recognized by the PTUK. Graduates obtained satisfactory assessments in all courses (i.e., grade "Pass" or above) of the programme will be awarded the following certificates:

i. An attendance certificate in "Provisional Postgraduate Certificate in Therapeutic Play Skills" (upon completion and pass the three core courses in the MSocSc(TPWB) programme); and
ii. A Postgraduate Certificate in Therapeutic Play Skills, which lead to an International Certification as Practitioner in Therapeutic Play Skills on the PTUK Register of Play and Creative Arts Therapists, and on Accredited Registry approved by the Professional Standards Authority in UK after completing and passing the Practicum in the programme.

Section 6 Academic Policies and Regulations

The General Academic Policies and Regulations are adopted as University-wide policies. Programme-specific academic regulations for individual programmes (if any) should also be observed and are separately presented in their Programme Handbooks or programme materials. Other regulations are available from Student Handbook of relevant years. Please check regularly on the website: http://www.eduhk.hk/reg/student_handbook/ for the most up-to-date University's general academic regulations. Corresponding announcements will also be posted on the Intranet by the Registry.

Section 7 Course List

Course Code	Course Title	Credit Points	Sem**
Core			
HCS6078	Orientation to Setting up Play Practice Using Non-Directive Play	3	**1**
HCS6079	Using Symbolic Play Therapy Tools and Metaphor Safely	3	**1**
HCS6080	Using Expressive Arts Therapy to Reach the Unconscious	3	**2**
Elective			
HCS6081	Mindfulness	3	**1**
HCS6082	Child and Adolescent Health Education	3	**1**
HCS6084	Therapeutic Use of Music and Imagery	3	**1**
HCS6085	Musicking for Life and Well-being	3	**2**
HCS6086	Creating a Musical Third Space in School	3	**2**
PSY6056	Stress and Coping (offered by PS)	3	**2**
LIN6071	Therapeutic Narrative Studies (offered by LML)	3	**1**
TBC	The Linguistics of Happiness (offered by LML)	3	**2**
LIT6078	Writing the Authentic Self (offered by LCS)	3	**2**
Practicum			
HCS6081	Therapeutic Play Skills	6	**2 & 1**

***subject to timetabling*