

catalyst

2026

MASTER OF ARTS

Applied Creative Psychology

Help creative professionals and organisations build sustainable, thriving practices: Europe's first MA bridging creative arts and applied interdisciplinary psychology.

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Teaching Institution: Catalyst – Institute of Creative Arts and Technology

Final Award Title: Master of Arts

Location: Berlin

Mode of study: Full time (1 year)

Language of instruction: English

Awarding Institution: Plymouth Marjon University

Overview

Research and design evidence-based human development practices that help people, organisations and communities flourish through creativity

The MA in Applied Creative Psychology is a one-year (full-time) postgraduate programme that trains you to understand and facilitate human development through creative practices. Using frameworks from positive psychology, neuroscience, and human development research, you'll develop the knowledge and competencies needed to support individuals and communities in achieving creative and psychological flourishing.

This programme responds to the growing demand for professionals to develop research capabilities, theoretical grounding, and practical competencies to work with individuals, teams, and organizations where creative processes intersect with psychological outcomes.

You're a good fit for this MA programme if you're a:

- **Artist or creative** who wants to understand the psychology behind your own creative process and help other creatives navigate theirs
- **Organisational professional** who wants to understand the psychology of sustainable practice
- **Wellbeing practitioner or therapist** seeking frameworks for creatives and artists
- **Workshop facilitator** needing academic grounding to sharpen your toolkit
- **Corporate Leader** building cultures where creativity and wellbeing fuel each other

The curriculum integrates three core pillars that shape how you learn and what you develop:

1. Creative Exploration: Using artistic practice, experimentation, and self-expression to deepen personal insight and understanding of creative processes, while using creativity as a tool for psychological exploration and development.

2. Psychological Insight: Engaging with contemporary research in human development, positive psychology, neuroscience, and leadership theory to develop a rigorous understanding of how creativity intersects with psychological development across the lifespan.

3. Applied Practice: Bringing knowledge into real-world contexts through service learning, community projects, deep reflective practices and a capstone portfolio demonstrating professional competency.

These three-pillars ensure you develop both as a practitioner (capable of facilitating creative development in others) and as a researcher (grounded in psychological theory and evidence).

What is Applied Creative Psychology?

Applied Creative Psychology is an interdisciplinary field combining psychological research on creativity, human development, and performance with practical application in real-world contexts. This field sits at the intersection of several established research areas:

- **Developmental Psychology** – how creativity evolves across the human lifespan
- **Positive Psychology** – optimal experience, motivation, meaning, and flourishing
- **Creativity Research** – how creative processes work and can be supported
- **Neuroscience** – brain function during creative states, physiological aspects of expression
- **Performance Science** – flow, peak performance, expertise development
- **Educational Psychology** – how people learn and develop creative capacities

The "Applied" in Applied Creative Psychology means this field emphasizes practical application such as:

- **Designing evidence-based interventions** such as workshops, programmes, or organizational initiatives grounded in psychological research rather than intuition alone.
- **Facilitating creative development** by working with individuals, groups, or communities to support creative growth using frameworks from human development theory.
- **Conducting practice-based research** to test psychological frameworks with real populations, evaluate programme effectiveness, contribute to field knowledge.
- **Bridging theory and practice**, in order to translate research from psychology, neuroscience, and creativity studies into approaches that work in educational, community, and organizational contexts.

Through hands-on projects, reflective learning, and cross-disciplinary collaboration, you'll develop your capacity to facilitate creativity in others while nurturing your own creative voice and psychological insight. You'll examine how creative practice can foster resilience, empathy, agency, and meaning—not as abstract ideals, but as embodied outcomes you can design and deliver for yourself and others.



Why is this field in increasing demand?

Three converging factors have created demand for Applied Creative Psychology practitioners:

- 1. Recognition of creative work's specific psychological demands:** Creative industries, educational institutions, and organizations increasingly recognize that creative work involves unique psychological dynamics (intrinsic motivation under external evaluation, tolerance of uncertainty, identity integration with work) requiring specialized understanding.
- 2. Growing evidence base for creativity's developmental benefits:** Research demonstrates that creative practices, when facilitated appropriately, support psychological development, emotional regulation, and wellbeing—but effective facilitation requires theoretical grounding, not just enthusiasm.
- 3. Need for practitioners who bridge disciplines:** Organizations seek people who can speak both languages: understanding psychological research rigorously while also understanding how creative work actually functions. Few training programmes provide this specific combination.

Applied Creative Psychology provides the theoretical frameworks and practical competencies to work professionally at this intersection—neither purely psychologist nor purely creative practitioner, but someone who can integrate both domains effectively.

What is the difference between traditional psychology and applied creative psychology?

Both are meaningful career paths yet they lead you to completely different opportunities:

Traditional Psychology MA prepares you to:

- Work in clinical healthcare settings (hospitals, therapy practices)
- Become a licensed therapist or clinical psychologist
- Treat diagnosed mental health conditions using medical models
- Pursue regulated therapy credentials
- Conduct research in lab or academic settings

Applied Creative Psychology MA enables you to:

- Work at the intersection of creativity, wellbeing, and human development
- Support individuals and organisations to flourish personally, professionally and creatively
- Work in organisations, creative industries, education, or community settings
- Build consultancy/coaching practice which don't require licensing requirements
- Apply psychological frameworks in creative contexts – for your own practice or for others

By the end of the course, you'll have:

- **A portfolio of original applied projects** that demonstrate your integration of creativity and psychology.
- **Advanced research and reflective practice skills**, preparing you for professional practice or doctoral study.
- **Confidence as a facilitator and leader**, able to design and deliver creative interventions across diverse contexts.
- **Practical experience through service learning**, applying your work with real communities, organisations or cultural partners.
- **Professional positioning** in the growing fields of creative health, applied psychology, education and leadership.

“One of my projects explored the relationship between memory, sound, and environment. It was inspired by the idea of emotional geography, how certain places hold echoes of who we have been. Using field recordings, layered textures, and fragments of spoken word, I built a soundscape that felt like a map of both place and feeling. The course helped me approach this with intention and depth, combining theory and intuition in a way that felt completely authentic to me”

– Dom Frazer, artist and Creative Psychology student



Your Programme Structure

You'll complete 5 core modules across three semesters, combining coursework, real-world application and a final capstone project:

Semester A

Creative Lifespan Development · 30 Credits

Explore how creativity evolves throughout a lifetime. You'll examine key psychological theories and develop tools to support growth, identity formation and personal development across different life stages.

Optimal Experience & Peak Performance · 30 Credits

Delve into the psychology of flow, motivation and meaning-making. You'll learn how to design environments and practices that foster deep engagement, creativity, and performance across disciplines.

Semester B

Expressive Arts, Health & Wellbeing · 30 Credits

Investigate the therapeutic and transformational power of creative expression. This module blends theory with practice to explore how art supports physical and mental health, emotional regulation and holistic wellbeing.

Creative Leadership & Global Impact · 30 Credits

Focus on leadership, collaboration and the socio-cultural elements of creativity. This module helps you develop inclusive, values-driven approaches to creativity that can lead change in organisations, education, and communities.

Semester C

Capstone Portfolio · 60 Credits

Bring together everything you've learned in a culminating final project. This long-term thesis serves as your capstone portfolio and is developed throughout the programme. You'll design a project—either a single large-scale initiative or a series of smaller connected works—that reflects your personal specialisation and creative psychology practice.

Drawing from literature, short-term modules, and professional experience gained during the fellowship, this project is your opportunity to demonstrate mastery, insight and real-world relevance. It should reflect your growth, creative voice and capacity to lead change through applied creative psychology.

Workshops and programme outcomes

This programme supports you in creating a life and practice that is intentional, connected, and purpose-driven. Through coaching, creative experimentation, and applied psychological tools, you will:

- Design evidence-based interventions that actually support people's development
- Conduct applied research that contributes to the field
- Facilitate creative processes with individuals, groups, and organizations across diverse cultural contexts
- Think systemically about how creative ecosystems function
- Lead meaningful change in education, community, and organizational settings

Your development will reflect your chosen specialization:

- **Optimal experience & peak performance:** strengthen creative self-efficacy, flow proneness, and sense of purpose
- **Expressive arts, health & wellbeing:** develop capabilities in stress management, healthier creative behaviors, and physiological awareness
- **Creative leadership & global impact:** build action-oriented leadership skills, collaboration capabilities, and cross-cultural sensitivity

How You'll Be Assessed

Assessment happens through work that reflects how you'll actually practice. No written exams. Instead, you'll receive personalized feedback focused on your strengths, where you're developing, and what this means for your professional future. It's an assessment designed to prepare you for the interdisciplinary, applied, reflective work this field requires, including:

- **Essays** demonstrating theoretical understanding
- **Creative responses** using art as method of inquiry
- **Critical reflections** analyzing your process
- **Presentations** to different audiences
- **Community case studies** examining real practices
- **Portfolios** documenting growth
- **Research projects** tailored to your interests



Career opportunities for graduates

Besides gaining the skills to support your own creative practice, the roles below require the psychological frameworks for creative contexts, research capabilities, and academic credibility. These are all skills that you will acquire within this MA.

Creative Wellbeing Consultant

- **What you do:** Design wellbeing programmes for tech companies, creative agencies, festivals, and cultural organizations.
- **Example clients:** Soundcloud employee, wellbeing manager, agency team mental health programmes, festival artist support

Arts-Based Facilitator

- **What you do:** Use creative practices for community wellbeing—refugee programmes, schools, mental health services, youth work.
- **Example projects:** Refugee integration through arts, creative confidence for teenagers, community mental health support

Creative Leadership Coach

- **What you do:** 1:1 coaching and team workshops for creative professionals building sustainable practices.
- **Example clients:** Progressive organisations, creative directors, agency founders, freelance artists, production company teams

Creative Programme Designer/Manager

- **What you do:** Design and manage creative learning or wellbeing programmes for cultural institutions, foundations, museums, arts organizations, or government culture departments.
- **Example:** Designing creative mental health programmes for national senate departments for culture

Applied Researcher

- **What you do:** Conduct research on creativity, wellbeing, and human development for universities, think tanks, policy organizations, or foundations. Often leads to PhD positions.
- **Example:** Research fellow studying creative communities for EU-funded projects

Festival/Event Wellbeing Coordinator

- **What you do:** Design and deliver artist wellbeing support for festivals, conferences, and major creative events.
- **Example:** Artist mental health support for music festivals, Berlinale wellbeing coordinator, conference care programmes

Creative Team Development Specialist

- **What you do:** Work within creative organizations (agencies, studios, production companies) to design cultures and systems that support creative flourishing.
- **Example:** In-house culture specialist at creative agency, team development manager at production company

Therapeutic Arts Practitioner (non-clinical) Use creative practices for wellbeing in community settings, schools, or NGOs without clinical therapy focus.

- **What you do:** Use creative practices for wellbeing in community settings, schools, or NGOs without clinical therapy focus.
- **Example:** Arts-based wellbeing in refugee programmes, creative confidence building in schools, community arts for mental health

Academic/Educator

- **What you do:** Teach creativity, wellbeing, or creative psychology at universities, art schools, or educational institutions. Often combined with research or practice.
- **Example:** Lecturer in creative psychology, visiting tutor at art school, workshop leader for university creative programmes



Learning by doing

Our experiential learning framework

Why we teach this way

As with all our programmes, the MA is built on practice-based learning. We apply a postgraduate twist to this progressive approach to education: greater autonomy, higher responsibility and much deeper potential for research. It's a framework that challenges you to take creative risks while giving you the support to turn them into meaningful outcomes.

In practice, that means: you'll

- Treat the classroom as a laboratory, exploring each subject through games, initiatives, creative challenges, outings and workshops.
- Build a portfolio rather than relying on essays, with assessments focused on creative responses, reflective writing and artefacts that showcase your growth.
- Apply your skills in the real world through service learning and placements in community health, cultural or educational organisations.
- Deliver a capstone thesis project, a substantial applied contribution that integrates creativity, psychology and your chosen specialisation.

Facilities and resources for your professional development

At Catalyst, creative psychology is something you practice actively. Our spaces are designed for co-creation, reflection, and experimentation—from quiet zones to collaborative studios and off-campus work in schools, communities or cultural organisations across Berlin.

As an MA student, you'll be fast-tracked through inductions and invited to shape your own workspace. You'll also have access to our wider creative campus at Funkhaus, Berlin's iconic broadcasting centre turned thriving arts hub—including an 8k cinema, performance spaces, acting soft floor studio, sound studios, editing suites, and more.

All facilities are shared with students from Music & Sound, Film & Visual Media, and Acting—providing built-in access to creative populations for research recruitment and interdisciplinary projects.

[\[Click here to explore our facilities →\]](#)



Your creative community

As part of the MA in Applied Creative Psychology, you'll join a diverse, multidisciplinary network of creatives, facilitators, and changemakers exploring the intersection of psychology, creativity, and personal growth.

Through shared inquiry, collaboration, and reflection, you'll develop your practice alongside peers from over 70 countries—each bringing unique perspectives and lived experiences. Our interdisciplinary campus at the Funkhaus connects you with students across music, film, acting, and human development, offering rich opportunities for cross-pollination and creative exchange.

By joining Catalyst's creative community you'll be tapping into a vibrant ecosystem where bold ideas grow and lasting connections form.

A future-proof creative toolkit

This programme goes beyond academic theory to equip you with the **practical and professional tools** needed to thrive in today's evolving creative and psychological landscapes. Whether you aim to work in mental health, education, social innovation, or community practice, you'll gain **support** in:

- Funding applications and grant writing for research or practice-based initiatives
- Proposal development for workshops, residencies, exhibitions, and social impact projects
- Portfolio building tailored to therapeutic, educational, and interdisciplinary settings
- Career strategy coaching to help you clarify your direction and position your work with purpose

In parallel, we'll support your development of key creative life skills—such as self-direction, emotional intelligence, reflective practice, and collaborative communication. These soft-skills are essential for working meaningfully with others and sustaining your personal growth as a creative professional.

Alongside your academic and creative development, Catalyst offers a range of support services to help you navigate challenges, build confidence and stay creatively focused:

- **One-to-one counselling and coaching** – confidential sessions with qualified professionals to support emotional wellbeing, anxiety, creative blocks, conflict resolution and life transitions
- **Forum for Creative Flourishing** – immersive two-week workshop series (free entry for students) focused on topics like creative collaboration, healthy boundaries, communication and emotional self-awareness
- **Self-Development & Leadership Course** – an optional deep dive into how you perceive yourself, others and your creative role in the world
- **Practical wellbeing support** – help accessing medical resources, therapy referrals, diagnosis pathways and other essential life services
- **Everyday check-ins** – a wellbeing team that's visible, approachable and part of the day-to-day campus life

[\[Click here to learn about our student experience →\]](#)

Berlin as your living laboratory

The city of Berlin will be an active partner in your journey as an applied creative psychology learner and practitioner. With its long history of radical art movements, progressive organisation culture, community healing, and cross-cultural experimentation, the city offers fertile ground for testing ideas, creating impact, and growing meaningful work at the intersection of art, mental health, and social change.

In Berlin you'll have the chance to take part in shaping its creative and psychological landscape. Across the city, you'll find:

- Grassroots art collectives, trauma-informed spaces, and socially engaged residencies tackling everything from gender justice to climate grief.
- Progressive festivals and cultural events that blend art, activism, and wellbeing—such as the Month of Performance Art, CTM Festival, and transdisciplinary gatherings at places like Floating University.
- Community-focused spaces that integrate therapeutic practice, coaching, movement, and creative facilitation—from artist-run studios to initiatives supporting migrant mental health and queer healing.
- Public funding and open-access initiatives that support experimental and socially beneficial projects—through the Goethe Institute, district cultural funds, and independent artist networks.

Whether you're drawn to co-facilitation in community arts settings, mental wellness initiatives, or educational and cultural programmes, Berlin is a rare city where emerging ideas in creative psychology develop into real initiatives.

Berlin is a city where you can test your voice, build your methodology, and connect with a global community of creatives and educators working toward more empathetic futures.

[[Click here to book a visit →](#)]





Admissions Guide

Here's everything you need to take the next step in your application:

Get to know us better

Virtual Open Days → Get a virtual overview of what we're all about, held over Zoom.

In-Person Open Day → Get a first-hand feel of our school and educational programmes.

Campus Tours → Come see our facilities and creative spaces at one of our regular tours.

Virtual Taster Workshops → Join a programme-specific info event or masterclass

Admissions Open Hours → Book your one-to-one application support on-demand.

Admissions Guidance

1. **Course fees & payment plans**
2. **Early Enrolment Bonus – save €1,000 off total tuition**
3. **Funding opportunities**
4. **Application deadlines & Visa requirements**
5. **How to apply**
6. **Contact us**

1. Course fees & payment plans

We believe creative education should be accessible, transparent and free from hidden costs. Our tuition plans are flexible – you decide to pay monthly, per semester, annually or in full with discounts. Extended payment options let you spread costs beyond your programme.

Applied Creative Psychology Tuition Plans 2026-27				
Plan type - Full Time	Standard	€1,000 Early Enrolment Bonus	Payment Plan Duration	Notes
per Semester	€5,828	€5,328	1 year / 2 instalments	Enrolment fee €895 per year applies
Annually	€11,305	€10,305	1 year	3% discount by paying each year upfront. Enrolment fee €895 per year applies
12 Instalments per Year	€1,055	€971	1 year	Enrolment fee €895 per year applies
Extended Yearly	€6,150	€5,650	2 years	Payments continue 1 year after graduation. No enrolment fee in final year
Extended Instalments	€545	€503	2 years	Payments continue 1 year after graduation. No enrolment fee in final year

Enrolment fee

This non-refundable fee of €895 per study year is due before the start of each academic year and secures your place. No enrolment fee is charged in the post-graduation year if you choose an Extended Payment Plan.

Extended payment plans

In addition to single or installment payment options, we offer Extended Payment Plans. This spreads tuition payments over an additional year, resulting in smaller monthly payments that continue for one year after graduation.

Enrolment confirmation & billing

- **Enrolment fee:** due within 14 days of receiving your offer.
- **Billing cycle:** tuition installments begin **1 July 2026** and are billed on the first of each month until your chosen plan ends.

2. Early enrolment bonus

Apply by our **priority deadline** to secure your place, save €1,000 off your total tuition and access visa support sooner.

- **Visa-required applicants:** apply by 28 February 2026
- **EU/visa-exempt or post-arrival applicants:** apply by 31 March 2026

3. Funding opportunities

As an accredited higher education provider, our students are eligible for a variety of national and international financial aid schemes. Depending on which country you are a citizen of, this may also open up funding from other programmes supporting further-education. **[Read more about the various funding opportunities on our website.](#)**

4. Application deadlines

Visa-required applicants

- Priority: 28 February 2026 (includes bonus & visa support)
- General: 30 April 2026 (subject to processing time and availability)

EU/visa-exempt or post-arrival applicants

- Priority: 31 March 2026 (includes bonus & guaranteed spot on preferred course)
- General: 5 June 2026 (granted on a rolling basis)
- Late: until 28 August 2026 (subject to availability)

Visa requirements

- **Visa-required:** If you require a visa before entering Germany (e.g. citizens of India, Brazil, Mexico, China, Turkey), you must apply at a German embassy before arrival. Our Visa Support Service (included in the enrolment fee) supports you with paperwork, appointments and timelines. Visa processing can take 3–6 months, so early application is essential.
- **Post-arrival visa:** If you're from a country that allows visa-free entry (e.g. USA, Canada, Japan, South Korea), you can enter Germany without a visa and apply for your student residence permit after arrival.
- **Visa-exempt (EU/EEA/Switzerland):** If you're a citizen of the EU, EEA or Switzerland, you don't need a visa or residence permit to study in Germany.

5. How to apply

Our application process is straightforward – just follow these steps:

1. **Check deadlines** – especially if you need a visa to enter Germany or financial support.
2. **Prepare your portfolio** – requirements vary by course, check our “How to apply” page.

3. **Submit your application** at catalyst-berlin.com/apply, including personal and educational details, a motivation statement, your portfolio and supporting documents such as transcripts or proof of language ability.
4. **Wait for our response** – we'll be in touch within around two weeks. Sometimes we'll ask for follow-up information or invite you for an interview. Keep an eye on your inbox.
5. **Confirm your place** – once you receive an offer letter, secure it by paying the enrollment fee within 14 days.
6. **Get ready for Berlin** – once your enrolment fee is paid, you're officially enrolled. Next you'll set up your payment plan, receive your welcome package and access preparation materials for your studies. We recommend finding accommodation as soon as you're sure that you're studying with us, and arriving one month before your classes begin.

Contact us

Reach out to our Admissions team by email at admissions@catalyst-berlin.com or book a call [here](#).