

Professional **Diploma in** **EXPRESSIVE** **ARTS THERAPY**

Duration : 6 Months

***Healing Through Creativity,
Expression & Transformation***



About The Course

Course Overview

A 6-Month professional diploma designed to equip you with expressive arts therapy skills through creative modalities, practical training, and real world applications.

Why Expressive Arts Therapy?

- Helps in emotional healing & self-expression
- Non-verbal, creative & holistic approach
- Evidence-based & globally recognized
- Powerful tools for personal & professional growth

Growing Career Opportunities

A rapidly growing field in mental health, education, wellness, healthcare and corporate sectors,



Who Should Join?



**Psychology
Students**



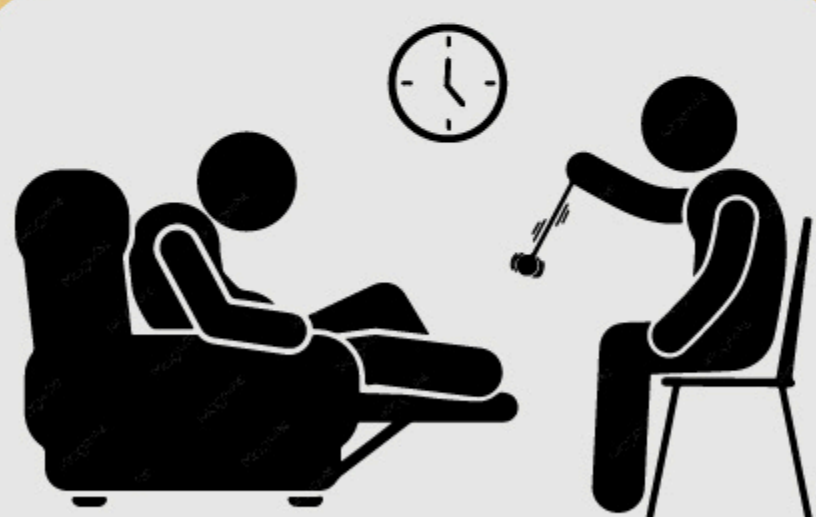
Counsellors



Teachers



**Social
Workers**



Therapists



**Healthcare
Professionals**



**Special
Educators**



**NGO
Professionals**



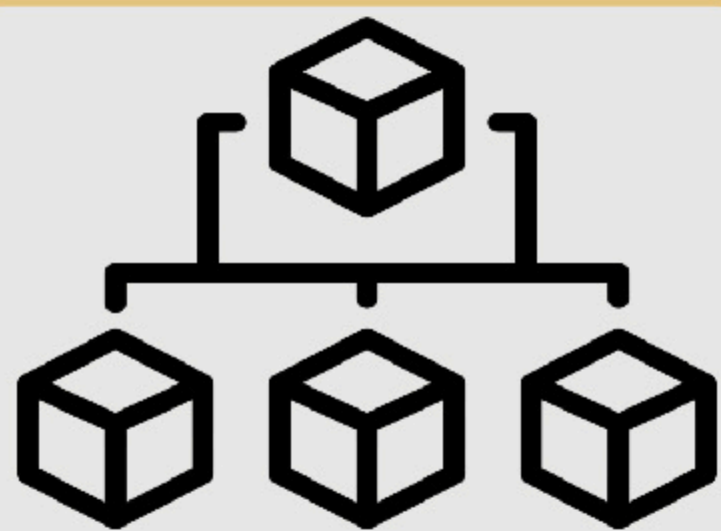
Parents



Course Highlights



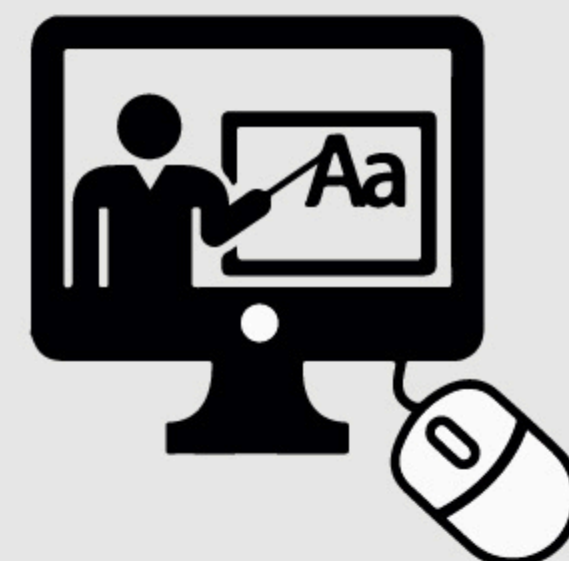
**6 Months
Diploma**



**4 Professional
Modules**



**80+ Practical
Activities**



**Live Interactive
Classes**



Case Studies



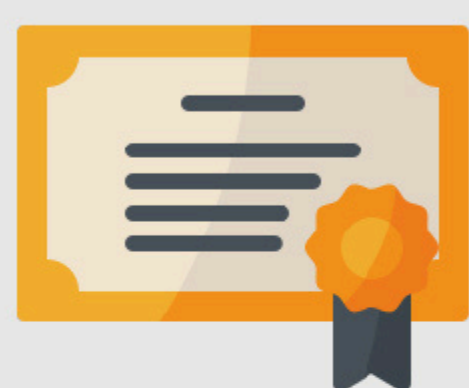
**Portfolio
Building**



**Supervised
Practice**



Assignments



Certification



**Lifetime Learning
Access
(if applicable)**



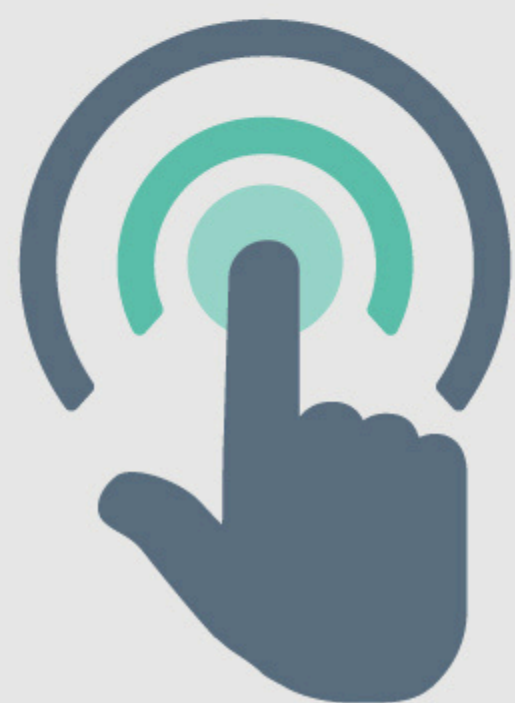
Module 1

Foundations of Expressive Arts Therapy

Introduction, modalities, populations, lesson planning, ethics, music therapy, 2-day practical workshop (15–20 activities)



Introduction



Applications



Lesson Planning



Ethics & Music Therapy



2-Day Practical Workshop



Module 2

Art & Movement Therapy

Foundations, art techniques, movement therapy, intervention design, supervised practical exposure.



Painting



Clay



Dance



Movement



Mindfulness



Body Awareness

Creative Expression



Module 3

Drama, Play & Writing Therapy

Theory, emotional processing, play interventions, writing interventions, drama interventions with case analysis.



**Drama
Therapy**



Play Therapy



**Writing
Therapy**



Storytelling



Role Play



Poetry



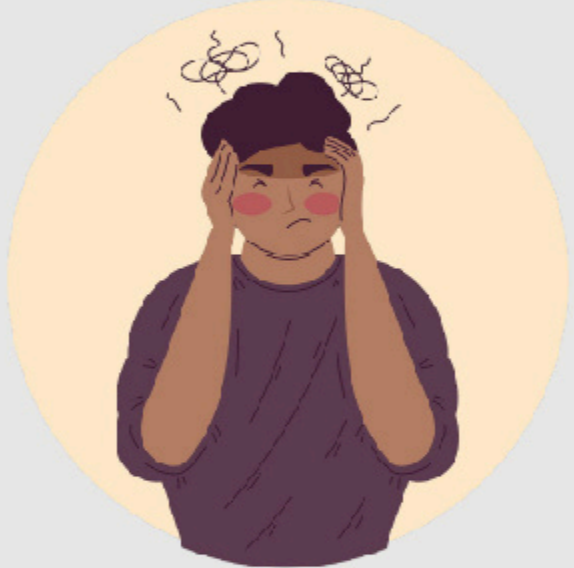
Journaling



Module 4

Clinical Applications

Anxiety, depression, child concerns, relationship issues, work-life balance, personality development, capstone project, viva and final practical assessment.



Anxiety



Depression



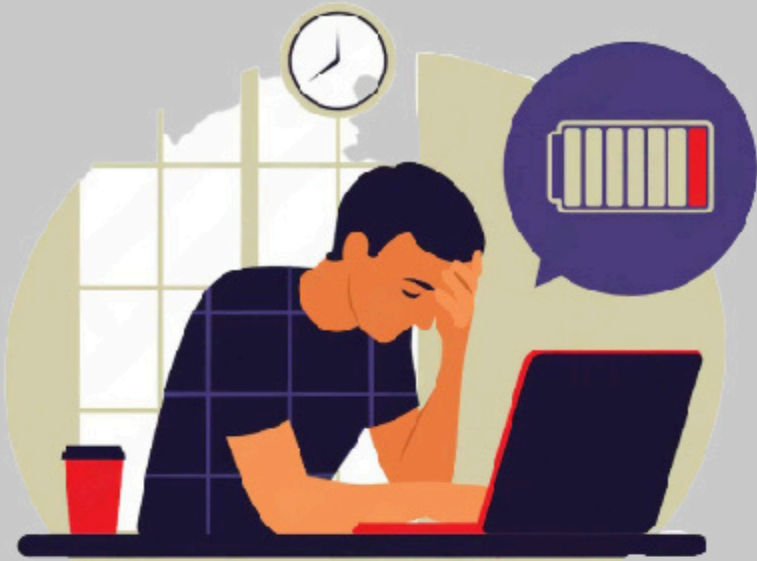
Trauma



**Child
Counselling**



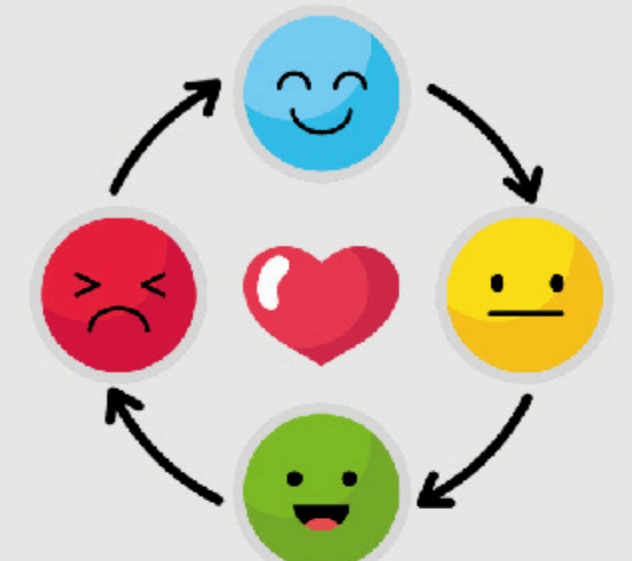
Stress



Burnout



**Relationship
Issues**



**Emotional
Regulation**



**Personality
Development**



**Workplace
Wellness**

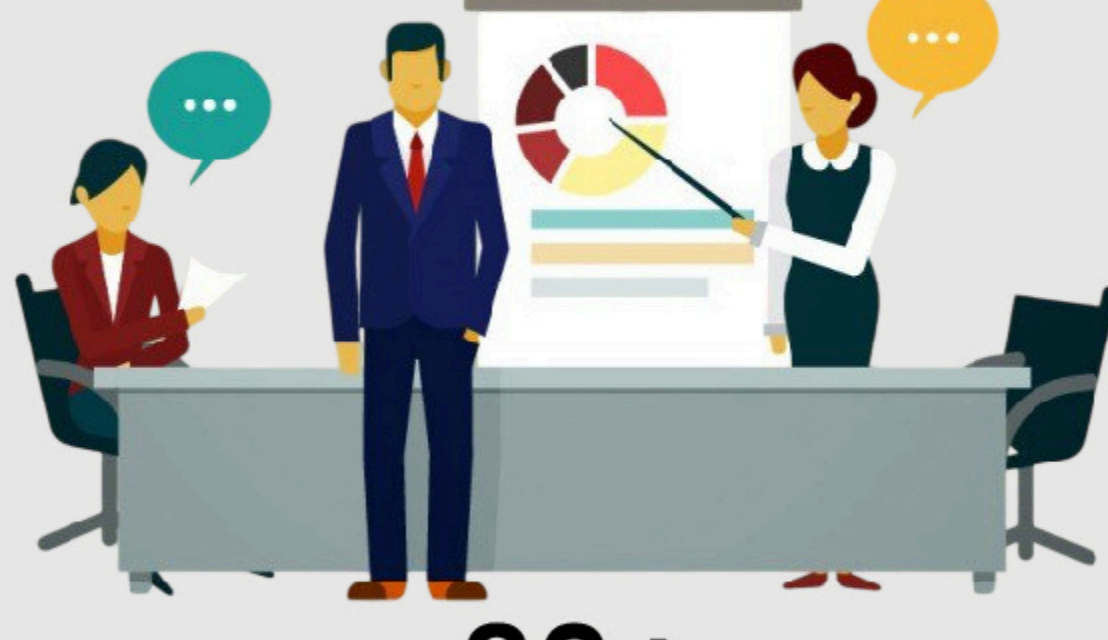


Practical Training

80+ activities, case discussions, supervised practice, portfolio, assignments and final assessment.



**80+
Activities**



**30+
Case
Discussions**



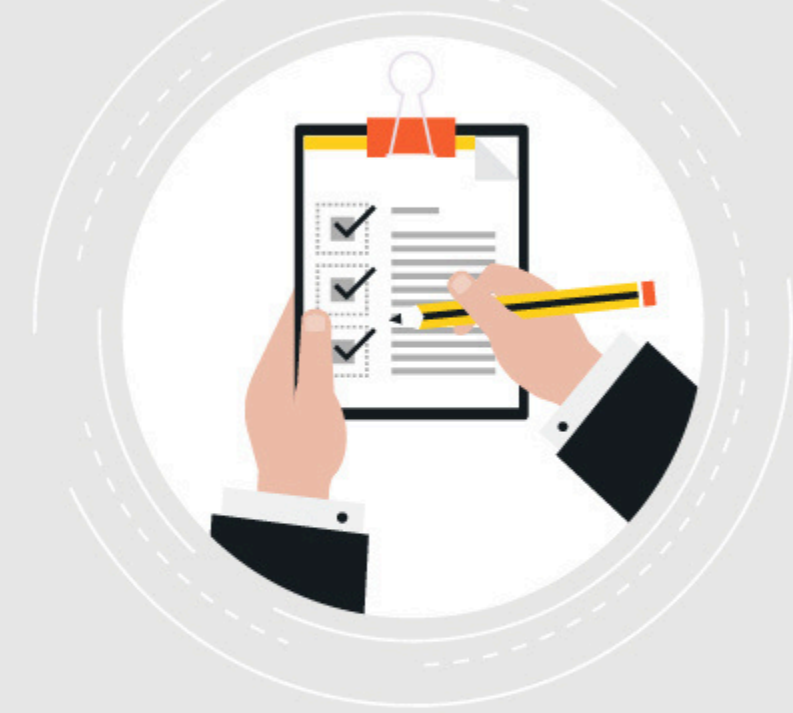
**Live
Demonstrations**



Role Plays



**Capstone
Project**



**Practical
Assessment**

CLINICAL APPLICATIONS

- Assessment & Case Formulation
- Evidence-Based Interventions
- Therapeutic Relationship
- Cultural & Ethical Considerations
- Practical Implementation



Empathy
Active Listening
Collaboration
Goal Setting
Intervention
Evaluation



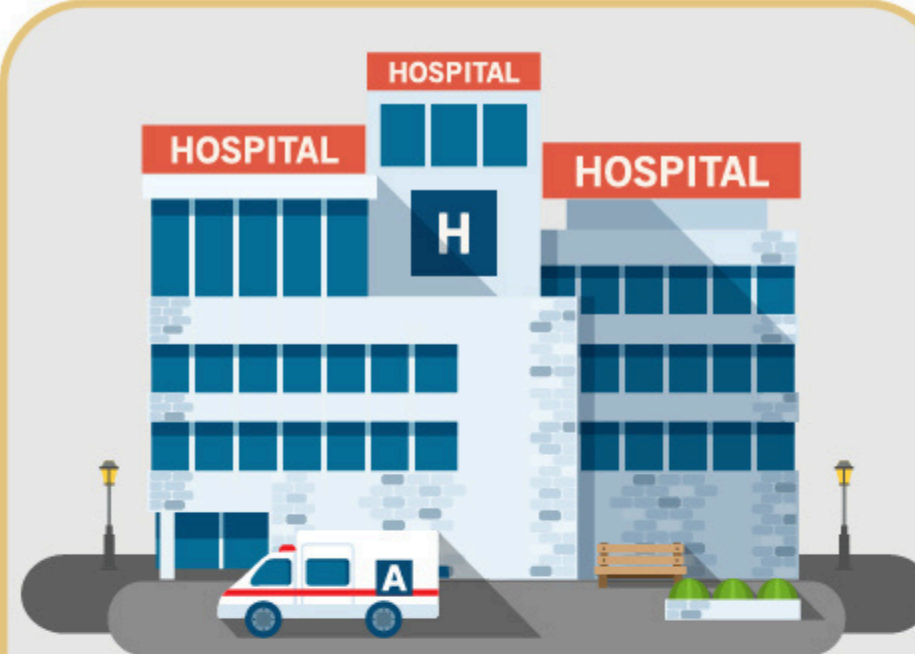
Career Opportunities



**Clinical
Settings**



Schools



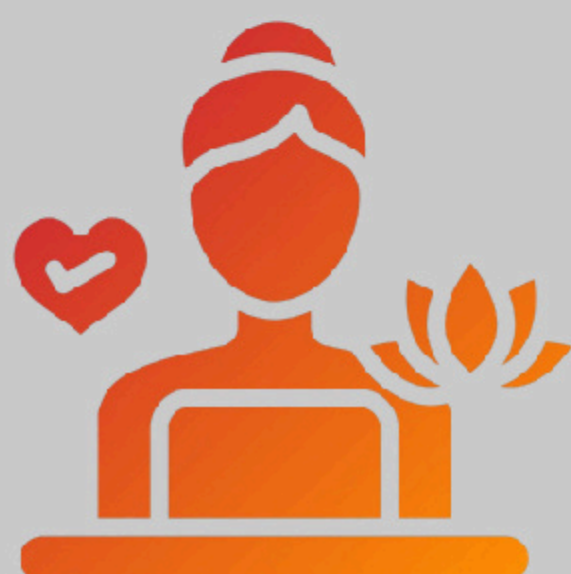
Hospitals



NGOs



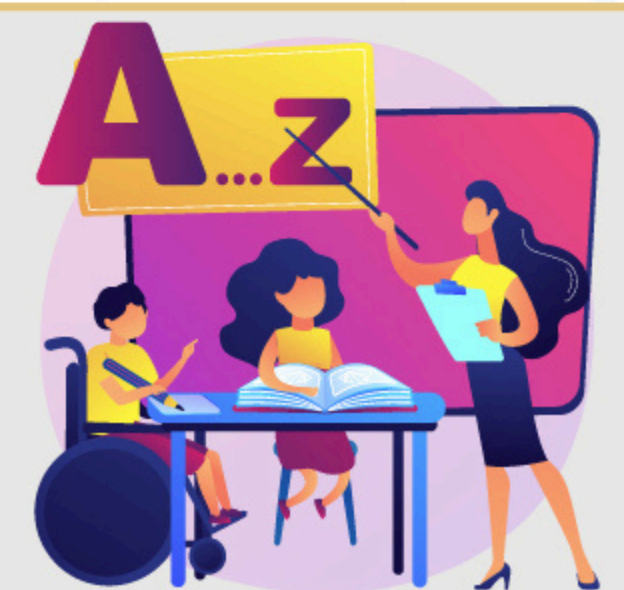
**Private
Practice**



**Wellness
Centers**



**Corporate
Wellness**



**Special
Education**



Rehabilitation



**Community
Mental
Health**



Learning Outcomes

Students will learn

- ✓ Conduct Individual Sessions
- ✓ Conduct Group Sessions
- ✓ Design Therapy Activities
- ✓ Build Treatment Plans
- ✓ Use Art Therapeutically
- ✓ Apply Movement Techniques
- ✓ Conduct Drama Therapy
- ✓ Conduct Play Therapy
- ✓ Writing Therapy Techniques
- ✓ Case Documentation
- ✓ Ethics
- ✓ Professional Practice



Admission Information

Course Duration: 6 Months

Mode:

Live Online + Practical Workshops

Certificate:

Professional Diploma in Expressive Arts Therapy

Organization:

Indian Counselling Services (ICS)



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