



EXPRESSIVE ART THERAPY DIPLOMA

 100 Hours | 1-Year Sunday Program | Live + Recorded

 Start Date: September 14, 2025

 Time: Every Sunday | 9:30 AM – 11:30 AM IST

 Ends: August 30, 2026

Mode: Live Online (All sessions recorded)

FULL 10-LEVEL STRUCTURE & TOPIC BREAKDOWN



LEVEL 1: Foundations of Expressive Art Therapy

Dates: Sep 14 – Nov 16, 2025

1.

What is EAT?

2. History of Healing Through Arts
3. Modalities Overview (Art, Music, Dance, Drama, Poetry)
4. Ethics & Safe Spaces in Therapy
5. Neuroscience of Art & Creativity
6. Understanding Symbols & Metaphors
7. Therapist Identity in EAT
8. Mandalas & Journaling
9. Creative Boundaries
10. Therapist Reflection Collage



LEVEL 2: Visual Art & Creativity in Healing

Dates: Nov 23, 2025 – Jan 25, 2026

11. Scribble Technique for Emotions
12. Anger Painting & Red Theory
13. Anxiety with Clay
14. Shame Layering with Mixed Media
15. Grief Watercolors + Memory Box
16. Joy Patterns & Visual Expression
17. Resilience Collage
18. Safe Place Drawing
19. Vision Boards
20. Mood Mapping in Colour



LEVEL 3: Cognitive & Behavioral Expression

Dates: Feb 1 – Apr 5, 2026

21. Thought Doodles
22. Irrational Belief Mapping
23. Inner Critic & Inner Coach Mask
24. ABCDE Model in Art
25. Timeline of Change
26. Triggers & Safety Tree
27. Problem-Solving Posters
28. Reframing Collage

29. Strengths Shield

30. CBT-Based Art Exercises



LEVEL 4: Inner Child & Identity Work

Dates: Apr 12 – June 14, 2026

31. Drawing “Little Me”

32. Childhood Memory Collage

33. Puppet Play

34. Fantasy Drawing

35. Fairy Tale Rewrite (Drama)

36. Affirmation Posters

37. Clay Figure: Child Within

38. Reparenting Letter

39. Safe Place Journal Art

40. Inner Child Showcase



LEVEL 5: Dance/Movement Therapy (DMT)

Dates: June 21 – Aug 23, 2026

41. Body Mapping

42. Movement Vocabulary

43. Mirror Dance with Partner

44. Dance Your Emotion

45. Anger & Sadness Dance Release

- 46. Somatic Tension & Flow
- 47. Group Circle Movement
- 48. Embodied Expression & Shape
- 49. Movement-Based Trauma Work
- 50. Grounding with Movement + Closure



LEVEL 6: Music Therapy & Sonic Expression

Dates: Aug 30 – Nov 1, 2026

- 51. Sound Drawing
- 52. Music & Mood Mapping
- 53. Your Personal Soundtrack
- 54. Guided Imagery & Music
- 55. Writing Emotion into Lyrics
- 56. Drumming & Rhythm
- 57. Using Sound for Anxiety
- 58. Music Memory Project
- 59. Sonic Healing Practices
- 60. Music as Emotional Mirror



LEVEL 7: Drama & Roleplay Techniques

Dates: Nov 8, 2026 – Jan 10, 2027

- 61. Introduction to Drama Therapy
- 62. Character Sketching with Emotion

- 63. Role Reversal Techniques
- 64. Mask Making – Inner & Outer Self
- 65. Empty Chair Technique
- 66. Forgiveness through Performance
- 67. Fantasy & Conflict Enactment
- 68. Monologue Expression
- 69. Group Drama Game
- 70. Therapeutic Drama Case Simulation



LEVEL 8: Relationship & Group-Based Art

Dates: Jan 17 – Mar 21, 2027

- 71. Family Genograms
- 72. Group Canvas Creation
- 73. Drawing Communication Styles
- 74. Relationship Roleplay (Art-Based)
- 75. Attachment Dolls
- 76. Art for Boundaries & Enmeshment
- 77. Forgiveness Ritual with Art
- 78. Empathy Collage
- 79. Art in Family/Marriage Counseling
- 80. Group Reflection Showcase



LEVEL 9: Therapist Growth & Self-Awareness

Dates: Mar 28 – May 30, 2027

81. Drawing the Therapist Self
82. Compassion Fatigue Color Map
83. Creative Supervision Techniques
84. Burnout Tracker Journal
85. Personal Gratitude Wall
86. Values-Based Art Making
87. Therapist Affirmation Poster
88. Toolbox Creation
89. Portfolio Assembly & Peer Feedback
90. Branding Yourself Creatively



LEVEL 10: Final Projects & Graduation

Dates: June 6 – Aug 30, 2027

91. Case Study 1: Emotional Processing
92. Case Study 2: Trauma-Informed
93. Case Study 3: DMT/Music/Drama Focus
94. Peer Review
95. Clinical Viva Preparation
96. Portfolio Submission
97. CV and Practice Branding
98. Art Therapy Proposal Draft
99. Vision Board: Therapist Future
100. Graduation + Certification Ceremony

WHAT YOU GET

- ✓ 100-Hour Diploma Certificate
- ✓ Final Case Portfolio + Clinical Viva
- ✓ Therapist CV with Creative Specialization
- ✓ Therapist Branding Kit
- ✓ Scripts, Worksheets, and Tools (PDF Toolkit)
- ✓ Lifetime Access to Recordings
- ✓ Letter of Recommendation (Top Performers)
- ✓ Peer Counseling Reflection Report

WHY THIS IS A VALUE-PACKED CV BOOSTER

- - Adds creative therapy specialization to your résumé
- Demonstrates 100 hours of structured practice across 10 expressive modalities
- Includes real session planning and case-based presentations
- Builds a practical therapist CV + toolkit you can use immediately
- Helps you launch your own therapy brand or join teams as a creative facilitator

WHERE YOU CAN APPLY THIS DIPLOMA

- - Private practice or freelance therapy
- Schools, NGOs, wellness centers, rehab homes
- Psychological internships & higher education SOPs
- Counselling roles in institutions, HR, healing spaces
- Retreats, group sessions, community mental health projects
- Online client work, children, trauma clients, special needs



WHO THIS IS FOR

- - Psychology & Social Work students
- Counselors, Educators, Coaches
- HR professionals & Trainers
- Artists & Healers
- Special Educators & Shadow Teachers
- Anyone passionate about emotional wellness through creativity