

Course Name	–	POST GRADUATE TRAINING IN EXPRESSIVE THERAPIES (CNO 103)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/training/teaching)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

10301 – EXPRESSIVE THERAPIES – 3 credits / 30 days of learning	Introduction to expressive therapies and their role in emotional healing.
10302 – COMPONENTS OF EXPRESSIVE THERAPIES – 3 credits / 30 days	Covers key elements and modalities used in expressive approaches.
10303 – ART THERAPY – 3 credits / 30 days of learning	Explores therapeutic use of art for self-expression and growth
10304 – PLAY THERAPY – 3 credits / 30 days of learning	Focuses on play-based methods to support psychological well-being.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST
(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

10300 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
10308 – ART THERAPY TECHNIQUES	10313 – CLAY THERAPY TECHNIQUES	10318 – APPLIED THEATRE THERAPY
10309 – PLAY THERAPY TECHNIQUES	10314 – OUTDOOR THERAPY TECHNIQUES	10319 – EXPRESSIVE THERAPY AS A SUPPORTIVE THERAPY
10310 – DANCE MOVEMENT THERAPY TECHNIQUES	10315 – STORY TELLING TECHNIQUES	10320 – CASE MODULES – FOR CHILD & ADOLESCENT ISSUES
10311 – DRAMA THERAPY TECHNIQUES	10316 - PSYCHODRAMA	10321 – CASE MODULES – FOR YOUTH ISSUES
10312 – SAND TRAY THERAPY TECHNIQUES	10317 – OUTDOOR THERAPY	10322 – CASE MODULES – FOR ADULT ISSUES
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org