

Course Name	–	<b>POST GRADUATE DIPLOMA IN EXPRESSIVE THERAPIES (CNO 503)</b>
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner's selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/hr/training/hd/edu)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

**COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS**

<b>50301 – EXPRESSIVE THERAPIES</b> – 4 credits / 30 days of learning	Introduction to expressive therapies and their role in emotional healing.
<b>50302 – COMPONENTS OF EXPRESSIVE THERAPIES</b> – 4 credits / 30 days	Covers key elements and modalities used in expressive approaches.
<b>50303 – ART THERAPY</b> – 4 credits / 30 days of learning	Explores therapeutic use of art for self-expression and growth
<b>50304 – PLAY THERAPY</b> – 4 credits / 30 days of learning	Focuses on play-based methods to support psychological well-being.
<b>50305 - PRAGMATISM – CASE WORK</b> – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
<b>50306 - DISSERTATION</b> – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

**OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS**

<b>50397 - Psychology</b> – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,</i>	
<b>50308 – ART THERAPY TECHNIQUES</b>	<b>50313 – CLAY THERAPY TECHNIQUES</b>	<b>50318 – APPLIED THEATRE THERAPY</b>
<b>50309 – PLAY THERAPY TECHNIQUES</b>	<b>50314 – OUTDOOR THERAPY TECHNIQUES</b>	<b>50319 – EXPRESSIVE THERAPY AS A SUPPORTIVE THERAPY</b>
<b>50310 – DANCE MOVEMENT THERAPY TECHNIQUES</b>	<b>50315 – STORY TELLING TECHNIQUES</b>	<b>50320 – CASE MODULES – FOR CHILD &amp; ADOLESCENT ISSUES</b>
<b>50311 – DRAMA THERAPY TECHNIQUES</b>	<b>50316 - PSYCHODRAMA</b>	<b>50321 – CASE MODULES – FOR YOUTH ISSUES</b>
<b>50312 – SAND TRAY THERAPY TECHNIQUES</b>	<b>50317 – OUTDOOR THERAPY</b>	<b>50322 – CASE MODULES – FOR ADULT ISSUES</b>
<b>50323 – MUSIC THERAPY TECHNIQUES</b>	<b>50324 – MANDALA &amp; MINDFULNESS-BASED CREATIVE PRACTICES</b>	<b>50325 – CREATIVE WRITING THERAPY TECHNIQUES</b>
<b>50326 – INTEGRATIVE EXPRESSIVE THERAPY MODELS</b>	<b>50327 – CULTURALLY RESPONSIVE EXPRESSIVE THERAPY</b>	<b>50328 – EXPRESSIVE THERAPY FOR TRAUMA &amp; PTSD</b>
<b>Course Fee</b>	<b>Learners from India</b>	<b>International Learners</b>
<b>Life Member of IHMH</b>	<b>₹ 15,200/-</b>	<b>\$530</b>
<b>Others</b>	<b>₹ 16,800/-</b>	<b>\$600</b>

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

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