Course Name	–	**POST GRADUATE DIPLOMA IN EXPRESSIVE THERAPIES (CNO 503)**
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Trainer-Led 15 One-to-One Live Sessions
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

50301 – EXPRESSIVE THERAPIES – 4 credits / 30 days of learning	**Introduction to expressive therapies and their role in emotional healing.**
50302 – COMPONENTS OF EXPRESSIVE THERAPIES – 4 credits / 30 days	**Covers key elements and modalities used in expressive approaches.**
50303 – ART THERAPY – 4 credits / 30 days of learning	**Explores therapeutic use of art for self-expression and growth**
50304 – PLAY THERAPY – 4 credits / 30 days of learning	**Focuses on play-based methods to support psychological well-being.**
50305 - PRAGMATISM – CASE WORK – 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.**
50306 - DISSERTATION – 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

50397 - Psychology – 3 credits/ 23 days of learning	***Compulsory in optional only for those who do not have a previous psychology background.*** **Knowledge about various theories of psychology, memory, cognition, learning etc.,**	
50308 – ART THERAPY TECHNIQUES	50313 – CLAY THERAPY TECHNIQUES	50318 – APPLIED THEATRE THERAPY
50309 – PLAY THERAPY TECHNIQUES	50314 – OUTDOOR THERAPY TECHNIQUES	50319 – EXPRESSIVE THERAPY AS A SUPPORTIVE THERAPY
50310 – DANCE MOVEMENT THERAPY TECHNIQUES	50315 – STORY TELLING TECHNIQUES	50320 – CASE MODULES – FOR CHILD & ADOLESCENT ISSUES
50311 – DRAMA THERAPY TECHNIQUES	50316 - PSYCHODRAMA	50321 – CASE MODULES – FOR YOUTH ISSUES
50312 – SAND TRAY THERAPY TECHNIQUES	50317 – OUTDOOR THERAPY	50322 – CASE MODULES – FOR ADULT ISSUES
50323 – MUSIC THERAPY TECHNIQUES	50324 – MANDALA & MINDFULNESS-BASED CREATIVE PRACTICES	50325 – CREATIVE WRITING THERAPY TECHNIQUES
50326 – INTEGRATIVE EXPRESSIVE THERAPY MODELS	50327 – CULTURALLY RESPONSIVE EXPRESSIVE THERAPY	50328 – EXPRESSIVE THERAPY FOR TRAUMA & PTSD
Course Fee	**Learners from India**	**International Learners**
SESSION BASED LEARNING **1:1 Trainer Orientation for Each Module, with Supporting Learning Materials & dedicated WhatsApp Query Support**	**Full Course Fee - ₹32,800/- Includes 15 Live 1:1 Sessions**	**Full Course Fee - $630 Includes 15 One-to-One Live Sessions**
EMAIL-BASED LEARNING **Supporting Learning Materials, Dedicated Trainer & Email Query Support**	**₹ 16, 800/- | Full Course Fee**	**$480 | Full Course Fee**

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