Course Name	–	**POST GRADUATE DIPLOMA IN EXPRESSIVE ARTS THERAPY**
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support **(CNO 504)**
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

50401 – EXPRESSIVE ART THERAPY – 4 credits / 30 days learning	Introduction to concepts, approaches, and uses of art in therapy.
50402 – EXPRESSIVE ART THERAPY TECHNIQUES - I – 4 credits / 30 days learning	Covers foundational methods of therapeutic art practices.
50403 - EXPRESSIVE ART THERAPY TECHNIQUES – II – 4 credits / 30 days of learning	Focuses on advanced art-based therapeutic strategies.
50404 – EXPRESSIVE ART THERAPY TECHNIQUES – III – 4 credits / 30 days of learning	Explores specialized and integrative art therapy interventions.
50405 - 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.
50406 - 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

50497 - 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.,**	
50408 – ART-BASED EMOTIONAL REGULATION TECHNIQUES	50415 – SAND TRAY & SYMBOLIC EXPRESSION TECHNIQUES	50422 – NATURE-BASED & OUTDOOR EXPRESSIVE THERAPIES
50409 – MOVEMENT & DANCE-BASED EXPRESSION	50416 – EXPRESSIVE ARTS FOR TRAUMA RECOVERY	50423 – DIGITAL & VIRTUAL EXPRESSIVE ARTS INTERVENTIONS
50410 – MUSIC THERAPY FOUNDATIONS	50417 – EXPRESSIVE ARTS FOR ANXIETY & STRESS RELIEF	50424 – MULTIMODAL CREATIVE PROCESSING TECHNIQUES
50411 – THERAPEUTIC STORYTELLING & NARRATIVE ARTS	50418 – CREATIVE INTERVENTIONS FOR CHILDREN & ADOLESCENTS	50425 – EXPRESSIVE ARTS IN SCHOOL COUNSELLING
50412 – CLAY & SCULPTURE THERAPY PROCESSES	50419 – EXPRESSIVE ARTS WITH NEURODIVERGENT INDIVIDUALS	50426 – CULTURAL & COMMUNITY-BASED CREATIVE INTERVENTIONS
50413 – CREATIVE WRITING FOR HEALING	50420 – EXPRESSIVE ARTS FOR RELATIONSHIP & FAMILY WORK	50427 –CASE MODULES – CHILD & ADOLESCENT ISSUES
50414 – MANDALA & MINDFULNESS-BASED ART INTERVENTIONS	50421 – GROUP EXPRESSIVE ARTS THERAPY TECHNIQUES	50428 – CASE MODULES –ADULT ISSUES
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