



Expressive Arts Therapy Program Online Certificate Course

Duration: 8 weeks (TTS 7-8 PM)

Each class: 1 hour

Style: Experiential + Reflective + Case-Based + Supervised Practice

♦ MODULE 1: FOUNDATIONS & CREATIVE SAFETY

Class 1: Introduction to Expressive Arts Therapy

- History, principles, ethical guidelines
- Creating a safe space
- Experiential: “Creative Identity Mapping”

Class 2: Role of the Body and Sensory Activation in Therapy

- Brain-body-arts connection
 - Somatic anchoring & sensory grounding
 - Activity: Texture & object-based storytelling
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♦ MODULE 2: VISUAL ARTS & SYMBOLIC EXPRESSION

Class 3: Visual Art Therapy – Part I (Emotion & Symbol)



- Color psychology, symbolism
- Activity: Drawing/painting inner weather

Class 4: Visual Art Therapy – Part II (Processing & Interpretation)

- Interpreting symbolic art ethically
 - Projective exercises and metaphors
 - Peer interpretation in dyads
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♦ **MODULE 3: WRITING, POETRY & INNER VOICE**

Class 5: Therapeutic Writing & Narrative Work – Part I

- Freewriting, automatic writing, journaling
- Activity: “Letter to My Inner Child”

Class 6: Poetry Therapy & Reframing Narratives

- Found poetry, reframing pain
 - Group poem creation, metaphor work
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♦ **MODULE 4: MOVEMENT & BODY-BASED EXPRESSION**

Class 7: Movement Therapy – Part I (Embodiment & Awareness)

- Body scan, posture & gesture exploration



- Activity: Guided emotional movement

Class 8: Movement Therapy – Part II (Release & Integration)

- Emotional catharsis, safety in release
 - Group rhythm work, mirroring exercises
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♦ **MODULE 5: MUSIC, SOUND & EMOTIONAL MEMORY**

Class 9: Music Therapy – Part I (Emotion & Soundscape)

- Music & memory, vocalization
- Activity: Create a life playlist or “sound story”

Class 10: Music Therapy – Part II (Group Sound Circle)

- Drumming, vocal toning, silence as sound
 - Improvisation and resonance circles
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♦ **MODULE 6: DRAMA, ROLES & PSYCHODRAMA**

Class 11: Drama Therapy – Part I (Parts Work)

- Masks we wear, role-play for inner conflict
- Activity: Enact “Parts of Me”

Class 12: Drama Therapy – Part II (Unfinished Stories)



- Empty chair, rewriting endings
 - Group witnessing and validation
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♦ **MODULE 7: MULTIMODAL INTEGRATION & THERAPEUTIC DESIGN**

Class 13: Intermodality & Transitioning Between Art Forms

- Flow: movement to writing, art to sound, etc.
- Activity: Create a narrative using 3 modalities

Class 14: Case Studies & Therapist's Role

- How to apply expressive arts in different populations
 - Boundaries, supervision, vicarious trauma
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♦ **MODULE 8: REFLECTION, CLOSURE & APPLICATION**

Class 15: Personal Integration & Creative Toolbox

- Self-care through expressive tools
- Activity: Creative first-aid kit

Class 16: Closure & Group Exhibition/Sharing Circle

- Final reflections
- Sharing art, poems, movement pieces created during the course