



Expressive Art Therapy Intensive 2026

Facilitator Training Course

A CERTIFICATION COURSE THAT EXPLORES THE USE OF DIFFERENT ARTISTIC, CREATIVE AND HOLISTIC MODALITIES TO HELP IN TRANSFORMATION, HEALING AND EDUCATION



PRAANAH
expressive awakening



CERTIFIED
BY THE EXPRESSIVE
ARTS THERAPY
ASSOCIATION OF INDIA



WHY THIS FIELD?



The planetary evolution of thought, changing perspectives and radical globalization is increasing a sense of self-awareness, self-worth and a need for authentic creative expression. People need an outlet to release stress, emotions and worries as a 'pill' is not the answer or the solution to optimum health.

Psychologists, Special Educators, Dancers, Therapists, Social Workers, Parents and Teachers are looking for new avenues and ways to engage and connect to their clients as verbal communication is only effective to a certain level. There is a need in finding creative solutions to tackle social, emotional, and psychological problems, which are going unaddressed and are causing major health problems all over the world.



THE IMPORTANCE



As the demand for innovations in the field of Mental Health, Education, Healthcare and Social Sector is growing, there is an increasing amount of demand for Holistic practices and methods to aid in healing and recovery. Art Based interventions in Education, Health care, Social Sector and in Communities are becoming a requirement and need of the hour.

There is a lack of skill to conduct engaging and meaningful programs where facilitators are trained and equipped to engage with people to conduct art-based interventions for various needs.

This course will explore theoretical foundations for Expressive Art Therapy as a container for transformation, healing, education and self-development. Students will begin their journeys by gaining deep insight and knowledge into self-awareness using bio energetics and somatic work as a foundation. They will explore different modalities of therapeutic and creative expression and learn how Sound/ Music, Play therapy, Clay, Art, Sound and Drama can be used therapeutically in educational and rehabilitation settings for children and adults.

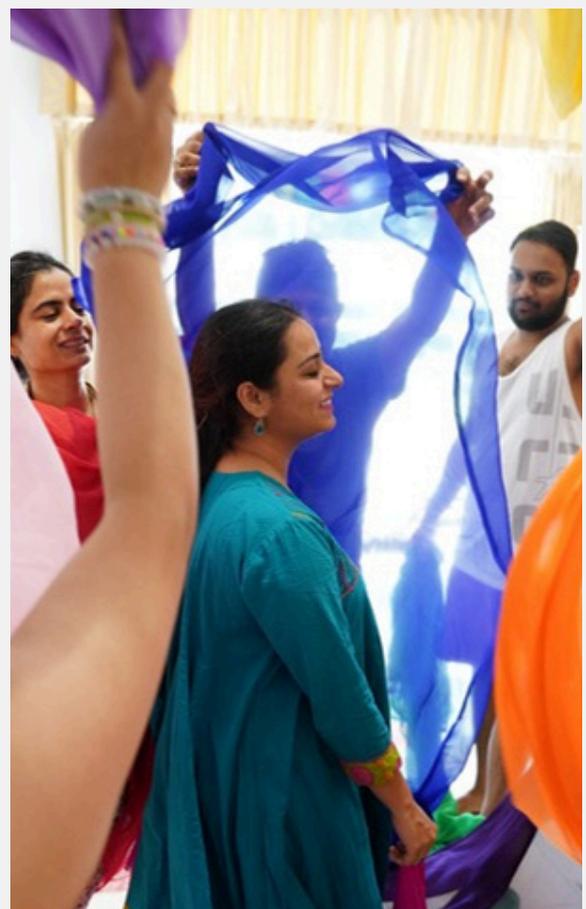
Expressive Art Therapy (EAT) uses different creative arts such as dance, music, visual art, toys/ puppets, music/sound, poetry, clay, nature and various other expressive tools to help a person express or give birth to deep messages arising from the subconscious or the inner voice. It connects to the truest and most honest emotions, which are not given a chance to be heard through purely verbal cognitive analysis and expression as that arises from a controlled perspective on the surface of a human.



The first module is primarily designed for self-healing and therapy using the arts as a safe container. And is designed for an **Introductory level practitioner** in case someone is interested to just explore the magic of the work!

In the second module they will gain the experience of **conducting and facilitating a session** as well as gaining an understanding in core values and ethics of incorporating the Arts in Psychotherapy as a facilitator. There will be more emphasis in the second module on the applications of the work and skills to hold group sessions. They will also receive facilitation practice and paper assignments and will be given pertinent reading materials to back their learning.

If you are a Social worker, Psychologist, Dancer, Artist, Therapist, Special Educator, Teacher or just someone who is curious on how to **integrate the Arts in Therapy or in their life**. Look no further!





MODULE 1

6th - 12th Sep 2026

INTRODUCTION TO EXPRESSIVE ART AS THERAPY: A HISTORICAL FRAMEWORK
PHILOSOPHICAL & PSYCHOLOGICAL FOUNDATIONS OF EXPRESSIVE ARTS
PERSONALITY DEVELOPMENT: EXPLORING PROPS & SYMBOLIC EXPRESSION
INTRODUCTION TO DANCE AND MOVEMENT THERAPY & ACTIVE IMAGINATION
FOUNDATIONS OF VISUAL ART THERAPY: ART & COLLAGE
EXPRESSIVE ARTS AND JOURNALING - Lead by **LEETAL BENZVI**
INTRODUCTION TO PLAY THERAPY
INTRODUCTION TO MUSIC THERAPY - Lead by **PURVAA SAMPATH**
COMMUNITY ART & MUSIC CIRCLES
INTERMODAL EXPRESSIVE ARTS



MODULE 2

12th - 21st Nov 2026

EXPLORING THE HUMAN ESSENCE THROUGH CREATIVE INSTALLATIONS
CREATIVE TECHNIQUES IN EDUCATION: ACADEMIC CONCEPTS THROUGH ART
DANCE IN EDUCATION – Lead by **TRIPURA KASHYAP**
PSYCHODRAMA – Lead by **MAGDALENE JEYARATHNAM**
EXPLORING POIESIS – ECOPOIESIS & AESTHETIC RESPONSIBILITY
MUSIC THERAPY - Lead by **STEPHEN PHILIP**
STRUCTURE & FRAMEWORK OF AN INTERMODAL SESSION
TECHNIQUES OF FACILITATION: HOLDING SPACE
FINAL PRESENTATIONS & GRADUATION



TRANSFORM



EXPRESS





EXPERIENCE



EMBODY





FACULTY



BHAKTIVEDA
DHAUL TARAGI

**Founder, Praanah,
Expressive Arts Therapist,
Sound Healing & Breathwork**



TRIPURA
KASHYAP

**CMTAI Co-Founder,
Pioneer of Dance Movement
Therapy in India**



MAGDELENE
JEYARATHNAM

**Psychodramatist &
Founder, East West
Center for Counselling**



STEPHEN
PHILIP

**Sound Therapist & Founder,
Strange Beautiful Musik**



DR. LEETAL
BENZVI

**Expressive Arts Therapist
& Founder, ArtSense**



PURVAA
SAMPATH

**CMBT Music Therapist &
Founder, Mayahs' Universe**



STAY IN



NATURE'S CUSHION

Shoonya Farm Retreat is nestled on 30 acres of grassland in the Western Ghats of Karnataka, a retreat space awaiting your presence. Expect chirping birds, gleaming sunlight and mother nature's healing to surround us as we journey through various activities across the course.



FOR ENROLLMENT ENQUIRIES

 CONTACT - 9867150907

 WWW.PRAANAH.IN

 VEDA@PRAANAH.IN
SAANIA@PRAANAH.IN

 SHOONYA FARM RETREAT,
BELAGAVI, KARNATAKA

MODULE 1 ONLY - RS: 80,000/-

- Comfortable A/C accommodation for 7 days
- Delicious fresh meals - breakfast, lunch, hi tea, dinner
- All classes, art materials, and excursions during the first module

MODULES 1 & 2

ALL INCLUSIVE - RS 1,50,000/-

- Comfortable A/C accommodation for the complete 16 day course
- Delicious fresh meals - breakfast, lunch, hi tea, dinner
- Energy Exchange for all classes, art materials, excursions, sessions with Guest Faculty.
- Supervision sessions for 6 months after course completion



 To confirm your participation,
an advance payment of 50%
is payable latest by 15th August 2026

*** limited seats ***

(pricing exclusive of gst)



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