



CERTIFICATION PROGRAMME

Module 1 **6th - 12th Sep 2026**

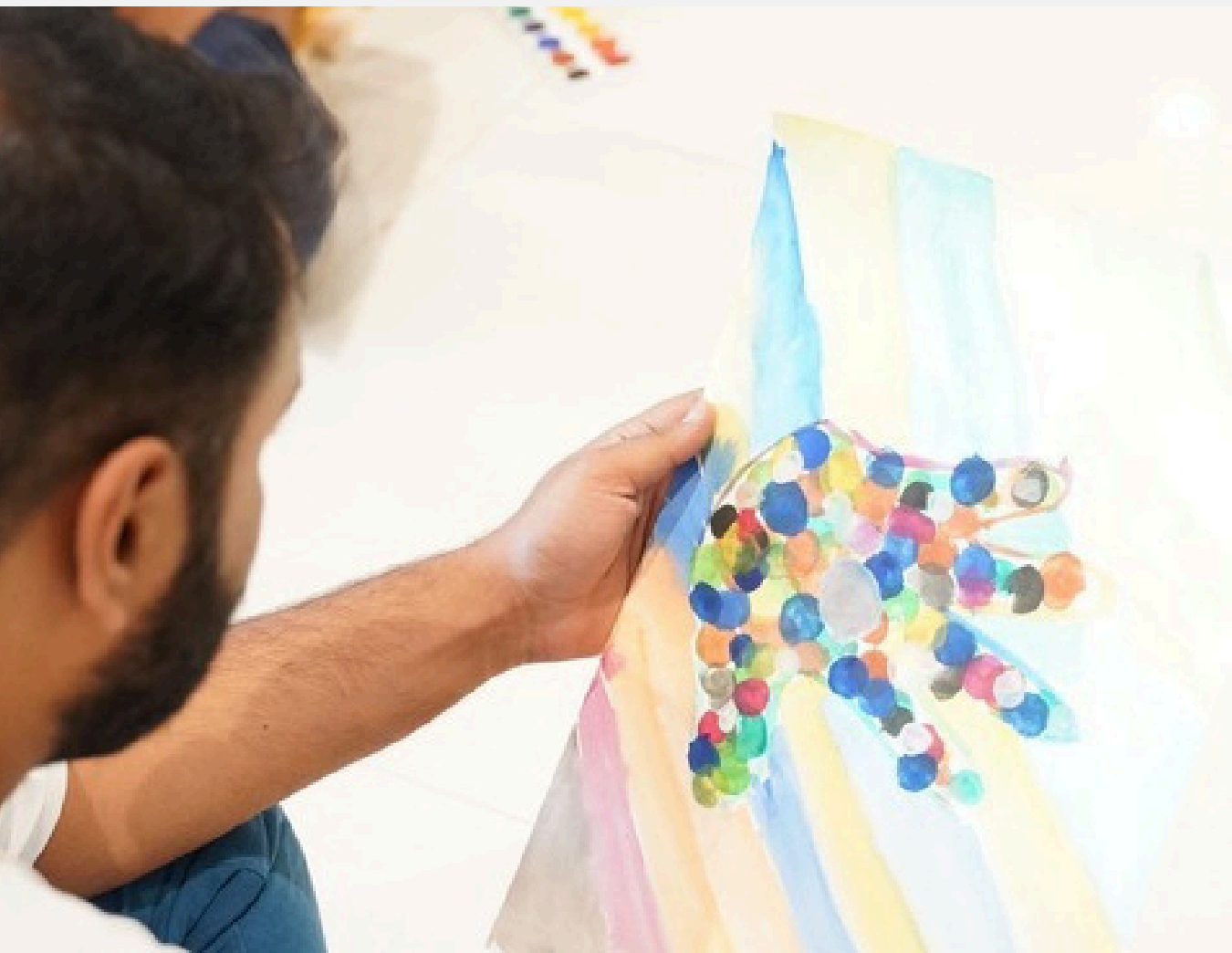
Module 2 **12th - 21st Nov 2026**



PRAANAH
expressive awakening

EXPRESSIVE ARTS THERAPY INTENSIVE

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



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, Healthcare, 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.

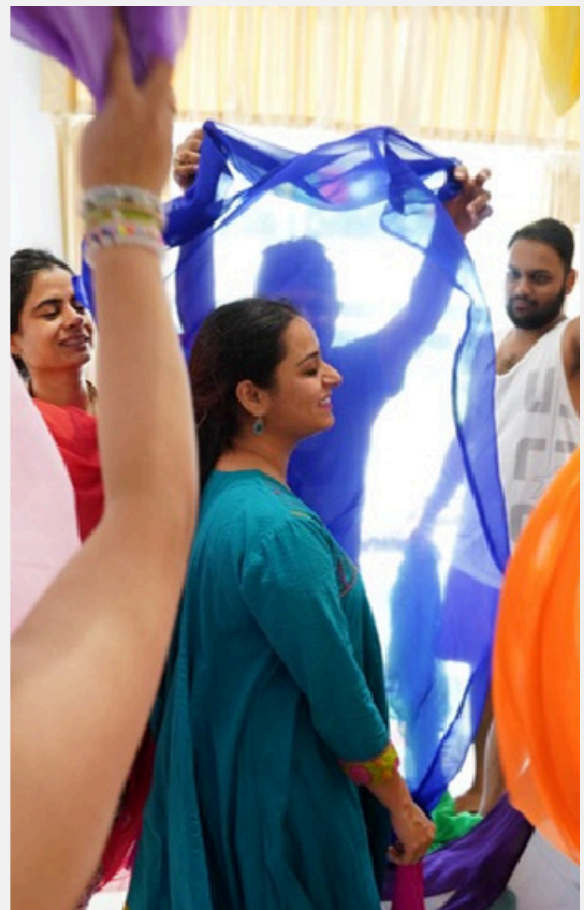
Expressive Art Therapy (EAT) uses different creative arts such as dance, music, visual art, toys/ puppets, music/sound, poetry, clay, nature and various other expressive tools to help a person express or give birth to deep messages arising from the subconscious or the inner voice. It connects to the 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. The module is designed for **self exploration** and **anyone who is curious** to explore the magic of the work!

In the second module, participants will gain a deeper experience understanding core values and ethics of incorporating the Creative Arts as a facilitator in various settings. There will be more **emphasis on skill development and the practical applications of the work** to hold group sessions. Reading materials, practical assignments, presentations and supervision sessions will be provided 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

CREATIVE SELF EXPRESSION

6th - 12th Sep 2026



PRAANAH
expressive awakening

Rs. 80,000/-

Classes, Materials, Accommodation & Meals Inclusive



MODULE 1

Experience creative self expression

INTRODUCTION TO EXPRESSIVE ART AS THERAPY: A HISTORICAL FRAMEWORK

PHILOSOPHICAL & PSYCHOLOGICAL FOUNDATIONS OF EXPRESSIVE ARTS

PERSONALITY DEVELOPMENT: EXPLORING PROPS & SYMBOLIC EXPRESSION

INTRODUCTION TO DANCE/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 AS THERAPY - Led by **STEPHEN PHILIP**

COMMUNITY ART & MUSIC CIRCLES

INTERMODAL EXPRESSIVE ARTS - Lead by **BHAKTIVEDA**



CREATE

EXPRESS





EXAI CERTIFICATION PROGRAMME

12th - 21st Nov 2026

Full Programme fee Module 1 & 2
Rs. 1,50,000/- (All inclusive)

- Classes, Materials, Accomodation & Meals Inclusive
- In-person learning and training by esteemed faculty
- Certification from EATAI on completion of 100 + field work hours
- Supervision of facilitation for 6 months post the course



MODULE 2

EXAI Certification Programme

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: SKILLS AND APPLICATIONS - Lead by **SARTHAK DHUNGANA**
STRUCTURE & FRAMEWORK OF AN INTERMODAL SESSION
TECHNIQUES OF FACILITATION: HOLDING SPACE
FINAL PRESENTATIONS & GRADUATION



CERTIFICATION BY
THE EXPRESSIVE ARTS THERAPY
ASSOCIATION OF INDIA
on completion of both Modules*

✦ 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**



SARTHAK
DHUNGANA

**Clinical Music Therapist &
Co-Founder Maitri Music Therapy**



TRANSFORM
EMBODY





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 as we embark on this journey together. All accomodation is within the property with comfortable amenities and breathtaking views.



IMMERSE

IN LEARNING



GROW YOUR SKILLS.
EXPAND YOUR IMPACT.



PRAANAH

expressive awakening

FOR ENROLLMENT ENQUIRIES



Connect with us:

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**[Shoonya Farm Retreat,](#)
[Belagavi, Karnataka](#)**



www.praanah.in

Secure your seat in the EXAI 2026 batch