

# Introduction to Expressive Arts Therapies

**Course Coordinator:** Nisha Menzies Rao e mail: nisharao@sjc.ac.in

**Duration of the course:** 30 hours

**Credits:** 1

**Fee:** Rs. 5000/-

## Course objectives

- Understand the history, approaches, techniques of various forms of expressive arts therapies viz. Movement Therapy, Drama Therapy, Bibliotherapy, Art Therapy, Storytelling, Music Therapy
- Understand the applications of various forms of expressive arts therapy in different educational, and therapeutic settings
- Understand the scope of the domain of expressive therapies

## Syllabus

### **Chapter 1: Introduction (3 Hours)**

History, Definition, Characteristics of Expressive Therapies, Training in the Indian Context  
Codes of Practice and Ethics

### **Chapter 2: Introduction to Movement Therapy and Drama Therapy (8 Hours)**

Movement Therapy: History, Approaches, Techniques and Methods of Processing  
Drama Therapy: Definition, Current Approaches to Drama Therapy

### **Chapter 3: Introduction to Bibliotherapy and Storytelling (8 Hours)**

Bibliotherapy: Definition, Components, Phases, Introduction bibliotherapy exercises  
Storytelling: Types and Choice of Stories, Ethics, Skills for Storytelling using Examples

### **Chapter 4: Introduction to Art Therapy and Music Therapy (8 Hours)**

Art Therapy: Interface between Art and Therapy, Materials used for art therapy, approaches, and brief introduction to techniques

Music Therapy: Principles and Framework, Music Therapy Spectrum, Qualities and Qualifications of Music Therapist

### **Chapter 5: Research and Application (3 Hours)**

Quantitative and Qualitative Studies Pertaining to Effectiveness of Expressive Arts Therapies in various settings. Applications: Working with Survivors of Physical Disability, Mental Illnesses, and Trauma; Hospital Setting, Workplace Setting, Geriatric Care.