

**Semester 1 (4 months) Foundational Art therapy**

1	<b>Introduction to Art Therapy</b>	<ul style="list-style-type: none"><li>• <i>Definition and history of art therapy.</i></li><li>• <i>Theoretical foundations: psychoanalytic, humanistic, cognitive-behavioural approaches.</i></li><li>• <i>Ethical considerations and professional standards in art therapy practice.</i></li></ul>
2	<b>Psychology of Creativity</b>	<ul style="list-style-type: none"><li>• <i>Understanding creativity and its role in therapy.</i></li><li>• <i>Theories of creativity: divergent thinking, flow theory, cognitive processes.</i></li><li>• <i>Exploring creativity through artistic expression.</i></li></ul>
3	<b>Artistic Media and Techniques</b>	<ul style="list-style-type: none"><li>• <i>The role of art in child development.</i></li><li>• <i>Developmental stages and milestones.</i></li><li>• <i>Using art to address developmental challenges.</i></li></ul>
4	<b>Art Therapy in Practice</b>	<ul style="list-style-type: none"><li>• <i>Applying art therapy techniques in counselling settings.</i></li><li>• <i>Case conceptualization and treatment planning.</i></li><li>• <i>Documentation and evaluation of therapeutic progress.</i></li></ul>
P1	<b>Capstone Project</b>	<ul style="list-style-type: none"><li>• <i>Integrating knowledge and skills acquired throughout the course.</i></li></ul>

**Semester 2 (4 months) Analytical Art therapy**

1	<p><b>Introduction to Assessment in Art Therapy</b></p>	<ul style="list-style-type: none"> <li>• Overview of assessment principles in art therapy.</li> <li>• Understanding the role of assessment in treatment planning and monitoring progress.</li> <li>• Ethical considerations and confidentiality in assessment procedures.</li> </ul>
2	<p><b>Art-Based Assessment Techniques</b>  <b>12 Assessment tools including clinical Psychoanalytic</b></p>	<ul style="list-style-type: none"> <li>• Exploration of various art-based assessment tools (e.g., D-A-T, Kinetic Family Drawing, House-Tree-Person).</li> <li>• Administering and interpreting art-based assessments.</li> <li>• Integrating findings from art-based assessments with traditional diagnostic criteria.</li> </ul>
3	<p><b>Diagnostic Criteria and Classification Systems</b></p>	<ul style="list-style-type: none"> <li>• Overview of major mental health disorders and diagnostic criteria (e.g., DSM-5).</li> <li>• Understanding the limitations and critiques of diagnostic classification systems.</li> <li>• Using diagnostic information to inform treatment planning in art therapy.</li> </ul>
4	<p><b>Art-Based Diagnosis and Formulation</b></p>	<ul style="list-style-type: none"> <li>• Using art-based assessments to formulate diagnostic impressions.</li> <li>• Integrating psychological theories and conceptual frameworks in diagnostic formulation.</li> <li>• Presenting diagnostic impressions in a clear and ethical manner.</li> </ul>
P1	<p><b>Capstone Project</b></p>	<p><b>Documentation and Record Keeping</b></p> <ol style="list-style-type: none"> <li>1. Best practices in documentation of assessment findings.</li> <li>2. Legal and ethical considerations in record-keeping.</li> <li>3. Writing clear and objective assessment reports.</li> </ol>

**Semester 3 (4 months) Advance Art therapy**

1	<b>Art Therapy and Neuroscience</b>	<ul style="list-style-type: none"><li>• <i>Understanding the neurobiological basis of art therapy.</i></li><li>• <i>Exploring brain function and creativity.</i></li><li>• <i>Applying neuroscientific findings to enhance art therapy interventions.</i></li></ul>
2	<b>Depth Psychology and Art</b>	<ul style="list-style-type: none"><li>• <i>Introduction to depth psychology theories (e.g., Jungian, psychodynamic).</i></li><li>• <i>Exploring the use of symbols and archetypes in art therapy.</i></li><li>• <i>Applying depth psychology concepts to deepen therapeutic work.</i></li></ul>
3	<b>Advanced Group Art Therapy</b>	<ul style="list-style-type: none"><li>• <i>Advanced group dynamics and group process.</i></li><li>• <i>Facilitating specialized groups (e.g., trauma recovery, grief and loss, addiction).</i></li><li>• <i>Integrating group art therapy with other modalities (e.g., psychodrama, mindfulness).</i></li></ul>
4	<b>Art therapy in digital world</b>	<ul style="list-style-type: none"><li>• <i>Introduction to digital art-making tools and software (e.g., Adobe Photoshop, Procreate, digital drawing tablets).</i></li><li>• <i>Hands-on exploration of digital art techniques and functionalities.</i></li><li>• <i>Selecting and adapting digital tools to meet the needs of clients.</i></li></ul>
P1	<b>Capstone Project</b>	<b>Independent research or creative project demonstrating advanced art therapy skills.</b>

<b>Semester 4 (4 months) Art-Based Cognitive Therapy (ABCT)</b>		
1	<b>Introduction to Art-Based Cognitive Therapy (ABCT)</b>	<ul style="list-style-type: none"> <li>• Overview of the integration of cognitive therapy and expressive arts techniques.</li> <li>• Understanding the theoretical foundations and principles of ABCT.</li> <li>• Ethical considerations and guidelines for practicing ABCT.</li> </ul>
2	<b>Cognitive Distortions and Art Therapy</b>	<ul style="list-style-type: none"> <li>• Identifying common cognitive distortions and their impact on mental health.</li> <li>• Exploring how artistic expression can challenge and reframe cognitive distortions.</li> <li>• Hands-on exercises to illustrate the connection between thoughts, emotions, and art-making.</li> </ul>
3	<b>Cognitive Restructuring Through Art</b>	<ul style="list-style-type: none"> <li>• Introduction to cognitive restructuring techniques in ABCT.</li> <li>• Using art to identify and challenge negative thought patterns.</li> <li>• Promoting cognitive flexibility and adaptive thinking through artistic expression.</li> </ul>
4	<b>Mindfulness and Art-Based Cognitive Therapy</b>	<ul style="list-style-type: none"> <li>• Incorporating mindfulness practices into ABCT sessions.</li> <li>• Using art-making as a mindfulness tool to enhance present-moment awareness.</li> <li>• Cultivating non-judgmental observation and acceptance through creative expression.</li> </ul>
P1	<b>Capstone Project</b>	<b>Designing and implementing an original ABCT intervention or program.</b>

**Semester 5 (4 months) Art Therapy in Pregnancy Care**

1	<b>Introduction to Art Therapy in Pregnancy Care</b>	<ul style="list-style-type: none"><li>• Overview of the role of art therapy in supporting emotional health during pregnancy.</li><li>• Understanding the unique needs and challenges of individuals during the prenatal and postnatal periods.</li><li>• Ethical considerations and boundaries in providing art therapy in pregnancy care settings.</li></ul>
2	<b>Pregnancy and Emotional Health</b>	<ul style="list-style-type: none"><li>• Exploring the emotional changes and challenges experienced during pregnancy.</li><li>• Understanding common mental health concerns such as anxiety, depression, and perinatal mood disorders.</li><li>• Introduction to the concept of prenatal bonding and attachment.</li></ul>
3	<b>Exploring Pregnancy Experiences Through Art</b>	<ul style="list-style-type: none"><li>• Using art to explore the physical and emotional experiences of pregnancy.</li><li>• Expressing feelings about body image, changes, and identity through artistic expression.</li><li>• Addressing fears, concerns, and hopes related to childbirth and parenthood.</li></ul>
4	<b>Group Art Therapy in Pregnancy Care</b>	<ul style="list-style-type: none"><li>• Dynamics of group therapy for pregnant individuals and new parents.</li><li>• Facilitating art therapy groups to promote peer support, validation, and connection.</li><li>• Creating safe spaces for sharing pregnancy and parenting experiences through art.</li></ul>
P1	<b>Capstone Project</b>	<b>Designing and implementing an original art therapy program or intervention for pregnancy care.</b>

**Semester 6 (4 months) Art Healing**

1	<b>Introduction to Art Healing</b>	<ul style="list-style-type: none"><li>• Overview of the concept of art healing and its roots in expressive therapies.</li><li>• Understanding the role of art in promoting emotional well-being and self-expression.</li><li>• Ethical considerations and guidelines for practicing art healing.</li></ul>
2	<b>Theoretical Foundations</b>	<ul style="list-style-type: none"><li>• Introduction to theoretical frameworks supporting art healing (e.g., humanistic, psychodynamic, existential).</li><li>• Exploring concepts such as symbolic expression, catharsis, and the unconscious mind in art healing.</li><li>• Integrating theories from psychology, art therapy, and spirituality.</li></ul>
3	<b>Healing Trauma through Art</b>	<ul style="list-style-type: none"><li>• Understanding the impact of trauma on the mind and body.</li><li>• Art-based interventions for processing and healing from trauma.</li><li>• Creating safe spaces for trauma survivors to express themselves through art.</li></ul>
4	<b>Art Journaling and Narrative Therapy</b>	<ul style="list-style-type: none"><li>• Using art journaling as a therapeutic practice for self-expression and reflection.</li><li>• Integrating narrative therapy techniques into art healing sessions.</li><li>• Using storytelling and metaphor to explore personal narratives and create meaning through art.</li></ul>
P1	<b>Capstone Project</b>	<b>Group Art Healing</b> <ol style="list-style-type: none"><li>1. Dynamics of group therapy and community art-making.</li><li>2. Facilitating group art healing sessions: structure, themes, and interventions.</li><li>3. Creating supportive environments for collective healing and mutual support.</li></ol>

**Research Based Practicum (Training) 1 month each**

1	<b>SEM 1</b> <b>Introduction to Research in Art Therapy</b>	<ul style="list-style-type: none"><li>• Overview of the role of research in advancing the field of art therapy.</li><li>• Understanding different types of research (e.g., qualitative, quantitative, mixed methods).</li><li>• Ethical considerations in art therapy research.</li></ul>
2	<b>SEM 2</b> <b>1. Formulating Research Questions</b> <b>2. Literature Review and Critical Analysis</b>	<ul style="list-style-type: none"><li>• Identifying research questions relevant to art therapy practice.</li><li>• Refining research questions to be specific, measurable, and feasible.</li><li>• Generating hypotheses and research objectives</li></ul> <hr/> <ul style="list-style-type: none"><li>• Conducting a thorough literature review in art therapy.</li><li>• Strategies for searching databases, journals, and other sources.</li><li>• Critical appraisal of research literature and identifying gaps in existing knowledge.</li></ul>
3	<b>SEM 3</b> <b>1. Research Design and Methodology</b> <b>2. Data Collection Methods</b>	<ul style="list-style-type: none"><li>• Introduction to research designs commonly used in art therapy (e.g., case study, survey, experimental).</li><li>• Selecting appropriate methodologies for answering research questions.</li><li>• Considerations for sampling, recruitment, and data collection.</li></ul> <hr/> <ul style="list-style-type: none"><li>• Overview of data collection techniques in art therapy research (e.g., interviews, observations, standardized measures).</li><li>• Developing data collection tools and protocols.</li><li>• Ensuring reliability and validity of data collection methods.</li></ul>

		<ul style="list-style-type: none"> <li>•</li> </ul>
4	<b>SEM 4</b> <b>1. Qualitative Data Analysis</b> <b>2. Quantitative Data Analysis</b>	<ul style="list-style-type: none"> <li>• <i>Introduction to qualitative data analysis techniques (e.g., thematic analysis, content analysis, narrative analysis).</i></li> <li>• <i>Coding and categorizing qualitative data.</i></li> <li>• <i>Interpreting findings and drawing conclusions.</i></li> </ul> <hr/> <ul style="list-style-type: none"> <li>• <i>Overview of quantitative data analysis methods (e.g., descriptive statistics, inferential statistics).</i></li> <li>• <i>Analyzing quantitative data using statistical software (e.g., SPSS, R).</i></li> <li>• <i>Interpreting statistical findings and reporting results.</i></li> </ul>
5	<b>SEM 5</b> <b>Mixed Methods Research</b> <b>Writing and Presenting</b> <b>Research Findings</b>	<i>Integrating qualitative and quantitative approaches in art therapy research. Designing mixed methods studies to address complex research questions. Analysing and synthesizing data from multiple sources.</i> <hr/> <i>Research Findings</i> <i>Structuring research reports and manuscripts.</i> <i>Writing clear and concise research proposals and articles.</i> <i>Presenting research findings at conferences and professional events.</i>
6	<b>SEM 6</b> <b>Advanced Topics in Art Therapy Research</b> <b>Ethical Considerations in Research</b>	<i>Exploring current trends and emerging topics in art therapy research. Guest speakers and discussions on specialized research areas. Opportunities for students to pursue individual research interests.</i> <hr/>



		<p><i>Ethical guidelines and principles governing research in art therapy.</i></p> <p><i>Informed consent, confidentiality, and participant protection.</i></p> <p><i>Addressing potential conflicts of interest and bias in research.</i></p>
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