



ST. XAVIER'S COLLEGE (AUTONOMOUS), MUMBAI  
PSYCHOLOGY DEPARTMENT



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**DATES**

Applications Open: 18th May 2022  
Applications Close: 18th June 2022  
Course Commences: 27th July 2022

**CREDITS**

48 credits (810+ Hours)

- Expressive Arts Therapy Theory - Art, Drama, Music, Movement & Inter-modality (10 credits)
- Expressive Arts Therapy Skills - Art, Drama, Music, Movement & Inter-modality (10 credits)
- Counselling Theories, Processes & Skills (10 credits)
- Fieldwork (10 credits)
- Research Design & Methodology (8 credits)

Internationally certified faculty from across the country and International Guest Lectures.

**DURATION**

1 year (Thursday, Friday and Saturday)  
Timings: 2 PM to 8 PM  
Timing for 2 weeks of observership in Term 1 and 2 months will vary based on fieldwork in Term 2 on Thursday, Friday, Saturday

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<p><b>ELIGIBILITY CRITERIA</b></p>	<ul style="list-style-type: none"> <li>• Graduation in any subject. (Provisional admission will be provided to those waiting on Graduation results based on 5th Semester Grades)</li> <li>• No age restrictions for admission.</li> <li>• The application will be scored based on academics, statement of purpose, relevant personal and professional experience.</li> <li>• Shortlisted candidates will be called for an experiential and theoretical interview. All interviews will be held online.</li> </ul>
<p><b>OBJECTIVES</b></p>	<p>The main objective of the course is to open up this highly specialized discipline of study to the Postgraduate level and develop competent practitioners in the field of Expressive Arts Therapy.</p> <p>The focus of the course would be to equip participants with a combination of theoretical foundation and practical skills. This will enable graduates to incorporate these skills in socially challenging environments within educational and developmental settings and supplement their existent capacities.</p>
<p><b>NOTE</b></p>	<ul style="list-style-type: none"> <li>• Only Shortlisted candidates will have to create an audition video of five minutes to support their Expressive Arts Therapy application using any one or more of the following modalities: Art, Music, Drama, Movement and Photography.</li> <li>• Application fees : INR 1000</li> <li>• Interviews will be held online.</li> <li>• Selected Candidates will be informed with an acceptance letter via email.</li> <li>• Fees: Domestic Students: Rs 2,12,000/- International Students: Rs 6,36,000/-</li> </ul>

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## DETAILS NEEDED TO APPLY

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- Graduation Marksheet (PDF)
- Post Graduation Marksheet (PDF) - If applicable
- Passport Photo (white background, under 100KB size)
- Relevant Professional Experience (Max 2) -if any
- Relevant Internship, workshop, conference/ publications ( Max 2) - if Any
- Relevant Experience in the field of Mental Health (300 words PDF) -If any
- Statement of Purpose- (800 words PDF) - compulsory
- Role of Expressive Arts- (500 words PDF)- Compulsory
- Details needed to make online payment of Rs 1000 for application fee

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## FAQS

### **IS THE PROGRAM ONLINE OR ON CAMPUS IN MUMBAI?**

This is an on campus program. Due to covid, it was partly online. As per current govt guidelines, we move back on campus this academic year. The online-offline mode is followed as per government and Mumbai university guidelines. The past two years has the seen the program adapt to both online and offline modes to seamlessly.

### **CAN I WORK OR DO ANOTHER PROGRAM WITH IT?**

This is an intensive program during the days mentioned on the brochure . You will need to allot time for readings and assignments additionally. The attendance requirements are 90%. Some students in the past have completed both successfully while some have not managed to do so. Make an informed choice based in your organizational ability to meet demands of two programs/ work and your emotional capacity. The college program aims at high competency level for successful completion.

### **DO I HAVE TO FIND MY OWN INTERNSHIP? I GRADUATE AS ?**

The department has partnered with organisations to provide internships to our students as required by the fieldwork component. You graduate as an Expressive Arts Therapy Practitioner ( ExAT-P). To be a Therapist you need a Master's in this field .



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## Who can apply?

Graduation in any subject. (Provisional admission will be provided to those waiting on Graduation results).

Anyone with a keen interest towards art, education and health lens

Psychological Framework is part of the training on program

No age restrictions for admission.

Affinity for using creative forms as medium of exploration for self or others.

Artists, Psychologists, Social Workers, Medical and Para Medical Professionals, Designers, Special Educators, Teachers, Physical Educators, Play Therapists, Entrepreneurs, Students.

All Are Welcome to Personally and Professionally  
Grow with Arts



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## **The scope of work post graduation**

**Individual sessions for mild to moderate psychological challenges with Supervision.**

**Group sessions in schools , health centres, care homes, corporate offices, not- for- profit organizations and much more.**

**Integrate creative mediums into existing work.**

**Innovating and Designing your own programs.**

**The common myth is that Expressive Arts Therapy is only for those with mental health concerns but it actually for Everyone**



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## What are the components of the program?

**Expressive Arts Therapy Theory- Art, Drama, Music,  
Movement and Inter-modality  
(Reflective Journal)**

**Expressive Arts Therapy Skills -Art, Drama, Music,  
Movement and Inter-modality  
(Creative Arts Engagement)**

**Counselling Theories, Processes and Skills  
(Personal Therapy)**

**Fieldwork / Internship  
(Professional supervision, On-site supervision, Peer  
Supervision, Group Process)**

**Research Design and Methodology**



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## Qualities of an Expressive Arts Therapy Practitioner

- Willingness to develop ethical practice
- Ability to be non-judgmental and open minded
- Good communication and interpersonal skills.
- Empathy and patience.
- Being creative, imaginative and spontaneous .
- Ability to work with different populations with different challenges.
- Developing Reflexivity

Apart from the above, the training also helps  
with

- \*Theoretical and practical knowledge of Expressive Art Therapies and approaches .
- \*An understanding of Psychological theories .



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