



ART IT OUT
until you are ready to talk



We're thrilled to announce the commencement of registrations for the upcoming Expressive Art Therapy UNESCO - CID certification April 2025. Now is the perfect time to reserve your spot and take advantage of our early bird discount since seats are filling up fast!

This Certification is offered in association with UNESCO-CID, France. It involves use of different creative modalities of expressive art therapy including visual arts, dance, movement, music, drama, play, and poetry. It focuses on experiential learning along with theoretical knowledge and participants will gain the skills to apply these techniques to a varied demographic structure catering to all age groups. This certification involves 200 hours of online training including 50 hours of supervised internship.

with

Dr Aradhna (PhD)

Founder - Art It Out

*Certified Expressive Arts Therapist From UNESCO-CID,
ICPEM, CTAA, Niti Ayog and Transformation Academy USA*



Starts **15 April 2025**.
Applications now open

This Certificate Training Program is an Intermodal Expressive Arts approach. It is for those interested in pursuing the Expressive Arts as a professional path whether integrating it into an existing career or beginning a career in the expressive arts field.

Expressive Arts Therapy is an approach to healing through the imagination using different forms of creative expression.

The focus of **expressive arts therapy** is on the therapeutic effect of the creative experience and it highlights the human capacity to transform thoughts, emotions and experiences into tangible shapes and forms. It can involve dance, clay, puppetry, creative writing, performance, art, photography, music, visual arts and more.

Expressive arts therapy encourages unfolding the subconscious. When working with expressive media, people often benefit from the unconscious coming up to the surface of their awareness.

Expressive arts therapy supports integrative learning. It encourages the undiscovered places of knowledge within each person. This offers different sensory experiences and their role in our behavior and understanding. It is enhanced by new experiences, thoughts, sensations and images not normally experienced in the everyday life patterns.

This will be an intensive training approach to expressive arts therapy.

We also explore the body-mind connection, somatic work, and nature based expressive arts.

Meetings will be in the online mode on weekdays with a **6-hour session each day with Dr Aradhna.**

15th April – 31st May 2025

Session timings: 11 am to 5 pm

Note: For International Participants, please calculate the time zone according to IST, for online batch

Program Highlights:

Comprehensive Curriculum: Our curriculum encompasses a wide range of topics, including expressive art therapy theories, techniques, psychological foundations, and practical applications in therapeutic settings.

- Introduction to Expressive Art Therapy: History, theoretical foundations, ethical considerations, In-depth understanding of different modalities and techniques.
- Techniques for facilitating expression and creativity in each modality, Understanding the symbolic language of art forms.
- Assessment and Evaluation in Expressive Art Therapy: Art-based assessment techniques, monitoring and evaluating the progress in art therapy sessions.
- Group expressive arts: the dynamic of group therapy using expressive arts.

Hands-On Training: Engage in hands-on workshops that provide practical experience in utilizing various art forms for therapeutic interventions.

Certification and Accreditation: Upon successful completion of the program, participants shall receive a recognized certification in expressive art therapy from our organization as well as registration and certification from UNESCO-CID, France, along with registration in the Global Directory of Creative Dance Therapy positioning you for a rewarding career in mental health and wellness for Creative Dance Movement.

Experienced Faculty: Gain valuable insights and real-world expertise.

Who can join?

Bachelor's Degree Holders in Psychology or Allied Sciences

Healthcare and mental health professionals

Educators & school counselors

Community workers & activists

Art based intervention community builders

Fee Structure

For Indian Participants – **55,000 INR**

Note: Payment through UPI, Bank Transfer

To secure your seat and benefit from our early bird pricing, we encourage a nominal fee of INR 5000 to be paid before 5th April 2025. This fee will be credited toward your course tuition upon full payment.

Bank Details

Account Name: Indian Institute of Educators Pvt Ltd OPC

Current A/C Number: 31821314550

IFSC Code: SBIN0012980

Branch Name: CSI Towers Lucknow

Take advantage of this exceptional opportunity for growth and advancement in your life. Register now to reserve your spot and avail of the early bird discount!

The certification includes:

Detailed Methodology

Training & Supervision

Recommendation letter & certification after supervision

Student registration with UNESCO - CID on course completion

ABOUT THE FACILITATOR



A visionary in art therapy, **Dr. Aradhna** is the brilliant mind behind Art It Out, a venture born from a profound passion for art and a commitment to personal transformation. With a PhD in Management and esteemed certifications from **UNESCO in art therapy, ICPEM, CTAA, Niti Aayog, and Transformation Academy USA**, Dr. Aradhna blends academic excellence with creative intuition.

Why Art It Out?

Art It Out is a pioneer in conducting art therapy workshops for stress management across the country. Art relaxes your mind, body & soul as you explore your creative side and connect better with yourself. Art It Out facilitates the art of unlocking the untapped power of the subconscious mind to release inner stress, process emotions better, and find clarity and meaning in everyday life to boost happiness levels! One doesn't need to be an artist for this and all age groups are welcome. We conduct 1-1 sessions as well as group workshops in both online and offline modes.

Why Choose us?

1. Globally Recognized Certification: Our Expressive Art Therapy Certification is certified by UNESCO-CID, adding international credibility to your expertise. This certification empowers you to practice art therapy professionally across *Asia & Europe*.

2. A Transformative Tool for Emotional Well-Being: Learn to harness the power of art therapy to heal the mind, body, and spirit by reducing stress, anxiety, and emotional blockages. Our interactive and engaging sessions ensure a judgment-free space where no prior artistic skills are needed—just a passion for helping others through creativity.

3. Master Emotional Intelligence & Stress Management: Develop expertise in stress management, creative problem-solving, and emotional intelligence. This program equips you to create a safe, supportive environment where individuals can express themselves freely, build resilience, and experience personal growth.

4. Flexible Learning with Real-World Application: Designed to fit any schedule, our certification blends theory with hands-on practice, allowing you to apply art therapy for emotional healing, self-awareness, and stress relief in real-life scenarios.

Learning Outcomes

✓ **Comprehensive Knowledge of Expressive Art Therapy:** Gain an in-depth understanding of expressive arts-based therapy and its role in emotional and psychological well-being.

✓ **Enhanced Therapeutic Practice:** Stay updated with modern therapeutic techniques and strengthen your professional expertise in art-based healing.

✓ **Hands-on Creative Exploration:** Engage in practical, interactive sessions that allow you to experiment with various art forms to support emotional well-being.

✓ **Emotional Transformation & Self-Synthesis:** Learn how to guide individuals through art-based emotional healing, helping them process, synthesize, and express their personal experiences.

✓ **Conceptual & Applied Learning:** Develop a strong foundation in conceptual therapeutic approaches while effectively applying expressive art techniques.

✓ **Self-Awareness & Coping Strategies:** Use therapeutic art methods to help clients enhance self-awareness, build healthy coping mechanisms, and foster self-expression.

✓ **Judgment-Free Artistic Expression:** Encourage clients to create art without self-doubt, promoting confidence, creativity, and emotional release through structured therapeutic processes.

✓ **From Imagination to Creation:** Guide individuals in visualizing and manifesting their aspirations by helping them create tangible artistic representations of their dreams.

Delivery & Workload

✓ **Total Course Duration: 200 Hours**

- 150 hours covered through interactive training sessions.
- 50 hours of hands-on internship.

✓ **Completion Requirements**

- Minimum 85% attendance in training sessions.
- Submission of a case file and portfolio as part of the certification process.

✓ **Diverse Learning Methods**

- Lectures for theoretical understanding.
- Experiential learning through practical exercises.
- Self-directed study for independent exploration and skill enhancement.

Contact

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Instagram & Facebook: [artitout.official](https://www.instagram.com/artitout.official)

