

Internship Training (PG) –	PG INTERNSHIP TRAINING IN ART THERAPY (CN 035)
Course Duration –	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode –	Online fixed scheduled interactive sessions with supporting learning materials
Course Structure –	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly
Eligibility –	For Postgraduate learners or Postgraduate degree holders (psy/msw/hd/allied)
Interactive Sessions –	60min session/module (12–30 modules), scheduled weekly/daily as per learner's choice

- ✓ The internship course includes 12 mandatory modules and an additional set of 18+ optional modules. The prescribed course fee covers only the 12 mandatory modules.
- ✓ If you wish, you may choose any number of optional modules by paying the corresponding additional fee per module.
- ✓ Selecting optional modules is completely voluntary — you may also choose to complete only the 12 mandatory modules by paying just the standard course fee.

MANDATORY INTERNSHIP MODULE NAMES & SESSION BRIEF
ONE SESSION PER MODULE WITH REQUIRED LEARNING MATERIALS – SESSIONS SCHEDULED ON DAILY BASIS
OR WEEKLY OR AS PER LEARNER NEEDS

C.S_01	Introduction to Art Therapy (Applied & Safe-Level) - Definition, purpose, what it can/cannot do, ethical boundaries.
C.S_02	Therapeutic Relationship in Art-Based Work - Empathy, presence, non-judgmental space, unconditional acceptance.
C.S_03	Art as Expression vs Art as Analysis - Focus on expression, exploration—not diagnosis.
C.S_04	Materials & Mediums in Art Therapy - Crayons, paints, clay, collage, pastels—uses & safety considerations.
C.S_05	Setting Up an Art Therapy Space - Environment, materials, safety, consent, privacy.
C.S_06	Warm-Up Art Exercises for Sessions - Doodling, colour scribble, line movement, free drawing.
C.S_07	Projective Expression Basics (Non-Clinical) - Symbols, colours, metaphors—gentle exploration.
C.S_08	Guided Art Activities for Emotions - Emotion mapping, colour–feeling association, visual metaphors.
C.S_09	Integrating Art with Counselling Conversation - Processing artwork with open-ended questions.
C.S_10	Art Therapy Session Structure - Opening → creative process → exploration → closure.
C.S_11	Cultural Sensitivity in Art Therapy - Colours, symbols, stories, beliefs from Indian contexts.
C.S_12	Documentation of Art Sessions - Notes, descriptions, client responses, reflections.

OPTIONAL INTERNSHIP MODULE NAMES & SESSION BRIEF

If required, learners can opt for any or all these listed modules at an additional cost, apart from the course fee that includes the mandatory internship modules.

O.S_13	Mandala Therapy Basics - Symmetry, free mandala drawing, colour psychology.
O.S_14	Collage & Mixed-Media Expression - Magazine images, themes, identity collage.
O.S_15	Emotion-Based Art Activities - Anger art, safe release drawings, comfort drawings.
O.S_16	Art for Anxiety & Stress Relief - Pattern drawing, repetitive strokes, grounding art.
O.S_17	Inner Child Art Exercises (Safe-Level) - Memory drawing, comfort-images, positive nostalgia.
O.S_18	Self-Esteem & Identity Art Exercises - Self-symbols, strengths shield, identity portrait.
O.S_19	Art for Communication & Relationships - Dyadic drawing, family tree art, relationship maps.
O.S_20	Nature-Based Art Therapy - Leaf prints, clay impressions, natural textures.
O.S_21	Art Therapy for Adolescents - Graffiti-style art, story cards, expressive symbols.
O.S_22	Art for Behavioural Activation & Motivation - Future-self drawing, goal collage, vision board.
O.S_23	Storytelling & Narrative Art Techniques. Story sequences, comic strip expression.
O.S_24	Group Art Therapy Activities - Collaborative mural, shared symbols, community mandala.
O.S_25	Non-Dominant Hand Drawing for Insight - Right–left brain activation (safe, reflective).
O.S_26	Working With Colour & Mood - Colour journaling, mood palette, emotional gradients.
O.S_27	Symbolic Art & Metaphor Work - Bridges, mountains, trees, houses—exploring themes.
O.S_28	Clay & 3D Creative Modelling - Safe-level sculpting for expression, grounding
O.S_29	Art for Grief, Loss & Change (Safe-Level) - Memory symbols, goodbye art, transition art.
O.S_30	Movement + Art Integration - Drawing to music, rhythm strokes, motion-based art.
O.S_31	Art Journaling Techniques - Daily sketches, mixed media, emotion logs.
O.S_32	Short-Term Art Therapy Plan (4–6 Weeks) - Weekly theme-based planning (emotions, identity, coping, strengths).
O.S_33	Case Presentation in Art Therapy Format - Artwork → themes → reflection → intervention → learning.
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt expertise

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹26,800 (India) From 13th session onward (if req) – ₹1,800/session (up to 30 sessions)	For 12 Sessions – \$400 (Int'l) From 13th session onward (if req)– \$30/session (up to 30 sessions)
For group registrations, whether from individual learners or via college departments, fees will be significantly reduced to make the course student-friendly		

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

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