

Advanced ART and Movement Therapy Course



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Hello, I'm your Trainer Japneet Kaur Chandhok

CREATIVE ART AND MOVEMENT THERAPIST (LICENSED AND
CERTIFIED)
MANDALA ART THERAPIST

Japneet Kaur Chandhok is a renowned Creative Art and Movement Therapist with extensive experience conducting over 350 workshops and one-on-one sessions globally during and after the COVID phase. She has collaborated with esteemed institutions such as:

- The Millennium School, UAE
- University of Delhi (Indraprastha College)
- Guru Nanak Public School
- The Srijan School
- National Bal Bhawan, among others.

Additionally, she has partnered with 3+ prominent NGOs in Delhi, contributing to the well-being of children and the elderly.
Services Offered:

- Group and individual art therapy sessions
- Multi-modal therapeutic sessions incorporating movement, play, music, and art therapy
- Relaxation therapy for trauma and anxiety



Japneet's innovative approach to therapy fosters healing, growth, and well-being across diverse age groups and communities.

Japneet Kaur

WEEK 1: Foundations of Art & Movement Therapy.

Art and Movement Therapy are expressive therapeutic approaches that combine creativity and physical expression to foster healing, self-awareness, and emotional growth. These therapies are rooted in the idea that artistic creation and movement can help individuals access and process emotions that may be difficult to verbalize.

- Art Therapy uses drawing, painting, and other creative processes to explore emotions, reduce anxiety, and promote personal insight.
- Movement Therapy focuses on body movement to release tension, build self-confidence, and connect the mind and body.

Together, these therapies integrate psychological principles with creative expression, providing holistic tools for emotional well-being and personal transformation.



WEEK 2: Emotional Health and Modalities.

Emotional Health and Modalities in Art & Movement Therapy

Emotional health is the cornerstone of overall well-being, and Art & Movement Therapy offers unique pathways to achieve balance and resilience. These therapies empower individuals to process emotions, release pent-up feelings, and develop coping mechanisms through creative and physical expression.

Art Therapy Modalities include techniques like painting, drawing, sculpting, and collage-making to externalize thoughts and emotions.

Movement Therapy Modalities encompass dance, guided movements, and body awareness exercises to enhance emotional regulation and connect with inner feelings.



WEEK 3: Delving Deeper into Modalities



Art and Movement Therapy encompass diverse modalities, each offering tailored approaches to healing and self-expression. Delving deeper into these techniques helps therapists understand how to address specific emotional, cognitive, and physical needs effectively.



- Art Therapy Modalities include techniques like mandala creation for mindfulness, abstract art for free expression, and clay modeling for tactile engagement. Each medium serves a unique therapeutic purpose, from calming the mind to exploring subconscious themes.



- Movement Therapy Modalities explore practices like improvisational dance for emotional release, structured movement sequences for building resilience, and breathwork integration to enhance mind-body awareness.

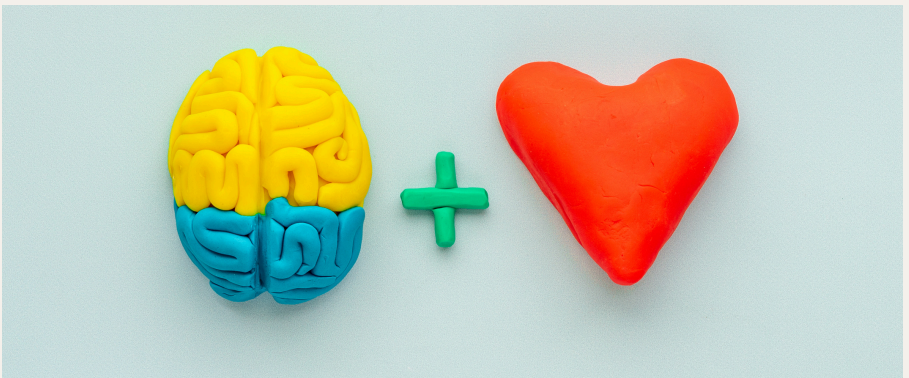
WEEK 4: Advanced Applications

Advanced Applications of Art & Movement Therapy

Advanced applications of Art and Movement Therapy involve adapting these techniques to suit diverse populations, settings, and therapeutic goals. Practitioners focus on tailoring interventions to the unique needs of individuals and groups, enhancing the therapy's effectiveness.

- **Group vs. Individual Therapy:** Therapists learn to facilitate group sessions that foster social connection and shared experiences while also designing personalized approaches for individual clients.
- **Population-Specific Interventions:** Techniques are modified to address the needs of children, adolescents, adults, and the elderly, as well as individuals dealing with trauma, disabilities, or chronic illness.
- **Drawing Analysis:** Advanced sessions focus on understanding the symbolism in drawings and artwork, enabling deeper insights into a client's psyche.

These applications empower therapists to offer impactful, creative solutions across a wide spectrum of therapeutic environments.





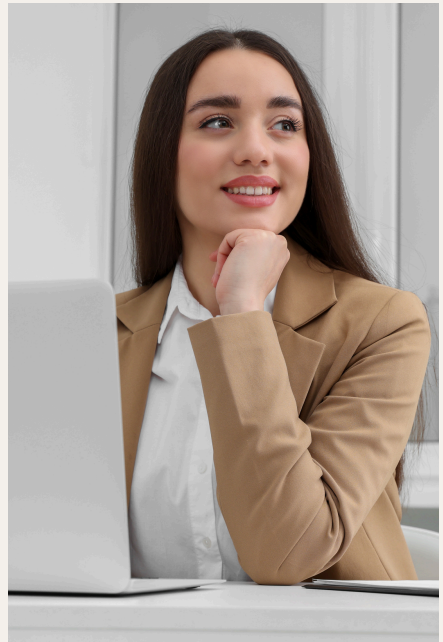
WEEK 5: Practical Insights and Career Opportunities

Practical Insights and Career Opportunities in Art & Movement Therapy

Art and Movement Therapy offer a wealth of practical insights for aspiring therapists, equipping them with creative tools to address diverse mental health challenges. The practical aspect includes learning how to interpret art and movement patterns, conducting effective therapy sessions, and adapting interventions to real-world scenarios.

- **Career Opportunities:** Therapists can work in various sectors, including hospitals, schools, rehabilitation centers, NGOs, corporate wellness programs, and private practice.
- **Specialized Roles:** Opportunities exist in trauma counseling, special education, geriatric care, and expressive arts facilitation.
- **Scope and Growth:** With the rising awareness of holistic healing, these fields are rapidly expanding, providing sustainable and fulfilling career paths.

By mastering these skills, practitioners not only enhance their therapeutic efficacy but also open doors to impactful and versatile career trajectories.








COURSE TAKEAWAYS

- 1** Certificate of Completion: Acknowledging your expertise in Advanced ART and Movement Therapy.
- 2** Grade Sheet: Reflecting your performance and mastery across all sessions and activities.
- 3** Letter of Recommendation: A professional endorsement highlighting your skills and suitability for roles in therapy, counseling, and related fields.



-  **Course Fee & Special Discount Offer!**
- Original Fee: ₹15,000
 - Special Offer: You are eligible for an exclusive 50% discount!
 - Pay Only: ₹7,500
-  Invest in your growth and become a certified expert in Advanced ART and Movement Therapy at a fraction of the cost!

 **Hurry! Limited slots available.**