



ART AND MOVEMENT THERAPY

"ART THERAPY IS NOT ABOUT BEING GOOD AT ART, IT'S ABOUT FINDING MEANING THROUGH CREATIVITY."



DURATION: 1.5 MONTH

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ABOUT INDIAN COUNSELLING SERVICES

Indian Counselling Services (ICS) was founded in 2020 by Mr. Somnath Sinha to address the growing need for mental health support and psychology education. Committed to accessibility, ICS offers practical psychology courses aligned with the National Education Policy 2020, empowering professionals, educators, and students. Beyond courses, ICS provides career counseling, free webinars, training programs, and mental health initiatives. Focused on holistic support, ICS strives to make psychology engaging, flexible, and impactful for all. Through education and awareness, we aim to foster mental well-being and equip individuals with the skills to support their communities.



INDIAN COUNSELLING SERVICES



OUR ACCREDITATIONS & RECOGNITIONS



UNICEF - UNICEF (United Nations International Children's Emergency Fund) is a UN agency dedicated to protecting and promoting the rights and well-being of children worldwide.

WHO - The World Health Organization (WHO) is a specialized agency of the United Nations responsible for international public health.



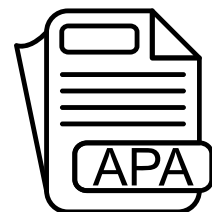
ISO - (International Organization for Standardization) is an independent, non-governmental body that develops and publishes international standards to ensure quality, safety, and efficiency.

Career Development College London is a UK-based e-learning institution offering a diverse range of career and professional courses designed to enhance skills and knowledge.



The International Association of Therapists (IAOTH) is a global professional body that supports and certifies therapists and holistic practitioners across various disciplines.

We are proud members of the American Psychological Association (APA), reflecting our commitment to high standards in psychology.



The International Association of Applied Psychology (IAAP) is the oldest global organization dedicated to advancing applied psychology and promoting its practice worldwide.

Vision & Mission

Our Vision

Our mission is to transform online psychology education by bridging theory and practice. We provide practical, accessible mental health training, empowering teachers, counselors, and professionals to enhance their skills and foster better mental well-being in their communities.

Our Mission

We envision a world in which everyone has access to the best online psychology courses, allowing them to obtain practical knowledge, understand human behavior, and make meaningful changes in their personal and professional lives

MESSAGE FROM COMPANY CEO AND FOUNDERS



Mr. Somnath Sinha
Co-Founder & CEO



Mr. Sanjay Sinha
Co-Founder & COO



Mr. Rahul Nakra
Co-Founder & Business
Head

At Indian Counselling Services, our mission is to empower individuals through high-quality counseling and psychology courses. As founders – Somnath Sinha, Sanjay Sinha, and Rahul Nakra – we are committed to shaping future professionals in mental health.

In today's world, the demand for trained counselors is rising. Our carefully designed programs provide theoretical knowledge and practical training to help students excel in this field. We believe learning should be accessible, practical, and transformative, ensuring that every student gains valuable skills to make a meaningful impact. With expert faculty and a research-based curriculum, we strive to set new standards in psychology education. Join us in our journey of learning, growth, and impact to build a future where mental health support is strong and accessible.

OUR TRAINERS



Japneet Kaur Chandhok

Japneet has conducted over 350 workshops and individual sessions during and after COVID-19 pandemic as a Creative Art and Movement Therapist. She collaborated with esteemed institutions like The Millennium School (UAE), University of Delhi's Indraprastha College, as well as notable NGOs in Delhi to benefit both children and the elderly through innovative approach that integrates movement, play music art to facilitate healing, growth and well-being across various age groups – as well as specialization with relaxation therapy for trauma/anxiety treatment.

***"Creative Art and Movement Therapist (Licensed And Certified),
Mandala Art Therapist"***



Aakriti Khosla

Aakriti is a Counselling Psychologist who has conducted over 500 sessions, impacting 1,000+ lives. She uses expressive arts, mandala work, and mindfulness techniques, and actively promotes mental wellbeing through workshops and awareness talks.

***"Counselling Psychologist, Certified Arts-Based Therapy, Mindfulness
Coach, Mandala Art Therapy Practitioner, EFT Practitioner"***



Simran Raina Sharin

I'm a licensed Clinical Psychologist and founder of be More Wellness, with experience across RML Hospital, Fortis, and SGT Medical College. I specialize in relationship issues, adolescent mental health, mood disorders, and trauma-informed care. My approach blends evidence-based therapies like CBT, DBT, and EFT. I also lead workshops for corporates, schools, and athletes –making mental health accessible, human, and real.

"Clinical Psychologist, Mental Health Wellness Expert"

OUR TRAINERS



Sonali Grover

She is an RCI-licensed psychologist. She has vast experience working as a psychologist, ABA Therapist, and Child Psychologist, with expertise in various neurodevelopmental disorders such as Autism, ADHD, & Learning Disability. Likewise, she conducts Psychoeducational evaluations, is a happiness coach and is a corporate trainer.

"RCI-Licensed Psychologist, ABA Therapist, Happiness Coach"



Ms. Kavetri

Kavetri Bhoj Rawat is an accomplished Counselling Psychologist with over 10 years of experience in school-based mental health programs. She has handled 300+ clinical cases ranging from anxiety, depression, and emotional dysregulation to SLD, IGD, and classroom incivility. POCSO-trained and ethically grounded, she creates a safe, confidential space for her clients.

"Counselling Psychologist, Career Counselling, Corporate trainer, Educationist, Ex Marketing professional"



Tanyaa Chadha

She is a Certified NLP Trainer with a Master's degree in Counselling Psychology from Mahatma Gandhi University. She holds additional certifications in Autism and ADHD from the University of Derby. As a World Health Organization (WHO) member, she brings expertise and dedication to mental health and psychology.

"Counselling Psychologist, Mental Health Wellness Expert"



About the Program

Our Art and Movement Therapy Program offers a creative and therapeutic space for individuals to explore emotions, process experiences, and support mental well-being through artistic and movement expression. Art therapy combines the healing power of creativity with psychological insight, guided by a trained and licensed art therapist. No artistic or dancing skill is required—just a willingness to engage in the process. Through drawing, painting, collage, sculpture, and other forms of art-making, and forms of movement, clients are encouraged to express what may be difficult to put into words.



Key Learning Outcomes:

- ✓ Creative Expression & Emotional Processing
- ✓ Practical exposure to all applications
- ✓ Social Connection & Communication
- ✓ Workplace Motivation & Productivity
- ✓ Emotional balancing and relationship growth

PROGRAM CURRICULUM

 **Duration:** 1.5 Month 10 sessions for 1.5 hours

MODULE 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.



MODULE 2:

EMOTIONAL HEALTH AND MODALITIES

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.



MODULE 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.

MODULE 4:

ADVANCED APPLICATIONS

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



MODULE 5:

PRACTICAL INSIGHTS AND CAREER OPPORTUNITIES

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.

WHY CHOOSE US?



EXPERT-LED TRAINING

Learn from experienced psychologists and industry professionals.



ONLINE INTERACTIVE SESSIONS

Engage in live discussions, Q&A, and real-time feedback.



PRACTICAL APPROACH

Case studies, self-assessments, and real-world applications.



CERTIFICATION & CAREER BOOST

Receive a Certificate of Completion, Letter of Recommendation, and Grade Sheet to boost your academic or professional profile.



PERSONALIZED LEARNING

Tailored insights and intervention strategies for individual growth.



COMPREHENSIVE CURRICULUM

Covers personality theories, behavioral patterns, and emotional intelligence.



SUPPORTIVE LEARNING ENVIRONMENT

Learn from experienced psychologists and industry professionals.

Our **OTHER COURSES**

- COUNSELLING PRACTICAL INTERNSHIP
- CLINICAL PRACTICAL INTERNSHIP
- INDUSTRIAL AND ORGANISATIONAL INTERNSHIP
- PSYCHOTHERAPY PRACTICAL PROGRAM
- CHILD PSYCHOLOGY PRACTICAL PROGRAM
- ADVANCED CBT MASTERCLASS
- RESEARCH PAPER PROGRAM
- PSYCHOLOGICAL ASSESSMENTS AND TOOLS
- ART AND MOVEMENT THERAPY
- ADVANCED NLP MASTERCLASS PROGRAM
- ADVANCED HYPNOTHERAPY MASTERCLASS
- ADVANCED SCHOOL COUNSELLING
- DIPLOMA IN COUNSELLING PSYCHOLOGY
- DIPLOMA IN CLINICAL PSYCHOLOGY
- DIPLOMA IN CHILD PSYCHOLOGY
- DIPLOMA IN INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY
- DIPLOMA IN PSYCHOTHERAPY
- DIPLOMA IN SCHOOL COUNSELLING
- Program Add-Ons



WORKSHOPS & EVENTS



THANK YOU!

We're excited to have you join us for
"ART AND MOVEMENT
THERAPY"

MODE OF PAYMENTS

1. Application of Indian Counselling Services
2. Through Jodo Link & Scanner
3. UPI
4. Credit Card
5. Debit Card
6. Bank Transfer

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