

**DEPARTMENT OF PSYCHOLOGY**  
**FOURTH SEMESTER – B.A. (SEP)**  
**ELECTIVE**  
**CONTEMPORARY EXPRESSIVE ART- BASED THERAPIES**  
**2025 BATCH AND THEREAFTER**

**NO. OF CREDITS- 2**

**NO. OF HOURS- 30**

**Course Outcomes (COs)**

- By the end of this course, students will be able to:
- Explain the theoretical foundations and modalities of expressive arts therapies.
- Apply intermodal expressive arts approaches in simulated and real-world contexts.
- Integrate creative processes with therapeutic and developmental frameworks.
- Demonstrate awareness of ethical, cultural, and professional dimensions of practice.

**Unit I – Foundations of Expressive Arts Therapies (10 Hours)**

- a. Definitions and distinctions: Art Therapy, Expressive Arts Therapy, Creative Arts Therapies
- b. Alternative therapies modalities
- c. Contemporary need for arts therapies: therapeutic, educational, and community contexts
- d. The art therapist’s role, ethics, and professional identity

**Practical Learning:**

- Group mural timeline on the history of expressive therapies.

**Suggested Readings:**

- Malchiodi, C. A. (ed.). Handbook of Expressive Arts Therapy (2022), Part I; McNiff, S. Art as Medicine (1992); Axline, V. Play Therapy (1947).

**Unit II – Neuroscience, Embodiment, and Creativity (5 Hours)**

- a. Brain–body connectivity, affect regulation, and neuroplasticity in arts therapies
- b. Embodiment and movement: sensory, kinesthetic, and somatic awareness
- c. Mindfulness, flow, and creative states

**Practical Learning:**

- Guided movement and drawing lab with reflective journaling.

**Suggested Readings:**

- Strang, C. E. et al. (2024). Art therapy and neuroscience: evidence, limits, and myths. *Frontiers in Psychology*; Malchiodi, C. A. *Expressive Therapies* (2005), Ch. on Neuroscience & Art.

**Unit III – Theoretical and Clinical Approaches (5 Hours)**

- a. Psychoanalytic and psychodynamic roots
- b. Developmental frameworks: child-centred, attachment-informed

**Practical Learning:**

- Role-play – groups demonstrate the same case vignette using different theoretical approaches.

**Suggested Readings:**

- Malchiodi, C. A. (2005). *Expressive Therapies*; McNiff, S. *Art Heals* (2004).

#### **Unit IV – Clinical and Developmental Applications**

**(5 Hours)**

- a. Children & Adolescents therapeutic techniques: Play therapy, expressive therapies for developmental disorders, trauma, ADHD, autism, adolescent depression
- b. Adults: Expressive art interventions for severe mental illness, addictions, trauma, and psychosocial rehabilitation
- c. Older Adults: Art and movement therapy for ageing, dementia, palliative care

#### **Practical Learning:**

- Mini-intervention plan design for a target population; case presentation.

#### **Suggested Readings:**

- Axline, V. Dibs in Search of Self (1964); Malchiodi, C. A. Creative Interventions with Traumatized Children (2008); Selected case studies from The Arts in Psychotherapy.