

Susan Ainlay Anand – Art Therapy



Susan Ainlay Anand is a licensed art therapist and the treasurer of the Art Therapy Credentials Board in the U.S.A. She joined the faculty in the Department of Psychiatry at

University of Mississippi Medical Center in 1987 after receiving her MA in Art Therapy from New York University.

Preetha Ramasubramanian - Dance Therapy

Preetha Ramasubramanian is a Registered Dance Movement Psychotherapist, trained in the UK. She was awarded a distinction from Goldsmiths College, University of London. She directs an organization called Kinaesthetic, India.



Jennie Kristel – Expressive Art Therapy



Jennie Kristel, M.A., C.E.T., R.M.T., is a Certified Expressive Therapist in private practice, and a Reiki Master. She is also trained in Playback theatre and other forms of

Improvisation theatre and personal storytelling. She co-edited, "Using Art Therapy in Diverse Populations: Crossing Cultures and Abilities" published in 2013.

Who should attend this training?

This is an intensive program for those in the helping professions - Therapists, HR (Psychology), Social Workers, Counsellors, Psychologists, NGO workers and those working with children.

How would the training be delivered?

The training is divided into 3 modules, each lasting 10 days. Participants will complete 150 hours of class work in Chennai, 75 hours of practical work as assignments and a final project in their respective organizations. Thus, each participant will complete 225 hours of work. The participants are also expected to complete 40 hours of personal therapy work during this entire year and attend regular supervision session online with the course coordinators.

Diploma: A joint diploma from *East West Center for Counselling and Training and Women's Christian College*, Chennai will be issued based on attendance, participation in class, assignments, 40 hours of individual therapy, final project and a written exam on ethics. In addition, the students will also receive three other certificates.

- Batch 1 – December 2011 to November 2012
- Batch 2 – December 2012 to November 2013
- Batch 3 – December 2013 to November 2014
- Batch 4 – December 2014 to November 2015
- Batch 5 – December 2015 to November 2016

*****ADMISSIONS BEGIN IN AUGUST*****

**Diploma Certificate
in
Expressive Arts
Therapy**



December to November
annually

Contact Numbers:

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About Expressive Arts Therapy:

Expressive arts therapy is the practice of using storytelling, singing, instrumental music, movement and dance, drama, and visual arts, all together in an integrated way, to foster human growth, development, and healing.

Expressive arts therapy is predicated on the assumption that people can heal through use of imagination and the various forms of creative expression.

Expressive arts therapy is an inter-modal therapeutic discipline in which the therapist and client may move freely between drawing, dancing, music, drama, poetry, etc.

In *Expressive arts therapy*, the therapist and client discuss the client's feelings and thoughts that have arisen in the client in the process of the client expressing him/herself in the artistic process.

Expressive arts therapy focuses on the client's experience of expression, and on reflection upon the client's feelings and thoughts that may have arisen during this experience. The artistic product is of secondary importance.

Expressive arts therapy is a gentle non-judgmental approach, which enables the client to become more aware of what is happening in his/her unconscious.

Expressive arts therapy enhances self-awareness and facilitates change, including in relation to personal growth and community development.

Expressive arts therapy can be practiced with individuals, couples, families and groups.

Training Team

Magdalene Jeyarathnam - Counselling Skills and Ethics, Therapeutic uses of Storytelling (**Course Director**)

Magdalene Jeyarathnam, is a practicing counsellor and counselling trainer. She has worked as a counsellor, counselling supervisor and counselling trainer for 20 years. She is a member of the International Association for Group Psychotherapy and Group Processes.



Dr. Veena Easvaradoss, Ph.D. Counselling Skills and Ethics (**Course Director**)



Dr. Veena Easvaradoss, Head of Department (Psychology), Women's Christian College, Chennai, has over 20 years of professional experience

in clinical and counselling psychology. She has obtained her doctoral degree from the National Institute of Mental Health and Neuro Sciences, Bangalore.

Dr. Herb Propper - Psychodrama

Dr. Herb Propper, Ph.D., T.E.P., trainer, educator, practitioner of psychodrama, sociometry, and group psychotherapy, with 34 years of experience in the field.



He is the director of *Celebrations of the Soul*, a center for psychodrama, sociodrama and sociometry in Vermont, U.S.A. He is a member of the American Board of Examiners and a fellow of the American Society of Group Psychotherapy and Psychodrama (ASGPP).

Dr. Karen Estrella – Expressive Arts Therapy



Dr. Karen Estrella is the Expressive Arts Therapy Program Coordinator in the Expressive Therapies Division at Lesley University, U.S.A. As a Music Therapist and Art Therapist, Dr. Estrella's work has been focused on developing an integrated arts approach to counselling and psychotherapy, and she has spent much of the past 15 years focused on developing competencies and integrating theory in Expressive Arts Therapy.

Sue Daniel – Psychodrama

Sue Daniel, T.E.P., is a trainer, educator and practitioner of psychodrama, a psychologist and a psychotherapist in private practice in Melbourne, AUS. She



has been teaching, supervising and practicing psychodrama and group-work for over 35 years. She is the Director of the Psychodrama Institute of Melbourne (PIM), an accredited international training institute affiliated with the Moreno Psychodrama Society.

Dr. Eric Miller - Storytelling



Dr. Eric Miller, Ph.D., is a scholar, trainer and artist who directs the World Storytelling Institute (www.storytellinginstitute.org)

here in Chennai. He has led Storytelling Workshops over the last 7 years for teachers, corporates, therapists, children and others. His Ph.D. is in Folklore, from the University of Pennsylvania, U.S.A.