

AKSHATA PAREKH AND THE SECRET INGREDIENT PRESENT:

Expressive Arts in Therapy

A 100 hour Certificate Course

BATCH 4



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About Akshata Parekh

Akshata Parekh began her journey in the field of arts at a very young age with her training in Bharatnatyam and contemporary dance forms. She is deeply passionate about art, culture and community and has found a way to amalgamate the 3 through Community Drum Circles (under Taal Inc.) and Creative Arts engagement sessions. She is working as an Expressive Arts Therapist for the department of Oncology at Sahyadri Hospitals and a mental health consultant at Tenerity India Pvt Ltd. Apart from community initiatives and workshops, Akshata is highly skilled in Individual therapy and teaching. Her passion to spread the knowledge of Arts and their integration in Mental Healthcare has brought her to create this wonderful course for budding practitioners.

About The Secret Ingredient

The name may suggest that we reveal to people the elusive secret to mental health and happiness. In truth, it draws from a thought-provoking quote from the delightful movie Kung Fu Panda- that there is no secret ingredient other than you. The Secret Ingredient has a team of qualified and experienced mental health professionals catering to diverse populations ranging from children to adults, families, schools, and organizations. We offer a range of mental health services including psychological assessments, counseling and psychotherapy, short-term workshops centered on mental health, group therapy, and training for mental health professionals.





About the Course

Expressive arts therapy is a form of psychotherapy which uses different arts like movement, music, drama, writing, visual arts together or intermodally in the therapy process. As the awareness of the arts is growing more and more psychologists, therapists and mental health professionals are becoming curious and using the arts in their work, in our opinion it is vital to have the knowledge of the arts and understand its role in psychotherapy.

This 100-hour course will

- Introduce you to the world of arts, conscious understanding of arts and its use in psychotherapy.
- This is a skill-based course especially designed for psychologists, mental health professionals, masters level psychology students with an aim to have a deeper understanding of the expressive arts.

Consider this as your first step into the field of expressive arts therapy.

PROGRAM OUTLINE

Program Title:

Expressive Arts in Therapy Certificate Course

This is a certified course in Expressive Arts Therapy.

The certificate will be presented by The Secret Ingredient and Akshata Parekh, an Expressive Arts Therapist.

Eligibility:

Pursuing or completed a Master's degree in Psychology with a minimum 50% aggregate in the last relevant year, mental health professionals and therapists.

Level of Award:

CERTIFICATION

Intake:

20 students

Mode of Study:

Hybrid | Part-time

Duration:

24 hours: Online engagement

60 hours: Offline/In-person engagement (In Pune)

16 hours: Assignment, art engagement, reading material.

Course Completion Requirements:

- The course will be considered successfully completed and the certificate will be issued after completion of the entire coursework (theory & practical) along with successful completion of the evaluation module (written & practical) and an 80% attendance.
- Attending the entire 10 day in-person module, in Pune, is mandatory. No online sessions will be held for those 10 days.

[Click here to fill the Admission Form](#)

about the faculty

1 AKSHATA PAREKH

Akshata Parekh holds a Master's degree in Clinical Mental Health Counseling with a specialization in Expressive Arts Therapy from Lesley University. She has completed her certification in Queer Affirmative Counseling practice from Mariwala Health Initiative. Akshata also holds a Postgraduate Certification in Counseling Psychology from Fergusson College, Pune.

Akshata is working as an Expressive Arts Therapist at Taal Inc. Art Talks, a drum circle facilitator at Taal Inc., and a consulting Expressive Art Therapist with Sahyadri Hospital, Pune along with her private practice.

She is presently enrolled in her doctorate studies at De Montfort University, UK



2 MUGDHA SHIVAPURKAR

Mugdha is a Psychologist with a strong affinity for the arts. She holds an MA in Clinical Psychology from Fergusson College, Pune (2015), and is in the final stages of completing her MA in Art Psychotherapy from the University of Roehampton, London. Additionally, she has earned a foundation-level certification in the Therapeutic Value of Arts, Dance Movement Therapy and Drum Circle facilitation. In her initial professional years, she practiced long-term therapy and counseling with an eclectic approach and closely studied the current scenario of mental healthcare in India.

Her goal was to create a one-stop provider of a variety of mental health services that strives to educate people to remove the stigma around mental illness. To fulfil this goal, she co-founded The Secret Ingredient Mental Healthcare in 2019.



The 100-hour course will be divided as follows:

- Review of the counseling skills
- Ethics of psychotherapy
- Introduction to Expressive Arts Therapy
- History of Expressive arts therapy
- Principles of Expressive Arts Therapy
- Understanding of Expressive Arts Therapy
- Practical use of the arts
- Scope of work
- Facilitation skills

Being a skill-based course, the focus will be given to ethical and conscious use of the arts depending on your previous qualification. This is a skill building course that will add to your therapy work and your practice but will not qualify you to specialize in the field of expressive arts therapy or title you as a Expressive Arts Therapist or Practitioner.



COURSE SCHEDULE

MODULE I: [ONLINE MODULE]

- 9th November 2024: 10 AM - 5 PM
- 10th November 2024: 10 AM - 5 PM
- 16th November 2024: 10 AM - 5 PM
- 17th November 2024: 10 AM - 5 PM



MODULE II: [IN-PERSON MODULE, IN PUNE]

- 22nd November 2024: 10 AM - 5 PM
- 23rd November 2024: 10 AM - 5 PM
- 24th November 2024: 10 AM - 5 PM
- 25th November 2024: 10 AM - 5 PM
- 26th November 2024: 10 AM - 5 PM
- 27th November 2024: 10 AM - 5 PM
- 28th November 2024: 10 AM - 5 PM
- 29th November 2024: 10 AM - 5 PM
- 30th November 2024: 10 AM - 5 PM
- 1st December 2024: 10 AM - 5 PM

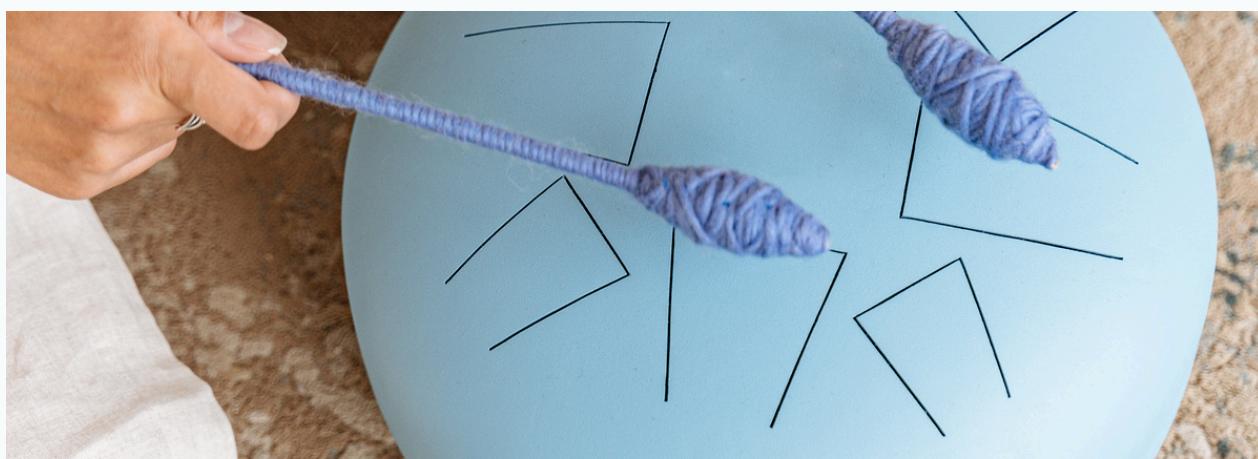


Venue for the in-person module: Artsphere, Kalyani Nagar, Pune

The in-person module will require attendance on all 10 days.

FEES STRUCTURE

- The tuition fee per student is ₹ 25,000/-
- We are offering an early fee of ₹20,000/- for the first 10 seats
- The tuition fee can be paid in three installments:
 1. On the day of registration
 2. 9th November 2024
 3. 20th November 2024



ADMISSION PROCESS

Interested candidates can secure admission to the course by submitting the application form duly filled and attaching a scanned copy of latest Master's marksheet and payment of the tuition fees in full along with the confirmation receipt.

[Click here to fill the Admission Form](#)

CONTACT US

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The Secret Ingredient

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