

SWAHANSA EXPRESSIVE ARTS INDIA

www.expressiveartsindia.com

CERTIFICATE IN INTERMODAL EXPRESSIVE ARTS

Expressive Arts is a field that places the Arts at the centre of change.

Human beings are creative beings. In therapy, education or for self-discovery, engaging in creative expression can lead the way into unraveling the beauty, mystery and the transformative power of the Arts that we hold deep within our core as individuals and in the collective.

How can we benefit from the Arts? Being with the Arts can open an understanding of the self, serve our ability to become present within ourselves and with others, lead us into our own creative power to heal, connect us to joy and enhance our well being. Today there is a great need for us to nourish our creative faculties, nurture our sensory experience of the world and grow in creative awareness to positively impact the way we perceive and act in the world.

The Expressive Arts field invites you to explore multiple art forms such as painting, poetry, movement, music, theatre, photography and experience the interplay between these art forms to discover what unfolds in the creative process as a way of understanding the self and the human nature thereby using the creative act as a way of therapy and healing.

The Certificate in Intermodal Expressive Arts is an education with an emphasis in art & expression-oriented intermodal methods in support of processes that support artistic growth, education, therapy or self awareness. The training enables professionals to expand their skills and integrate the artistic methodologies in their work.

OPTION MUMBAI

Course Presence time - 21 Days - 10 Sessions Friday / Saturday - 160 hrs 9 am - 6 pm

Supervision meetings - October through March in person or Skype (dates tbd)

Work and Self Study Project - December through March

OPTION AUROVILLE

Course Presence time - 21 Days - 3 Intensive Week-long Modules in Nov - Jan - Mar - 160 hrs 9 am - 6 pm

Supervision meetings - October through March in person or Skype (dates tbd)

Work and Self Study Project - December through March

Key Qualifications as per the guidelines of K Module European Graduate School

Basic methods related self-experience with different forms of expression and art disciplines: identify own access and abilities to be able to develop them in different contexts. Develop ability to differentiate and to reflect on your own personal perception patterns, action and experience structures and obstacles emerging in the creative process. Willingness and ability to express oneself in a technically low demanding manner. Involve intellectually in the creative process, also on the basis of cultural rituals and practices. Express oneself in a selected art form and gain in depth skills and knowledge. Consider and train the transfer of intermodal art forms and artistic expression oriented methods into practice for various life issues and different situations. Instruct, integrate and evaluate change processes through art. Practice and train in phenomenological thinking.

At the end of the course Participants are able to:

Self-competence

- recognise own creative and artistic resources
- develop and broaden reflection skills and self-awareness
- identify problems and obstacles in the process and handle them
- initiate and design art and expression-oriented processes
-

Social competence

- maintain and nurture one's own creative act in a social context
- identify conflicts and conflict types and deal with them constructively
- shape group processes and other interpersonal dynamics consciously by art-oriented and intermodal strategies
- hold an appreciative attitude towards fellow human beings and their expressions
- distinguish group process, role and person

Professional competence

- differentiate and distinguish perception and imagination as constituent aspects in constructing reality
- pursue, shape and reflect access, structures and ways of an artistic process
- distinguish the various forms of human symbolisations in terms of their suitability for therapeutic concerns
- bring an artistic work to completion
- present an artistic work to the outside
- learn to think phenomenologically and to act on that base

Methodical competence

- implement low skill - high sensitivity methodology
- become familiar with the method of intermodal decentering
- encounter the Art work phenomenologically (Aesthetic Analysis)
- lead the artistic dialogue to encounter work, process and client
- apply artistic techniques so that the individual competence of the client can be recognised and expanded

MAIN FACILITATOR GOPIKA DAHANUKAR

Gopika Dahanukar is an artist, expressive arts therapist and a singer. Born in Mumbai into an artistic family, she was naturally inclined to the arts from a young age. In her early 20's, her artistic seeking spirit led her to study chanting and she moved to Pondicherry and Auroville where she spent more than 12 years teaching and developing her own creative classes that encouraged self and community awareness through the Arts.

Gopika has a Masters degree in Fine Arts from Pacific Northwest College of Art, Portland USA, Certificate in Entrepreneurship, Social Innovation and Change from UPEACE, a Diploma in Expressive Arts Therapy, Vancouver Canada where she became a Registered Therapeutic Counsellor in Expressive Arts. She then did further training as part of the PhD department of the European Graduate School, Switzerland completing the Certificate of Advanced Graduate Studies in Expressive Arts studying with the founders of Expressive Art Therapy. She has now returned to India and is the founder of Swahansa Expressive Arts India with the support and guidance of teachers from EGS, Switzerland to become a module provider.

FEES

MODULE 1	INR 26000 + GST
MODULE 2	INR 26000 + GST
MODULE 3	INR 26000 + GST
TOTAL TO COMPLETE COURSE	INR 88000 + GST

FEE SCHEDULE 2019 -2020 FOR COURSE START IN MUMBAI

REGISTRATION ADVANCE BY 21 SEPT 2019	INR 11800
1 OCTOBER 2019 Module 1 Mumbai 1 NOVEMBER 2019 Module 1 Auroville	INR 30680
1 JANUARY 2020	INR 30680
1 MARCH 2020	INR 30680
TOTAL TO COMPLETE COURSE	INR 103840 incl.tax

Discount : Advance Payment for course in Full - **INR 80000 + GST = INR 94400 (Rs 8000 off)**

ADDITIONAL INFORMATION

Option of doing Modules in Auroville or Mumbai or a combination of both.

For Module in Auroville - Flight/ Accommodation additional

Suggested Accommodation non/ac - Kalpana Guest House / Athithi Griha / Arka

You may avail of an Auro Guest Card that can be topped up to use in any Cafe in Auroville including Solar Kitchen. Also ask about Cycles / Mopeds on hire
ask Gopika for details.

CONTACT INFORMATION

GOPIKA DAHANUKAR

Founder + Facilitator

Expressive Arts India

+91 9323595228

expressiveartsindia@gmail.com

www.expressiveartsindia.com

OPTION OF CONTINUING TO A MASTERS IN EXPRESSIVE ARTS with the European Graduate School, Switzerland over 3 (3-week Intensive) Summers with a major in **THERAPY/ PEACE & CONFLICT RESOLUTION** or **COACHING & CONSULTING**

For more info visit contact Gopika. Visit : <http://expressivearts.egs.edu/ma-in-expressive-arts-therapy>