

**LOYOLA COLLEGE OF SOCIAL SCIENCES
THIRUVANANTHAPURAM**



CRITERIA 1: CURRICULAR ASPECTS

1.2. ACADEMIC FLEXIBILITY

1.2.2. CERTIFICATE PROGRAMS

EXPRESSIVE ARTS THERAPY (EAT)

EAT REPORT 2016

EAT REPORT 2020

REPORT ON EXPRESSIVE ART THERAPY (EAT) CERTIFICATE COURSE

MSW 2016-18: 19-23 Oct, 2016

M.A. HRM and M.Sc.Counselling Psychology 2016-18: 25-28 Oct, 2016

M.A. Sociology 2016-18: 31 Oct-Nov 3, 2016



REPORT OF EAT CERTIFICATE COURSE 2016- MSW 2016-2018 Batch

Introduction

The certificate course on Expressive Art therapy is conducted on a workshop mode as it is envisaged as a therapy and demands undivided attention from the participants.

Objectives of the Course

- To familiarise the participants with expressive art therapies, in theory and in practice
- To equip the participants to practice these therapies in their respective areas of professional work
- To provide the participants with a therapeutic experience in the process of learning

Resource Persons: Mr. Blaise and Mrs. Arthere (Art Therapist and Social Worker).

Day 1: 19th October 2016

The expressive art workshop for MSW for five days Started on 19th October 2016, by 9.30 a.m. all of us gathered inside the Sutter hall. We sat in a circle on mats. Dr. Sonny Jose introduced resource persons Mr. Blaise and Mrs. Arthere. They both are Art therapist as well as social workers.

Dr. Sonny heartily welcomed them to our midst. Fr. Saji Joseph S. J. shared his experience with Mr. Blaise who was his college mate. He also introduced them and welcomed them to five day programmes.

The programme organisers took over the session Mr. Blaise asked us to introduce ourselves. After the introduction he made us play a game “Dinky Dinky” so that he could learn our names easily. He asked about our expectations about the program. As we expressed the expectations he noted down it in a chart paper. Then we played an action song called “berangatta” which made us interact closely and helped us to share our space with others. After that he asked us to go out and collect leaves or the things that we may find interesting.

After the tea break we gathered again in Sutter hall with collected leaves. Mrs. Arthere called us together and showed us two types of drawing pencils, rubber and sharpener and showed a demonstration about how to replicate features of a leaf in different angles in a drawing.

For more than an hour we were given a chance for pencil drawing. Timely help and guidance were provided by the organiser. By 12:45 p.m. we were asked to submit drawing papers with specimens. Then we had shared experiences within the group. Many of us shared that it was a different experience that they wondered about their creation and the patience that they experienced during the activity.

By 1 p.m. we left for lunch break. The next session started at 2 p.m. He taught an action song called “ajakuja” which was very funny. We played an “earthquake” game afterwards which was so enthusiastic and energetic. We all enjoyed it. Later we moved to the next activity. We stuck 11 charts tightly to each other on the floor.

Mr. Blaise demonstrated to us how to use brush and draw in charts different patterns as per our choice. We drew different lines on paper in different patterns using different colours. It was such an awesome experience. After finishing the painting activities some of us shared their experience and left for tea break.

After the break he taught and acted on some other forms of expressing ourselves, through movements, play, action songs and so on. We also did some action songs which we knew. Later on we moved to the next activity “thumb art flashcards”. We were given 8 flash cards and different colours and were asked to indicate the main characters with our thumb. Then

we were asked to make a story based on this character. Then each of us were given a chance to narrate the story. The stories were so creative.

After a short break we gathered again and sang songs in a group as well as an individual manner. We all enjoyed the session very much. It was the time we came to know about different talents in our friends. The whole day was a mixture of entertainment and learning. Night we had an evaluation session and cultural programme.

Day 2: 20th October 2016

Second day's workshop started at 7:15 a.m. The first Task assigned to us was to observe the nature within the college premises and capture those images which attracted us using a mobile camera. We were allowed to explore nature for almost 45 minutes which helped us to relax ourselves and to enjoy the beauty of nature and to be part of it.

After that we had our breakfast. Following this, we had a short review session on the previous day. All the students were given an opportunity to express their feelings and what they have learnt through the session. Some of the main points shared among the students were about realising their creativity, emotions, improving their patience, boosting up their confidence and discovering themselves.

After those long feedback, Mr. Blaze taught us two Hindi action songs which help us to be more energetic after a short break we have the most interesting session. All the students were divided into a group of two and were asked to sit face to face. They were assigned the task of creating a portrait of their friend. This session really helped us to explore our talents and enhance our span of concentration and involvement in a particular task it was a session with the duration of 2 hours.

After the lunch break, we were engaged with the sporty game then we had another beautiful session in which we were introduced to new type of art using oil paste. We were given a demonstration which made us more excited to try that. We were made into different groups and was provided with sufficient materials. The end result was really amazing. Each of us were able to create our own unique masterpieces.

The session helped us to be more expressive and develop our creative skills in drawing and painting. The last session of the day give more importance to entertainment. We watched the short film named "khadan" which showcases the real life of children in quarries. We also watch the short video named "foli" which give us a note that everything in life has a reserve.

We also had a session in which we were taught to make an own personal booklet using chart paper. The main purpose of creating our own booklet was to document the daily happening in our life. We were allowed to inculcate whatever necessary to make it more creative. The first write up in the first page of the booklet was our perception about the friend that we portrayed.

There was a small evaluation, and cultural programme.

Day 3: 21st October 2016

Third day of a workshop started at 7:00 in the morning. We were instructed to take photos of manmade objects which are seen in the premises of Loyola College. We spend around 45 minutes for this activity. We dispersed for breakfast.

Again at 9 a.m. we gathered in the Sutter hall and we had the session for evaluation. All of us were given opportunities to express the learning achieved from the previous day's experience. Each of us were given a paper to write about our childhood memories. Mrs. Arthree was in charge of this activity. She encouraged all of us to write more incidents from childhood and we were asked to share it among the group and share the experience with the group.

This was followed by lunch break. We continued the session sharing experiences. After the tea break, we were given another activity. We were asked to collect objects from the college premises which were capable of making some kind of rhythm on collision and had a session of creative writing using the selected object. Then we were divided into certain groups and Mr. Blaise asked us to create a unique pattern of Rhythm. Each group were then asked to perform. It was really wonderful and a novel experience for all of us.

Later he asked the group to create a pictorial representation of a childhood experiences using the artwork. This session finally ended up at 8 p.m. and the group opined that today's activities helped them to explore themselves through creative ideas; they were challenged to put in their best and maximum effort to look the creation great.

The day closed with a small evaluation.

Day 4: 22nd October 2016

Our 22nd Saturday we started at 7 a.m. our first activity was collecting natural objects from surrounding and arranging them into shape. After completing that we left for breakfast.

At 9 a.m. we were back at the Sutter hall. We begin with an action song “lambi dhadi vaala bhaava” with lots of action. We also played another game called “catching the partner”. It was interesting with lots of fun after lots of fun and gave the way back to our creative activity.

It was the continuation of last day experience sharing. we were asked to select one of the stories and make them into chart with interesting pictures and dialogue. For this, first we were asked to make a model on the chart paper. It was demonstrated to us how to cut the pictures from the painting. Then we were involved in the model preparation there after making the original chart. We cut all the images needed for the chart and made our own creations. We dispersed for dinner at 8 p.m. and were back within half an hour. We continued our work intensively as we were so much involved in chart making. We had a small evaluation at 10 p.m. Then we closed our work and left the hall.

Day 5: 23rd October 2016

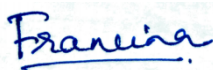
It was the final day of workshop. The session started after breakfast. All the students were asked to gather in the hall at 9:00 a.m. Mr. Blaise showed pictures of some of the creative Works by the tribal children and the Prisoners of Bihar. He explained to us how these works influenced their life. After that we went for completing our artwork of creating the child experiences through a pictorial representation by utilising the stuff which we collected and created. We continued this till 1.15 p.m. It was lunch break, and after the lunch all of us were in a hurry for completing the work. This continued till 4 p.m. It was indeed a very hectic task for many of the students. But we were able to finish of the work by providing their creative ideas and full potential.

The ultimate results were real and unbelievable. All of us really felt delighted seeing our own creation. Each of us were able to share some incident of a life through the session in a transverse manner.

After that we had a tea break for 20 minutes and the session again started. After the break we were given an opportunity to share our feedback about the five day experience in the workshop. Each of us were able to discover ourselves, create we feeling in a group, discover talent, helped us to get more connected with nature and boosted our self-confidence. Everybody was very satisfied with the workshop and very emotionally touched by the care and support given by Mr. Blaise and Mrs. Arthree.

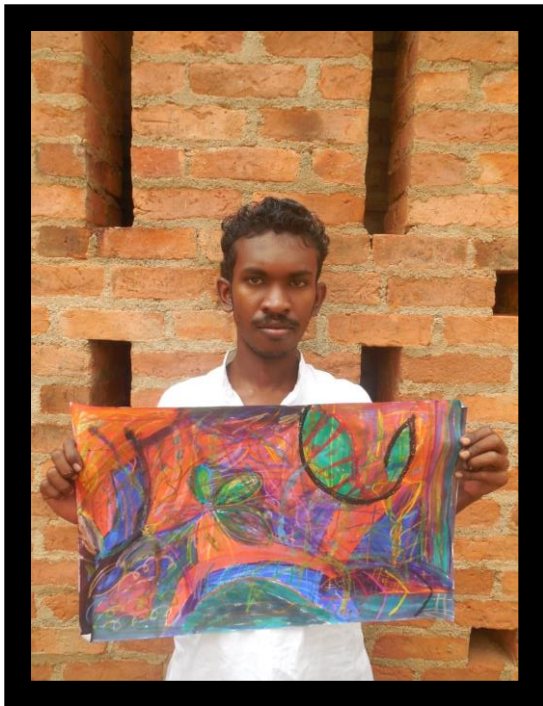
Outcome of the workshop

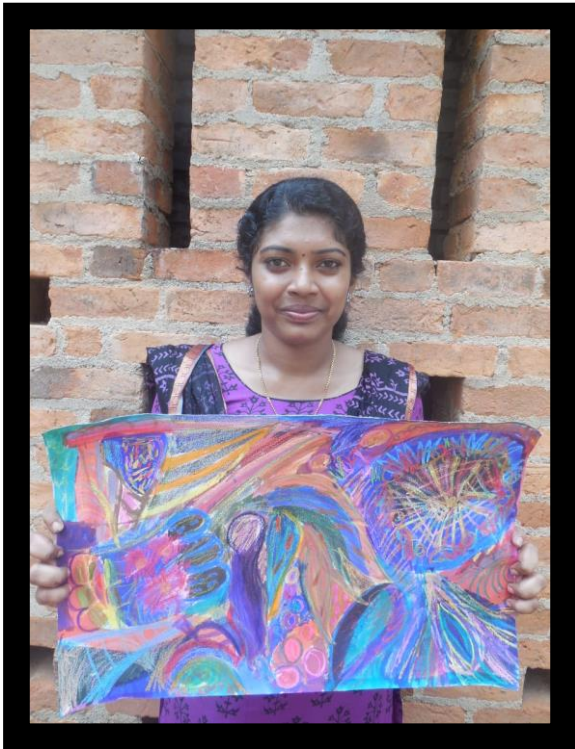
1. The participants had a therapeutic healing experience, which also increased the group bonding
2. The participants were introduced to expressive art therapies in theory and in practice
3. The participants received a clarity on the application of art therapy to different intervention groups, with clear cut idea on the objectives, ethical considerations, required precautions and possible outcomes
4. The participants, who are at the latter part of their course, could reflect on what they have learnt through the course, and check their knowledge and competence, and make themselves ready for their career

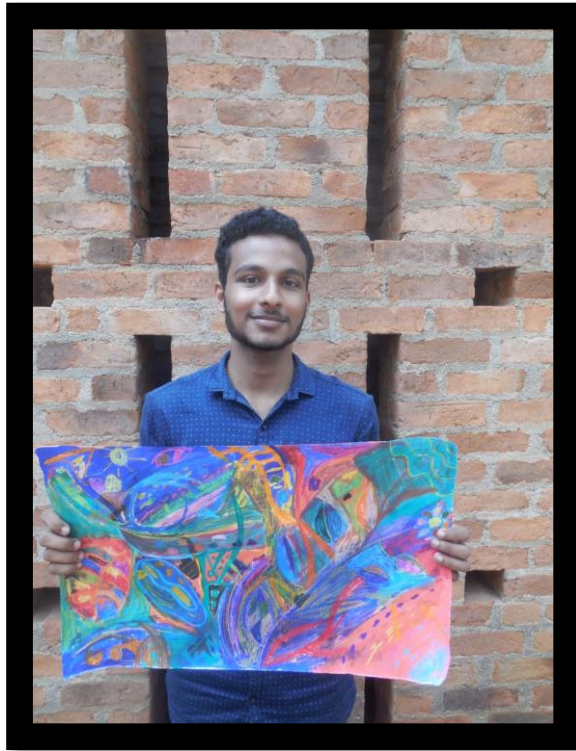


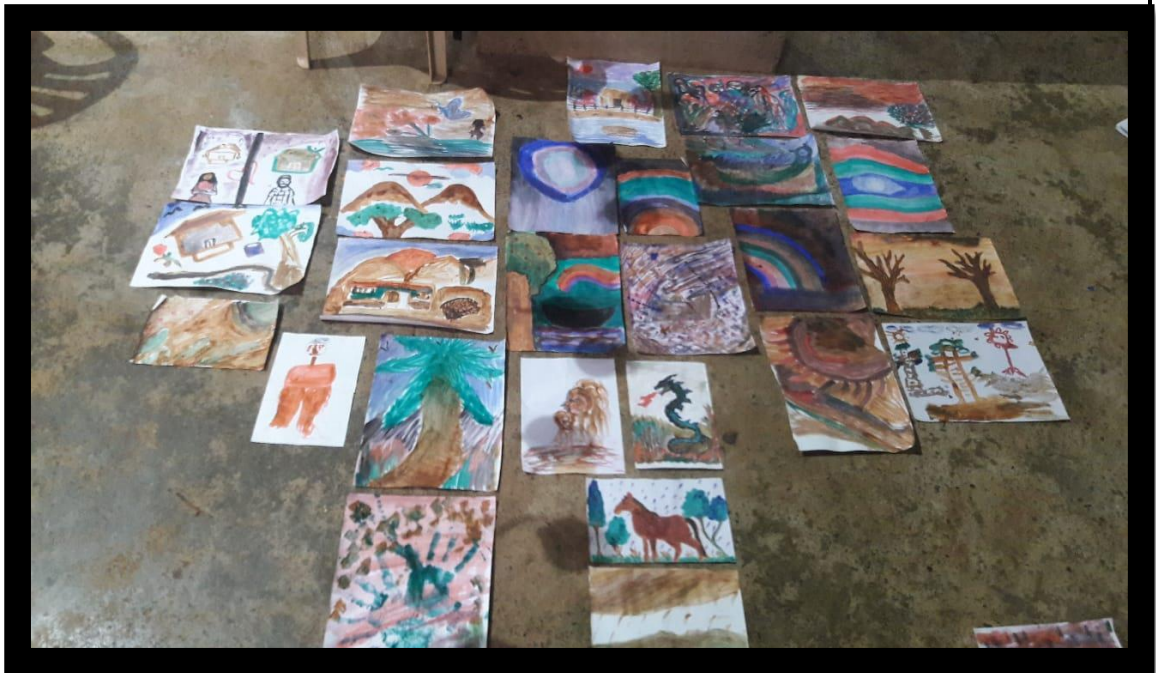
Dr. Francina P. X
Co-Ordinator of Certificate programme
(Expressive Art Therapy)
Dept. of Social Work, LCSS













REPORT OF EXPRESSIVE ART THERAPY CERTIFICATE COURSE

MAHRM AND M.SC. COUNSELLING PSYCHOLOGY

2016-18 BATCH

Date: 25th October to 2th October 2016

No. of Participants: 20

Introduction

The certificate course on Expressive Art therapy is conducted on a workshop mode as it is envisaged as a therapy and demands undivided attention from the participants.

Course Goal

- ✓ To familiarize the participants with expressive art therapies, in theory and in practice
- ✓ To equip the participants to practice these therapies in their respective areas of professional work
- ✓ To provide the participants with a therapeutic experience in the process of learning

Resource Persons

- Mr. Blaise and Mrs. Arthere (Art Therapist and Social Worker).

Participating Batches

MAHRM 2016-18 Batch

M.Sc. Counseling Psychology 2016-18 Batch

PROGRAMME OBJECTIVES

- ✓ To realise the beauty and magic of nature.
- ✓ To discover latent talents.
- ✓ Develop socializing skills among students.
- ✓ Develop creative imagination

DAY 1: 25-10-2016

Session One: Self-introduction

The first session was a self-introduction session, where the resource persons tried to learn the names of the participants through a game called Dinky-Dinky.

Session two: Warm-Up

For students to learn to interact more closely and openly share their expectations the resources persons conducted an open sharing session and an interactive action song.

Session three: Collecting Materials

The resource persons then asked the students to go out and collect materials from nature like leaves, stones and sticks.

Session 4: Pencil Drawing

Tips on how to create art from the materials collected and how to use pencil shading effectively. Students created their own specimens.

Session 5: Free-play with colours

After a warm up session with an action song and a game, the resource person asked us to stick 11 charts in a row on the ground and the use different colours to draw patterns on the charts as we thought fit. It was a fun and enlightening experience.

Session 6: Expressing Self through movements

Action songs, stories, flash cards were used to express different kinds of feelings. Students expressed themselves very creatively.

Evaluation and Cultural Activities

The first day ended with evaluation of the day and students putting up various programmes. Students evaluated the day as fun and liberating.

DAY 2: 26-10-2016

Session 1: Capturing Nature

Students had to roam the campus and take camera shots of nature and present it before others.

Session 2: Portraits of friends

Two students were asked to sit facing each other and they had to create portraits of their friend.

Session 3: Oil Pastels

The resource persons showed the students how to create art through Oil pastels.

Session 4: Short Films

We watched two short videos. First was Khadan, which showed life of children in quarries and the second about nature and its limits. After the videos there were discussions on the lessons conveyed by the videos.

Session 5: Personal Book

Every student had to create a personal mini-notebook with chart paper and then each student made a presentation of the notebook. It was interesting to see how unique each student was.

Evaluation and Cultural Activities

The second day ended with evaluation of the day and students putting up various programmes. Students said that they learned a lot of new skills with regard to art today.

DAY 3: 27-10-2016

Session 1: Sharing Childhood Memories

All students were asked to share openly about their childhood experiences, especially one or two stories. This session covered most of the day.

Session 2: Sound and Stories

The students were asked to roam the college, collect materials that made sounds and make creative narratives about these objects.

DAY 4: 28-10-2016

Creating Child Experience

The students were taught how to create a chart paper-based art work on the Child hood experiences that they shared. How to prepare a chart, how to use random materials and include dialogues, etc. were demonstrated and students started their work.

DAY 5: 29-10-2016

Creating Childhood Experience(contd.)

The resource persons started by showing the students some art work of children and the stories each art piece said. Then the students had to continue the work they started the previous day. The whole day students were engaged in individual project of creating an art piece on the common theme of "Childhood experiences". Students presented their work and were evaluated.

The last day of the program ended with evaluation. Students shared their experiences of the whole 5 days and about what they learned. They thanked the resource persons. The resource persons congratulated them for completing the certificate course.

PROGRAMME OUTCOMES

- ✓ Socialization and Sharing.
- ✓ Perceived the beauty of colour and colourless pictures.
- ✓ Developed own style of drawing and how to articulate our own thoughts through drawing.
- ✓ Learned how a cause can be represented through Art.
- ✓ Perceived the importance of artistic sense in life.

PHOTO GALLERY CERTIFICATE COURSE 2016

MAHRM & M.SC. COUNSELLING PSYCHOLOGY

2016-18







REPORT OF EXPRESSIVE ART THERAPY CERTIFICATE COURSE

Programme Name	Three Day Art Workshop-Certificate Course	Organizer	Department of Sociology
Date	31 Oct- Nov 3, 2016	Time	10-7 PM
Venue	Sutter Hall and College Premises Loyola College of Social Sciences Trivandrum	Faculty in-charge	Dr. Saji P Jacob Department of Sociology

Programme Objectives	<ul style="list-style-type: none">) To realise the beauty and magic of nature.) To discover latent talents.) Develop socialising skills among students.) Develop creative imagination.
Resource Person (s)	Mr. Blaise Joseph and Ms. Atreyee
Participants	First year MA Sociology Students
Programme Activities	5 days- about 15 Sessions <ul style="list-style-type: none">) Draw random pictures.) Nature observation and collect interested items.) Picture) Produce any kind of sound for those items.) Discussions) Group Activities.) Try sketching real objects.
Programme Outcomes	<ul style="list-style-type: none">) Socialized.) Perceived the beauty of colour and colourless pictures.) Developed own style of drawing and how to articulate our own thoughts through drawing.) Perceived the importance of artistic sense in life.

PHOTO GALLERY

M.A. SOCIOLOGY 2016-18

EAT CERTIFICATE COURSE 2016







Loyola College of Social Sciences
Certificate Course in Expressive Art Therapy
List of Participants MSW 2016-18 Batch
19-23 October 2016

Sl. No.	Name of Participants
1	AMALA JOSHY
2	AMRITHA SURESH
3	ANITHAMOL BABU
4	ANN MARY GEORGE
5	BALALEKSHMI S.B
6	DEVIKA B.S
7	EKALAVYAN V.P
8	FEBINA.S.KUMAR.
9	G S NARAYANI
10	GILDA MANI
11	JAYALAKSHMI J
12	JIBIN K JOSE
13	JOSUKUTTY KURIAN
14	KAVYA KUMAR K
15	NISHA.K.J
16	NOUNITH NOBLE
17	SANUMOL CATHERINE
18	SAUMYA JOHN
19	SREE JYOTISH H
20	SUBHADRA.P.S
21	TINTU N.S
22	VANDANA SURESH
23	VANI V.R
24	VENISHYA IVAN
25	VRINDA VIJAYAN

Francina

Dr. Francina P. X

**Faculty in-charge – Certificate Course (Street Theatre)
Dept. of Social Work, LCSS**

LIST OF PARTICIPANTS

EAT CERTIFICATE COURSE 2016

OCT 25-28, 2016

M.A. HRM 2016-18

1	AKHIL JOSE
2	ARJUN TV
3	GEO MICHAEL
4	GOPIKRISHNA A. J.
5	KASYAP NAIR M R
6	R CHARULATHA
7	REVATHY RAJ J
8	SONIYA JAIN JACOB

M.SC. COUNSELLING PSYCHOLOGY 2016-18

1	ASWATHI V S
2	BINSHA M S
3	BRIGHTLY P BRIGHT
4	DYNA SCARIA
5	JUDE S.
6	PARVATHY S
7	SONY G THARAKAN
8	SRUTHI SURESH

LIST OF PARTICIPANTS
EAT CERTIFICATE COURSE 2016
M.A. SOCIOLOGY 2016-18 BATCH
Oct 31- Nov 3, 2016

1	ALOYSIUS T. ANTONY
2	ANANTHAPADMANABHAN J
3	ANJANA U K
4	ARATHY S PRATHAP
5	ARAVINDLAL
6	ASWATHY A L
7	ATHIRA K O
8	BLESSY ROSE MATHEW
9	CATHARINE JACOB
10	DEEPAK S
11	DURGA U S NAIR
12	GEORGIN V GEORGE
13	GIREESH KUMAR J
14	GOPI KRISHNAN M
15	MEHANAZ MUMTAZ
16	MINU HARIKUMAR
17	NEETHU SHARON S
18	NEETHU L
19	RESHMA THOMAS
20	SETHU LEKSHMI S

EXPRESSIVE ART THERAPY 2020

Report for Activity Log SI. No.:			
Programme Name	Expressive Art Therapy – Certificate Course	Organizer	Department of Social Work
Date	7-10 February 2020	Time	9 a.m. to 8 p.m.
Venue	Sutter Hall, LCSS, TVM	Faculty in-charge	Dr. Francina P. X

Programme Objectives	<ul style="list-style-type: none"> To familiarise the participants with expressive art therapies, in theory and in practice To equip the participants to practice these therapies in their respective areas of professional work To provide the participants with a therapeutic experience in the process of learning
Resource Person	<ul style="list-style-type: none"> Miss. Krishnendu B.S, Navem, Thiruvananthapuram
Participants	16, IV semester MSW students (2018-2020 batch) – List attached.
Programme Activities	<p><u>DAY 1</u></p> <ul style="list-style-type: none"> The day started at 9 a.m. with an inaugural function. Dr. Sonny Jose (Head of the department of Social Work) delivered the welcome address, Dr. Saji P. Jacob (Principal) inaugurated the workshop and Dr. Sabu P. Thomas (vice principal) felicitated the function. Dr. Francina P. X, the course coordinator proposed vote of thanks. The course was conducted on a workshop mode and started with an opening ritual, followed by self-introduction which required the participants to introduce their names with an accompanying action. Ms. Krishnendu introduced Expressive Art Therapy to the participants, explaining the different aspects and constituents of E.A.T. in theory. After a warm up session led by Ms. Krishnendu. She asked us to select a spot in the hall for ourselves and write down our personal

reflections. She made it clear that we would be doing this after every activity for the three days.

- The next activity involved the participants in creating a bubble- a personal space- for them; paint it in their favorite color. After evaluation and reflection, we started on dance movement therapy.
- The participants were asked to list out the different emotions, and later were to act it out as the facilitator called out each emotion. Next activity involved the participants in imitating different characters including cat, horse, fish, bird, and the life cycle of a person from pregnancy till old age.
- Next, the facilitator explained the different efforts involved in movement: free flow/ bound flow, sudden time/ sustained time, direct/indirect and helped the participants connect it with daily life movements and emotions.
- After evaluation and reflection, the group dispersed for lunch at 1pm. After lunch, the sessions restarted at 1:45 pm; the participants were asked to recall their daily routine and act it out, first normally, then in speed and then with a fun element.
- Then we moved on to mirroring, initially in pairs, and then randomly in the group, concentrating on each person's personal mannerisms. After this art therapy began and facilitator asked the group to randomly place some drawings on a paper and later create something meaningful out of it.
- With each activity, the facilitator explained how the activity benefited specific intervention group. She also explained different theories related to this.

- The day ended at 8 pm with a free dance and closing ritual and the group disbursed for dinner.

- **DAY 2**

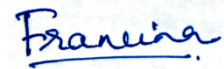
- The day began with an ice breaking session. The first activity involved getting back into bubbles and filling it with favorite things, memories and dreams. After this we moved on to music therapy. Each of the participants tried out different musical instruments and the facilitator guided us through a series of rhythmic music involving clap, sound and musical instruments. Then the participants were split in groups and created our own rhythms which other groups were also taught. By the end the facilitator explained the application of music therapy for different groups and their possible outcomes.

- Drama therapy began with a mimicry performance by each individual. After which participants were asked to list out different roles they play in their daily life and reflect upon it. Participants had a detailed analysis of various duties and responsibilities, what is holding us back and helping us forward in performing the three most important roles.

- Next activity involved portraying ourselves in and out in the form of a mask; the external side portrayed how one appears to others and the internal side showed what one is within. The group was then divided into three groups based on their interested fields of social work and asked to discuss a story to be developed into an act. Reflections on their specific roles were to be more important than the performance. The day ended with the closing ritual.

	<ul style="list-style-type: none"> • <u>DAY 3</u> • The day as usual began with the opening ritual followed by warm up session. Facilitator asked the participants to move into their own bubbles again and to enjoy the space inside your bubble, and was asked to explore the possibility of letting someone else into the bubble. Theories related to family as a system and how to create safe boundaries in life were discussed. • After this each group performed their acts based on the previous day discussion. The various themes were child, family and women. After each performance each participants reflected deeply on their roles and the entire group contributed their own perspectives. • After lunch the group was again divided into three and devised specific activities for each of the therapies learned, and performed these. Participants were again asked to move into their bubbles and to affirm their spaces within their bubbles. • Later facilitator allotted time to paint these individual bubbles and share their paintings with the group. How the art like drawing and painting could be used as a therapy are discussed after the exercise. • This was followed by common evaluation in the presence of faculty members of the department of social work. The entire workshop concluded with the closing ritual by 8p.m.
<p>Programme Outcomes</p>	<ol style="list-style-type: none"> 1. The participants had a therapeutic healing experience, which also increased the group bonding 2. The participants were introduced to expressive art therapies in theory and in practice 3. The participants received a clarity on the application of different

	<p>therapies for different intervention groups, with clear cut idea on the objectives, ethical considerations, required precautions and possible outcomes</p> <p>4. The participants, who are at the latter part of their course, could reflect on what they have learnt through the course, and check their knowledge and competence, and make themselves ready for their career</p>
<p>Supporting Documents</p>	<p>Photos, 10 seconds video</p>



Dr. Francina P. X
Co-Ordinator of Certificate programme
(Expressive Art Therapy)
Dept. of Social Work, LCSS

Photos – Expressive Art Therapy - 7-10 February 2020 (MSW 2018-2020 batch)



Inauguration



Resource person: Ms. Krishnendu B. S





EVALUATION

Francina

Dr. Francina P. X
Co-Ordinator Certificate Programme
(Expressive Art Therapy)
Dept. of Social Work, LCSS

CERTIFICATE COURSE IN EXPRESSIVE ART THERAPY

7-10 FEBRUARY 2020

LIST OF PARTICIPANTS

Sl. No.	NAME OF PARTICIPANT
1.	ANJU CERIN MATHEW
2.	ANNA GEORGE K
3.	ASWATHY PONNACHAN
4.	ATHIRA WILSON
5.	BUSHRA S
6.	DONA MARIA KURIAKOSE
7.	MARIA TERES SEBASTIAN
8.	MEENU MARIYAM LAL
9.	MEERA JOHN
10.	NIBIN MATHEWS
11.	PRINCE JACOB
12.	RAMEEZ M SYDEEK
13.	ROSE MARIA SIJU
14.	SANDRA JOHNSON
15.	TISON THOMAS
16.	VINEETH BENEDICT L.