



**ST. XAVIER'S COLLEGE (AN EMPOWERED AUTONOMOUS), MUMBAI**  
**PSYCHOLOGY DEPARTMENT**



**PGDEXAT@XAVIERS.EDU**  
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<b>DATES</b>	Applications Open: 15th April Applications Close: 15th May Course Commences: Thursday, 23th July 2026
<b>CREDITS</b>	48 credits (850+ Contact Hours) <ul style="list-style-type: none"><li>• Expressive Arts Therapy Theory - Art, Drama, Music, Movement &amp; Inter-modality (10 credits)</li><li>• Expressive Arts Therapy Skills - Art, Drama, Music, Movement &amp; Inter-modality (10 credits)</li><li>• Counselling Theories, Processes &amp; Skills (10 credits)</li><li>• Fieldwork (10 credits)</li><li>• Research Design &amp; Methodology (8 credits)</li></ul> Internationally certified faculty from across the country and International Guest Lectures.
<b>DURATION</b>	1 year (Thursday, Friday and Saturday) Timings: 12pm to 7pm Timing for 2 weeks of observership in Term 1 and 2 months will vary based on fieldwork in Term 2 on Thursday, Friday, Saturday

**P.G. Diploma Expressive Arts Therapy**

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## ELIGIBILITY CRITERIA

- Graduation in any subject. (Provisional admission will be provided to those waiting on Graduation results based on 5th Semester Grades). In keeping with NCAHP Act 2021, Open University at the undergraduate level is not eligible.
- There are no age restrictions for admission.
- The application will be scored based on academics, statement of purpose, relevant personal and professional experience ( Max 10 points for each of the above mentioned criteria).
- Shortlisted candidates will be called for an experiential and theoretical interview. All interviews will be held online.

## OBJECTIVES

The main objective of the course is to open up this highly specialized discipline of study to the Postgraduate level and develop competent practitioners in the field of Expressive Arts Therapy. The focus of the course would be to equip participants with a combination of theoretical foundation and practical skills. This will enable graduates to incorporate these skills in socially challenging environments within educational and developmental settings and supplement their existent capacities.

## NOTE

- Only Shortlisted candidates will have to create an audition video of five minutes to support their Expressive Arts Therapy application using any one or more of the following modalities: Art, Music, Drama, Movement, Poetry and Photography.
- Application fees : INR 1000
- Interviews will be held online (first week of June)
- Selected Candidates will be informed with an acceptance letter via email.
- Fees: Domestic Students: Rs 2,70,000/- NO GST  
International Students: Rs 8,10,000 /- to 13,50,000/- (depending on select criteria and at the discretion of the management) - Please email [devika.mehta@xaviers.edu](mailto:devika.mehta@xaviers.edu) for more information as an international student.

## DETAILS NEEDED TO APPLY

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- Student Photo & Signature (in jpg format only)
- Aadhar Card(both Front & Back on same sheet should be taken)
- 12th / Diploma / Degree mark sheet PDF
- Domicile Certificate (If Applicable)
- Baptism Certificate (If Applicable)
- SWD Proof (Student with Disabilities) (If Applicable)
- Graduation Marksheet and certificate
- Post graduation Marksheet (If Applicable)
- The role of expressive arts in your life (Max 500 words)- Only PDF
- Statement of Purpose (Max 800 words)- Only PDF
- Any Relevant Certificates done in field relevant to psychology, fine arts or performing arts. (If Applicable)
- Experience within the field of Mental Health. (If Applicable)
- Relevant conferences (Psychology or Arts Related) or workshops attended (If Applicable)
- Please note Soft copy of the above-mentioned documents should not exceed the file size of 2MB.

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## FAQS

### IS THE PROGRAM ONLINE OR ON CAMPUS IN MUMBAI?

This is an on campus program in Mumbai. We have students from all over the country. Since it is a college program and very intensive students are expected to be physically present. The internships are also Mumbai Based. It is not a hybrid program. It is 1000+ hrs of training and they need to be done in person as per the university standards.

### CAN I WORK OR DO ANOTHER PROGRAM WITH IT?

This is an intensive program during the days mentioned on the brochure . You will need to allot time for readings and assignments additionally. The attendance requirements are 90%. Some students in the past have completed both successfully while some have not managed to do so. Make an informed choice based in your organizational ability to meet demands of two programs/ work and your emotional capacity. The college program aims at high competency level for successful completion.

### DO I HAVE TO FIND MY OWN INTERNSHIP? I GRADUATE AS ?

The department has partnered with organisations to provide internships to our students as required by the fieldwork component. You graduate as an Expressive Arts Therapy Practitioner ( ExAT-P). To be a Therapist you need a Master's in this field .



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## IS THIS PROGRAM COUNTED AS 16TH YEAR ABROAD?

Our program is accepted by both WES and GCE. Our 48 credits are credited as advanced level undergraduate year. WES offers 30 credits and GCE as 38 credits as equivalent. Graduates from our program have successfully secured admissions in Masters programs in USA, UK, CANADA and AUSTRALIA.

## DOES COLLEGE OFFER POST PROGRAM PLACEMENTS?

Since this is an upcoming field, we do not provide direct placements. However, we provide placement assistance in the following ways:

1) Share all offerings and job opportunities with our alumni group with letter of reference

2) Alumni across the country share referrals with one another

In saying this, most of our graduates are either studying further or have already been gainfully employed in this field.

## DO I HAVE TO FIND MY OWN ACCOMODATION?

You have to find your own accommodation. Once accepted into the program, we connect you with your current cohort as well as provide support from previous graduates in terms of resources.

## ARE THERE ANY SCHOLARSHIPS?

The program comes under Self-Funded, non-aided courses. There are no scholarships. We can however provide documents needed to secure loan.



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## Who can apply?

Graduation in any subject. (Provisional admission will be provided to those waiting on Graduation results).

Anyone with a keen interest towards art, education and health lens

Psychological Framework is part of the training on program

No age restrictions for admission.

Affinity for using creative forms as medium of exploration for self or others.

Artists, Psychologists, Social Workers, Medical and Para Medical Professionals, Designers, Special Educators, Teachers, Physical Educators, Play Therapists, Entrepreneurs, Students.

All Are Welcome to Personally and Professionally  
Grow with Arts



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## The scope of work post graduation

Individual sessions for mild to moderate psychological challenges with Supervision.

Group sessions in schools , health centres, care homes, corporate offices, not- for- profit organizations and much more.

Integrate creative mediums into existing work.

Innovating and Designing your own programs.

The common myth is that Expressive Arts Therapy is only for those with mental health concerns but it actually for Everyone



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## What are the components of the program?

**Expressive Arts Therapy Theory- Art, Drama, Music,  
Movement and Inter-modality  
(Reflective Journal)**

**Expressive Arts Therapy Skills -Art, Drama, Music,  
Movement and Inter-modality  
(Creative Arts Engagement)**

**Counselling Theories, Processes and Skills  
(Personal Therapy)**

**Fieldwork / Internship  
(Professional supervision, On-site supervision, Peer  
Supervision, Group Process)**

**Research Design and Methodology**



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## Qualities of an Expressive Arts Therapy Practitioner

- Willingness to develop ethical practice
- Ability to be non-judgmental and open minded
- Good communication and interpersonal skills.
- Empathy and patience.
- Being creative, imaginative and spontaneous .
- Ability to work with different populations with different challenges.
- Developing Reflexivity

Apart from the above, the training also helps with

- \*Theoretical and practical knowledge of Expressive Art Therapies and approaches .
- \*An understanding of Psychological theories .



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