



Zentered Minds



presents

Expressive Arts Therapy UNESCO-CID Licensing Certification Course

IN-PERSON



ONLY **8** SPOTS
AVAILABLE



Our Accreditation, Affiliations & Recognitions



California Hypnosis
INSTITUTE



www.zenteredminds.com



+91-7303767397



contact@zenteredminds.com



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The Facilitator's Background



Mr. Sakar Narula is the Founder and CEO of Zentered Minds Psychological Services, a trained Creative Therapist from the University of London, where he also works as a Creative Therapist. He holds a Master's degree in Clinical Psychology and is currently pursuing a Ph.D. in Expressive Arts Therapy. Sakar is a UNESCO-CID certified Expressive Arts Therapist, blending multiple art forms like movement, visual arts, music, and storytelling to support emotional exploration and healing. In addition, he is a certified Cognitive Behaviour Therapy (CBT) Coach Practitioner and a Master Hypnotherapist, trained by the California Hypnosis Institute.

With over five years of therapeutic experience, he has supported a wide range of individuals in managing anxiety, stress, emotional overwhelm, and trauma recovery. His work is grounded in the belief that art offers a safe, powerful space for self-expression, reflection, and transformation.

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PROGRAMME CONTENT



The Expressive Arts Therapy certification course provides participants with in-depth training in a unique therapeutic approach, enabling them to develop creative interventions for use with clients or patients. The program emphasizes hands-on learning, allowing participants to apply their knowledge in practical settings. It also encourages self-reflection and introspection, offering a creative space for participants to explore and showcase their personal learning journey. Through this blend of practice and reflection, participants gain valuable insights into both the therapeutic process and their own growth as practitioners.

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THE COURSE'S STRUCTURE

This certification program focuses heavily on experiential learning, dedicating 85% of the coursework to practical application and 15% to theoretical understanding. Participants are guided in integrating their new skills and knowledge into their current practices, ensuring a seamless transition from theory to real-world application. The program's balanced structure enables learners to gain hands-on experience while receiving the support needed to apply these techniques effectively in their professional settings.

CRITERIA FOR ELIGIBILITY

This certification course is ideal for allied health professionals, medical practitioners, psychologists, counselors, social workers, and students with a bachelor's degree in any of these related fields. It provides valuable skills and knowledge that enhance their professional practice and complements their existing expertise.

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MODALITIES THAT WILL BE COVERED

Visual Art

Dance

Drama

Bibliotherapy

Writing

Music

Ecotherapy

Phototherapy

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LEARNING OBJECTIVES

- Gain in-depth knowledge of Expressive Arts Therapy
- Enhance your professional credentials
- Engage in hands-on learning and practical experience
- Apply Expressive Arts Therapy techniques with clients or patients
- Translate expressive arts interventions into psychological terminology, and vice versa
- Foster personal growth through expressive arts practices
- Develop the ability to conceptualize and address therapy holistically (body, heart, mind, spirit)
- Integrate diverse expressive arts methods into psychotherapy for individuals, couples, families, and groups

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BENEFITS AND ADVANTAGES

- Completion certificate from UNESCO-CID and Zentered Minds along with registration number
- Membership of UNESCO-CID
- Resources and E-Material
- Hands-on Training
- Live Case Discussion
- Exhibition
- Assessments and Facilitations

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REGISTRATION DETAILS

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AVAILABLE

Following are the dates for the program:

Nov 2025: 9th, 15th, 16th, 22nd, 23rd, 29th, 30th

Dec 2025: 6th, 7th, 13th, 14th, 20th, 21st, 27th, 28th

Fee: Rs. 78,000/- (Inclusive of all taxes)

Early Bird Discount of Rs. 5,000/- is
available till 30/08/2025

Group Discounts Available (Group of 3 or more)

*Instalment options along with other payment
options are available in the form only.*

Brief Details

Total Hours: 150 (100+50)

Start Date: 9th Nov'25

End Date: 28th Dec'25

Days: Saturdays & Sundays

Timings: 11:30 AM to 6:00 PM

Mode: In-Person

Venue: I.P. Extension, New Delhi

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