

Amity University Haryana

Amity Institute of Behavioural and Allied Sciences

Workshop on Expressive Therapies: Innovative uses of Art

17th Feb 2015

Amity Institute of behavior and allied sciences organized a workshop of expressive therapy: An Innovative use of Art which was conducted by Dr Martyn Woodward (Cardiff metropolitan University) and by Mr. Ian Farren (Plymouth college of Arts and others). The esteemed resource persons were welcomed by Prof. Rishipal, Head of AIBAS and by Prof. Padmakali Banerjee, Pro Vice Chancellor of AUH. The workshop was conducted on 17th Feb 2015, with an audience of 154 students including Undergraduates and Post Graduates of B.A Applied, B.Sc Clinical Psychology and M.A Applied as well as M.Sc clinical psychology.

The session initiated with the introduction to Art therapy and the importance of expression which were led with examples of sounds of a child and how the expression how an infant and child may have multiple interpretations. The sessions started at 10.30 am and was carried till evening 4:30 PM with activities syncing the students from understanding self expressions to melting down with colors and understanding the core emotions they feel down and releasing them.

The workshop laid emphasis on exploring the art making as a tool for personal growth, understanding the deeper self, and connecting with each other. The workshop included activities from self exploration to group activities of playing with balloons and making mandala in group. Connecting and understanding the importance of presence of each other with the help of colors.

The session ended with a note of thanks led by Dr. Tanu Kukreja and experiences shared down by students as well as by faculties who participated in activities.