



"Expressive Arts as an Intervention for Clinical & Counselling Practice"

Date: 30 April 2024

Time: 10:00 A.M. onwards

Venue: A Block 305, K.R. Mangalam University

Event Type: Workshop

Mode: Hybrid

Target Audience: University Staff

Organized by: Chetna Society, K.R. Mangalam University

Resource Persons: Dr. Ashima Narula and Ms. Anshika Rana

Faculty Coordinators: Dr. Manju Rani (Assistant Professor, SOHS) and Mr. Amit Kumar (Assistant Professor, SOHS)

The **Chetna Society**, in collaboration with **K.R. Mangalam University**, organized an enriching and experiential workshop titled *"Expressive Arts as an Intervention for Clinical & Counselling Practice"* for the **university staff** on **30 April 2024** at **A Block 305, KRMU**. The session aimed to promote mental wellness, emotional balance, and creativity through the therapeutic use of art in a professional environment.

The workshop was conducted by **Dr. Ashima Narula**, Ph.D., an **Expressive Art Therapist** with over eight years of professional experience, along with **Ms. Anshika Rana**, M.A. in Clinical Psychology and a **certified expert in Expressive Art Therapy**. Both speakers brought their extensive expertise and compassionate approach to guide participants through an interactive and insightful learning experience.

The session commenced with a warm welcome address by **Dr. Manju Rani**, Assistant Professor at SOHS, who highlighted the importance of integrating art into daily life to enhance emotional well-being and productivity. The participants—faculty and staff



from different departments—were introduced to the **concept of expressive art therapy** as a holistic tool for stress reduction, emotional release, and personal growth.

Throughout the workshop, Dr. Narula and Ms. Rana encouraged staff members to explore various **art modalities such as painting, movement, music, and visual imagery** to express emotions that are often difficult to verbalize. They explained that art serves as a bridge between the conscious and subconscious mind, helping individuals gain deeper insights into their emotions, thoughts, and life experiences.

The facilitators emphasized that **expressive arts therapy is not about artistic skill**, but about authentic self-expression and emotional healing. Participants engaged in simple yet profound creative exercises that helped them reflect on their inner states and experience a sense of relaxation and clarity.

The workshop also focused on the **benefits of expressive art practices** in workplace settings—such as improving focus, fostering empathy, strengthening communication, and promoting overall mental health. Through guided reflection and interactive sharing, the staff discovered how creative expression can serve as an effective coping mechanism in managing occupational stress and maintaining emotional resilience.

One of the most meaningful aspects of the session was its **experiential nature**. Participants were encouraged to create art pieces representing their emotions and later discussed how these creative processes fostered self-awareness and empowerment. The activity helped participants reconnect with their inner selves and realize that mindfulness and creativity can coexist harmoniously in both personal and professional life.

As the session drew to a close, the facilitators encouraged all attendees to continue integrating expressive art therapy techniques into their daily routines as a method of self-care, stress relief, and emotional balance. They also emphasized the importance of fostering a culture of openness and mental well-being within the university environment.



The event concluded with a vote of thanks by the faculty coordinators, who expressed deep appreciation for the engaging and rejuvenating session. Participants shared overwhelmingly positive feedback, describing the experience as **refreshing, therapeutic, and deeply reflective**.

Overall, the workshop successfully fulfilled its objective of **raising awareness about expressive art therapy and promoting mental wellness among staff**. It served as a gentle reminder that creativity, mindfulness, and emotional expression are vital for maintaining balance and harmony in today's fast-paced academic environment.



Picture 1: Expert is addressing the audience



Picture 2: Expert is interacting with the audience

