

Expressive Art Therapy

**Organized by- The Department of Psychology, St. Anthony's College,
Shillong**

Resource Persons: Mr Deveshware E and Sister Hazel
Date: 3rd September, 2026

On September 3, 2026, the Department of Psychology, St. Anthony's College, organised a workshop on "Expressive Art Therapy." The programme aimed to help students explore and develop a better understanding of themselves through creative and artistic activities. The workshop was conducted from 2:00 p.m. to 4:00 p.m. at the college auditorium and was facilitated by Mr. Deveshware E and Sister Hazel.

The workshop included a variety of interactive and creative activities. To begin the session, the students were divided into different groups. Each group was asked to choose a unique name and select a symbol that represented their group. The facilitators then provided an introduction to the session and explained the Wheel of Emotions, which helped students identify and understand the different emotions they experience.





