

Mind Body Education



Diploma of Holistic Integrated Creative Art Therapy

Course Manual

Holistic Integrated Creative Art Therapy is the use of art, music, drama, dance/movement, poetry/creative writing, play, storytelling and sandplay within the context of psychotherapy, counselling, rehabilitation, and holistic healing. It enhances physical, mental and emotional functioning and well-being.

HICAT therapists work with the whole person and assist people to become self-empowered through supporting them on a journey of self-exploration and personal growth, incorporating the body, mind, emotions and spirit.

This course is evidence based. It connects clinical research with ancient traditional wisdom, developing the mind, expanding creativity, building confidence and self-awareness, realigning the body's cells, reconnecting with the essence of joy and awakening the spirit

Course Duration:

20 weeks on-campus

On-campus contact hours = 120 hours

Off-campus study time = 120 hours

Additional supervised practice = 20 hours

Total = weeks = 260 hours

Certification = Holistic Integrated Creative Arts Therapist (*Dip.HICAT*)

Course Structure:

Each class is divided into theory and practice sessions.

A great deal of time is spent exploring and participating in the creative arts and a wide variety of meditation styles, including movement meditation, mantra meditation, chakra meditation, guided creative visualisation, mindfulness and zen meditation.

Practical topics covered include:

- Tactile Therapy - sculpture, clay, construction, sandplay & environmental art making.
- Art Therapy - paint, watercolour pencils, charcoal & oil pastels.
- Music - Tribal Rhythms, Medicine Drums.
- Dance & Movement Therapy.
- Storytelling & creative writing.
- Role Play & Drama Therapy.
- Sound Therapy

Theory topics covered include:

- The cause & effects of stress
- The mind/body connection
- Physiology of the brain
- Left brain/right brain
- Unconscious beliefs and mental patterns
- Exploring emotions
- History of art therapy
- Creative therapies & health
- Why creative art therapies are effective
- Creative art therapies as emotional healing
- Creative art therapies for recovery & rehabilitation
- Art & developing intuition
- Drawing from within
- Colour & emotions
- Sound, vibration & the body's cells
- The creative process
- Art appreciation
- Interpretation & diagnosis
- Compassion & non-judgment
- Learning Styles
- Personality types
- Managing groups
- Supporting clients
- Working with PTSD
- Working with anxiety disorders
- Working with grief & loss
- Working with children
- Working with depression
- Working in medical settings
- Developing community arts projects
- Meditation for every day
- Meditation in action through art
- Meditation with music and movement
- Gratitude & art journaling

- Holistic counselling skills for creative arts therapists
- Networking & referring
- Ethics, safety & professionalism
- Setting up your own practice
- Creating a specialized practice
- Resources, materials & equipment
- Marketing for creative arts therapists
- Legalities, insurance and Joining associations

There are two off-campus group excursion days during the course, they are:

- Trip to a beach (or large sandpit) to explore sandplay
- Visit local aged care facility to share art play with residents

Graduation:

Graduates will receive the Diploma in Holistic Integrated Creative Arts Therapy. They can use the letters *Dip.HICAT* after their names and can gain professional insurance (provided there is no reason why they personally do not qualify for insurance).

HICAT course graduates can join the following organizations:

International Institute of Complementary Therapists.

Complementary Medical Association.

Holistic Integrated Creative Arts Therapists Association

International Meditation Teachers and Therapists Association

Holistic Health Association International

International Practitioners of Holistic Medicine

Graduates will have all the skills, knowledge and confidence required to set up their own Holistic Integrated Creative Arts Therapy Practice; run workshops, groups and see individual clients, in either a general practice or specialising in specific areas of interest, They may also be able to seek employment within some organizations who value holistic and complementary therapies.

Notes:

This is a professional, practical training course where students will explore a wide range of creative arts while learning the essentials of working as a Holistic Integrated Creative Art Therapist, in a safe, extremely supportive and fun filled environment, with a highly experienced holistic therapist trainer.

