

**Mind Body Education**  
**Diploma of Holistic Integrated Creative Arts Therapies**

**Online Course Timetable**

| Module  | Course Content   |
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| <b>Module One</b>   | <p><b>Theory</b><br/>           Unit 0 - Introduction to HICAT<br/>           Unit 1 -The Cause and Effect of Stress<br/>           Unit 2 -The Mind/Body Connection</p> <p><b>Practical</b><br/>           Art Therapy</p>  |
| <b>Module Two</b>   | <p><b>Theory</b><br/>           Unit 3 - Physiology of the brain<br/>           Unit 4 - Left brain/right brain<br/>           Unit 5 - Unconscious beliefs and mental patterns</p> <p><b>Practical</b><br/>           Art Therapy</p>                                       |
| <b>Module Three</b><br><br><b>Off-Campus/excursion module</b> | <p><b>Theory</b><br/>           Unit 6 - Exploring emotions<br/>           Unit 7 - History of art therapy<br/>           Unit 8 - Creative therapies &amp; health</p> <p><b>Practical</b><br/>           Sand Play - Tactile Therapy – sculpture – mandalas</p>             |
| <b>Module Four</b>  | <p><b>Theory</b><br/>           Unit 9 – Music and the brain<br/>           Unit 10 - Creative art therapies as emotional healing<br/>           Unit 11 - Creative art therapies for recovery &amp; rehabilitation</p> <p><b>Practical</b><br/>           Music Therapy</p> |
| <b>Module Five</b>  | <p><b>Theory</b><br/>           Unit 12 – Art and developing intuition<br/>           Unit 13 – Drawing from within<br/>           Unit 14 – Colour and emotions</p> <p><b>Practical</b><br/>           Art Therapy</p>  |

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| <b>Module Six</b>      | <b>Theory</b><br>Unit 15 – Sound Therapy and Vibrational Healing<br><b>Practical</b><br>Sound Therapy  |
| <b>Module Seven</b>    | <b>Theory</b><br>Unit 16 – The Creative Process and Holistic Counselling Skills<br><b>Practical</b><br>Dance and Movement Therapy  |
| <b>Module Eight</b>    | <b>Theory</b><br>Unit 17 – Revision  |
| <b>Module Nine</b>     | <b>Theory</b><br>Unit 18 – The Drama Triangle.<br>Unit 19 – Compassion & Non-judgment<br>Unit 20 - Learning Styles<br>Unit 21 - Personality Types<br><b>Practical</b><br>Creative Writing – Storytelling - Role Play |
| <b>Module Ten</b>      | <b>Theory</b><br>Unit 22 – Managing groups<br>Unit 23 – Supporting clients and Holistic counselling skills<br><b>Practical</b><br>Drama - Music, Tribal Rhythms, Medicine Drums                                      |
| <b>Module Eleven</b>   | <b>Theory</b><br>Unit 24 – Working with PTSD<br><b>Practical</b><br>Meditation/Mindfulness & Art Therapy   |
| <b>Module Twelve</b>   | <b>Theory</b><br>Unit 25 – Working with Anxiety Disorder<br>Unit 26- Working with Grief and Loss<br>Unit 27 Working with Depression<br><b>Practical</b><br>Meditation/Mindfulness Meditation with Music and Movement |
| <b>Module Thirteen</b> | <b>Theory</b><br>Unit 28 – Working with Children<br><b>Practical</b><br>Games – Movement – Roleplay – Art  |

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| <b>Module Fourteen</b>  | <p><b>Theory</b><br/> Unit 29 – Holistic counselling skills for creative arts therapists<br/> Unit 30- Meditation for every day<br/> Unit 31 - Meditation in action through art<br/> Unit 32 - Gratitude &amp; art journaling</p> <p><b>Practical</b><br/> Art Therapy</p>   |
| <b>Module Fifteen</b>   | <p><b>Theory</b><br/> Unit 33 - Setting up your own practice<br/> Unit 34 - Creating a specialised practice Unit 35 - Venues, resources, materials &amp; equipment</p> <p><b>Practical</b><br/> Drama - Role Play</p>  |
| <b>Module Sixteen</b><br><br><b>Off-Campus/excursion module</b> | <p><b>Theory</b><br/> Unit 36 - Developing community arts projects<br/> Unit 37 - Working in medical settings and working with seniors and people with special needs.<br/> Unit 38 - Ethics, safety &amp; professionalism</p> <p><b>Practical</b><br/> Visit to an Aged Care Facility or a visit to an elderly friend or family member to practice Art Therapy</p> |
| <b>Module Seventeen</b>   | <p><b>Theory</b><br/> Unit 39 – The Drama Triangle Revision Unit 40 - Venues, resources, materials &amp; equipment<br/> Unit 41 - Legalities, insurance and Joining associations</p> <p><b>Practical</b><br/> Dance &amp; Movement Therapy</p>   |
| <b>Module Eighteen</b>  | <p><b>Theory</b><br/> Unit 42 -Marketing for creative arts therapists</p> <p><b>Practical</b><br/> Sandplay - Sculpture</p>  |
| <b>Module Nineteen</b>  | <p><b>Theory</b><br/> Unit 43 -Marketing for creative arts therapists</p> <p><b>Practical</b><br/> Community art projects</p>  |
| <b>Module Twenty</b>  | <p><b>Theory</b><br/> Unit 44 -Marketing for creative arts therapists</p> <p><b>Practical</b><br/> Graduation</p>  |

\*Please be aware that this timetable may change.