MIND BODY SPACE

Holistic Integrated Creative Arts Therapy Practitioner Training Course Online

Course Prospectus

Mind Body Education
Best Global Holistic Therapy Training Provider 2021

HICATA
Accredited Training Provider
www.icoth.com

CMA

2022 SEAL of EXCELLENCE
GLOBAL EDUCATION AMBASSADOR

2022 SEAL of EXCELLENCE

APPROVED TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

WORLDWIDE IPHM TRAINING PROVIDER ACCREDITATION

IMTA

Mind Body Space

Table of Contents

2 COURSE BACKGROUND

4 COURSE STRUCTURE

6 COURSE OUTCOMES

7 ACCREDITATION

8 FAQS

11 COURSE TIMELINE

Course Background

Holistic Integrated Creative Arts Therapy Practitioner Training Course

Holistic Integrated Creative Arts Therapy is a mental health profession that uses the creative process of art-making to improve and enhance the physical, mental and emotional well-being of individuals of all ages.

At Mind Body Space, we provide high support, super interactive, hands-on, online training for students from all over the world.

If you are looking for a user-friendly, industry-recognized course you can study at times that work for you, completely online, you are in the right place!

- ✓ Internationally industry-approved training
- ✓ Study online with high support
- ✓ 10 hours of home study per week (200 hours total)
- ✓ 12-month course with 12 weeks of study breaks (no school holiday classes)
- ✓ Recognised certification: Holistic Integrated Creative Arts Therapist Graduates can use the letters: Mbe.HICATprac.

"It's not just a course, it will change your life!"

- Jacqui, HICAT Graduate 2019

Course Background

The next online course commencement dates are available on our website!

Who should do this course?

- Suitable for all ages over 18 years, including mature-age students.
- No previous experience or qualifications are required.
- Start a new career as a qualified Holistic Therapist, or add a new dimension to your existing career. No artistic ability is necessary.

This course will connect you with the best part of yourself

Holistic Integrated Creative Arts Therapies can be used in a wide variety of settings and with an assortment of different clients.

- HICAT will provide you with valuable skills to help children express and process emotions, and develop confidence, focus and concentration. HICAT is also extremely beneficial to children on the autism spectrum and their families.

- HICAT can also make an impact in aged care, completely changing the quality of life for many older people by assisting in treating loneliness and loss of purpose often experienced in this age group.

- HICAT skills are also in high demand in the corporate arena where they can contribute to positive work environments, reducing workplace stress and workplace bullying. HICAT can also help to improve creativity, leadership skills, productivity, and profitability, making it a popular team-building program for corporate managers.

Course Structure

This course combines a multitude of exciting and inspiring creative modalities.

Each of your classes will be divided into theory and practice sessions.

A great deal of time will be 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. Online students will spend around 10 hours per week studying for one year. Studies will include reading, watching videos, completing art projects, writing essays, and answering quizzes.

There are some fieldwork components where you will need to involve a friend or family member or visit a professional practice, business, or centre but we will guide and assist you with this.

You will need to be able to take photos and videos and upload them onto your coursework submission forms. This is not difficult, and we can assist you to learn how to do this if you need us to.

Course Structure

Practical topics covered in this course include:

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

Theory topics covered in this course include:

- The cause & effects of stress
- The mind/body connection
- Physiology of the 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 everyday
- 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 specialised practice
- Resources, materials & equipment
- Marketing for creative arts therapists
- Legalities, insurance, and joining associations

Course Outcomes

Graduates receive a qualification as a Holistic Integrated Creative Arts Therapies Practitioner and can use the letters Mbe.HICATprac. after their names

- You will graduate with the skills, knowledge, and confidence required to set up your own Holistic Integrated Creative Arts Therapy Practice; run workshops, work with groups and see individual clients, in either general practice or specialising in specific areas of interest, if you wish. You may also be able to seek employment within some organisations that value holistic and complementary therapies.

- Graduates can join the International Institute of Complementary Therapists, the International Practitioners of Holistic Medicine, and the Complementary Medical Association and get professional insurance.

- You will also be provided with a full year of free membership to the Holistic Integrated Creative Arts Therapists Association and the International Meditation Teachers and Therapists Association.

- This course is also suitable for personal development. HICAT enhances physical, mental, and emotional functioning and well-being. Holistic therapists work with the whole person and assist people in becoming self-empowered by supporting them on a journey of self-exploration and personal growth, incorporating the body, mind, emotions, and spirit.

- Graduates of the HICAT Course are not Art Therapists, they are Holistic Integrated Creative Arts Therapy (HICAT) practitioners.

Accreditation

Mind Body Education Professional Practitioner Training Courses are internationally industry recognized in the following countries:

United Kingdom	Iceland	Austria
Ireland	Belgium	Malta
Germany	Luxembourg	Isle of Man
France	Greece	Netherlands
Spain	Latvia	Australia
Portugal	Sweden	India
Denmark	Channel Islands	New Zealand
Gibraltar	Norway	United States
Liechtenstein	Estonia	Canada
		South Africa

FAQs

Is this course accredited?

Short answer: Yes!

Long answer: There is a wide range of holistic and complementary therapies modalities that do not fit into the Government Training Frameworks in most countries. These include Yoga, Holistic Counselling, Meditation, and Holistic Arts Therapies, just to name a few.

These modalities are industry regulated instead of government regulated. It is not that they are unregulated, just industry regulated. In order to practice as a therapist under these modalities you need industry recognition and to be able to get professional indemnity and liability insurance. Industry-based Associations are not owned by the same people who own the training colleges. They are separate, not associated with the colleges, and are non-bias. Their purpose is to protect the end-user and maintain the integrity of holistic and complementary therapies. They accept members from a very wide variety of different therapeutic modalities. They are not concerned with the specific styles, techniques, traditions, or lineages. They are concerned with the quality, educational content, course outcomes, scope of information, where that information originated, and the integrity of the course provider. They have a rigorous process that course providers must adhere to before they provide accreditation for any training courses.

Our courses are recognized by the International Institute of Complementary Therapists, the International Practitioners of Holistic Medicine, and the Complementary Medical Association. All have excellent global reputations and rigorous screening processes. We are very proud to have their stamps of approval. Our graduates can join the IICT and the CMA, and get professional practitioner insurance, in 26 countries around the world. Mind Body Education courses are all evidence-based and incorporate a wide variety of techniques and styles.

FAQs

What is the course structure?

Each of your classes will be divided into theory and practice sessions. A great deal of time will be 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.

Online students will spend around 10 hours per week studying for one year. Studies will include reading, watching videos, completing art projects, writing essays, and answering quizzes.

There are some fieldwork components where you will need to involve a friend or family member or visit a professional practice, business, or centre but we will guide and assist you with this. You will need to be able to take photos and videos and upload them onto your coursework submission forms. This is not difficult, and we can assist you to learn how to do this if you need us to.

Our students and teachers are physically located in different places all over the world, but we are still able to enjoy a strong sense of community.

There is a virtual classroom located on Facebook which is only for students enrolled in this course, where you will receive contact and connection with your classmates and information and guidance from your teachers.

There is a live stream workshop with a teacher for each module (once per fortnight) where you can ask questions and get support in real-time.

You do not have to participate in the real-time workshops if you can't or do not want to and you can watch them later at any time. You can also get support from your teacher and ask questions via email or telephone whenever you need to.

FAQs

What materials and equipment do I need to complete the course?

- You will need to be able to read and write in English.
- Access to a computer with an internet connection.
- Email access.
- Be able to open and read PDFs (we can help you with this).
- A moderate level of computer literacy (send emails, internet, upload documents, and photos).
- Ability to take photos and videos (your phone is perfect for this).
- Ability to watch and listen to videos on YouTube.
- You will be provided with a materials list that will cost no more than $200 AUD. This will include all the art materials and resources you will need throughout your course. You do not have to purchase all the items at once.
- Time management skills - You need to set aside 10 hours of study time each week to complete your course on time.

Will I be able to get support when I need it?

Absolutely!

Our teaching team is very available. You will be able to contact your teacher directly via email. You can make appointments to have your teacher telephone you.

Our exclusive student Facebook page is very active and you will be able to connect with your teachers and other students. You will be able to join our weekly Zoom meetings to ask questions and get support or, if you can't attend, you can watch the recording later.

You will also be assigned a "study buddy". You can connect with your study buddy to give and receive support, practice counselling and coaching skills and do activities that require a partner.

Course Timeline

Holistic Integrated Creative Arts Therapies
Practitioner Training Program

Course Timetable

Module	Course Content	Materials and Resources Required
Module One	**Theory** Unit 0 - Introduction to HICAT Unit 1 -The Cause and Effect of Stress Unit 2 -The Mind/Body Connection **Practical** Art Therapy	A3 Visual Art Diary A4 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch A4 10 Tab Dividers Ballpoint Pens Jumbo Oil Pastels Ring Binder A4
Module Two	**Theory** Unit 3 - Physiology of the brain Unit 4 - Left brain/right brain Unit 5 - Unconscious beliefs and mental patterns **Practical** Art Therapy	A3 Visual Art Diary A4 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4
Module Three **Off-Campus/excursion module**	**Theory** Unit 6 - Exploring emotions Unit 7 - History of art therapy Unit 8 - Creative therapies & health **Practical** Sand Play - Tactile Therapy – sculpture – mandalas	Sunscreen Hat Extra drinking water Sandplay toys: A collection of toys like farm animals, miniature figurines, dolls hour furniture, etc, Bucket and spade.
Module Four	**Theory** Unit 9 – Music and the brain Unit 10 - Creative art therapies as emotional healing Unit 11 - Creative art therapies for recovery & rehabilitation **Practical** Music Therapy	A3 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Musical instruments

Course Timeline

Module Five	**Theory** Unit 12 – Art and developing intuition Unit 13 – Drawing from within Unit 14 – Colour and emotions **Practical** Art Therapy	A3 Visual Art Diary A4 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4
Module Six	**Theory** Unit 15 – Sound Therapy and Vibrational Healing **Practical** Sound Therapy	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
Module Seven	**Theory** Unit 16 – The Creative Process and Holistic Counselling Skills **Practical** Dance and Movement Therapy	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters

Module Eight	**Theory** Unit 17 – Revision	
Module Nine	**Theory** Unit 18 – The Drama Triangle. Unit 19 – Compassion & Non-judgment Unit 20 - Learning Styles Unit 21 - Personality Types **Practical** Creative Writing – Storytelling - Role Play	2 Hole Punch Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Highlighters
Module Ten	**Theory** Unit 22 – Managing groups Unit 23 – Supporting clients and Holistic counselling skills **Practical** Drama - Music, Tribal Rhythms, Medicine Drums	2 Hole Punch Highlighters Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Musical instruments

Course Timeline

Module Eleven	**Theory** Unit 24 – Working with PTSD **Practical** Meditation/Mindfulness & Art Therapy	A3 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation
Module Twelve	**Theory** Unit 25 – Working with Anxiety Disorder Unit 26- Working with Grief and Loss Unit 27 Working with Depression **Practical** Meditation/Mindfulness Meditation with Music and Movement	Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation
Module Thirteen	**Theory** Unit 28 – Working with Children **Practical** Games – Movement – Roleplay – Art	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A large mixing bowl
Module Fourteen	**Theory** Unit 29 – Holistic counselling skills for creative arts therapists Unit 30- Meditation for every day Unit 31 - Meditation in action through art Unit 32 - Gratitude & art journaling **Practical** Art Therapy	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary Paintbrush Set Round Palette Primary Colour Acrylic Paint 60mL 5 Pack

Module Fifteen	**Theory** Unit 33 - Setting up your own practice Unit 34 - Creating a specialised practice Unit 35 - Venues, resources, materials & equipment **Practical** Drama - Role Play	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4

Course Timeline

Module Sixteen **Off-Campus/excursion module**	**Theory** Unit 36 - Developing community arts projects Unit 37 - Working in medical settings and working with seniors and people with special needs. Unit 38 - Ethics, safety & professionalism **Practical** Visit to an Aged Care Facility or a visit to an elderly friend or family member to practice Art Therapy	Your choice of art materials, paint and paper.
Module Seventeen	**Theory** Unit 39 – The Drama Triangle Revision Unit 40 - Venues, resources, materials & equipment Unit 41 - Legalities, insurance and Joining associations **Practical** Dance & Movement Therapy	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4
Module Eighteen	**Theory** Unit 42 -Marketing for creative arts therapists **Practical** Sandplay - Sculpture	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 DAS Modelling Clay Terracotta Boxwood Clay Tool Set
Module Nineteen	**Theory** Unit 43 -Marketing for creative arts therapists **Practical** Community art projects	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary Paintbrush Set Round Palette Primary Colour Acrylic Paint 60mL 5 Pack
Module Twenty	**Theory** Unit 44 -Marketing for creative arts therapists **Practical** Final art project	Any art supplies or materials you choose.

Postgraduate Course

Advanced Practitioner in Holistic Integrated Creative Arts Therapies (Vibrational Therapy and Sound Healing)

Sound healers use instruments or the voice to release energetic blockages and induce a state of ease and harmony in the body. Different frequencies alter brainwaves and can promote physical as well as emotional healing. This course is evidence-based and heart centred. We explore the science and learn about the sacred history of using sound and vibration as healing tools.

Duration:
Option one: 8 weeks at 10 hours per week.
Option two: 16 weeks at 5 hours per week.

Pre-requisites:
Students must have successfully completed the Holistic Integrated Creative Arts Therapy Practitioner Training Course **with the same college they are enrolling in.**

Delivery mode: This course is delivered online with written lectures and audio-visual presentations, along with a weekly Zoom session.

Course Content:
• Introduction to the power and effectiveness of sound therapy and vibration healing
• Review of Cymatics
• The healing process
• The history of Sound Therapy
• The science behind sound therapy
• The healing frequencies
• The harmful frequencies
• Energy Fields
• Using sound and vibration to work with the underlying causes of pain, illness and disease.
• Releasing trauma with sound therapy
• Working with clients – developing supportive professional relationships.
• Skills and techniques for working with (easy-to-play) instruments: Tibetan (Himalayan) and Crystal Singing Bowls; Tuning Forks, Gongs; Therapeutic Drumming and Percussion; Your Healing Voice.
• Sound Baths, healing rituals and ceremonies
• Working with specific conditions: Tinnitus: Addiction: Depression: Anxiety disorder: PTSD: Dementia: Autism spectrum disorders: People with learning difficulties: Behavioural and psychiatric disorders: Sleep disorders: Aches and pains: Alzheimer's and dementia: High blood pressure: Stress-related issues.
• Designing and facilitating Vibration and Sound Therapy workshops

If you want to help people rediscover their innate creativity and playfulness, while overcoming physical, mental, and emotional hurdles to live happier healthier lives, then this course is for you!

Are you ready to pursue a career in holistic wellbeing?

Enrol Now

Mind Body Space

https://mindbodyspace.co (91) 8369423058 contact@mindbodyspace.co

Namaste

_/_