**Diploma of Holistic Integrated Creative arts Therapy**

Online Timetable.

Twenty module course.

One module must be completed and submitted per fortnight.

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| **Module** | **Course Content** |
| 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. |
| 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. |
| Module Three | Theory:  Unit 6 – Exploring emotions.  Unit 7 – History of art therapy.  Unit 8 – Creative therapies & health.  Practical: Sand Play – Tactile Therapy – Sculpture -Mandalas. |
| 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 |
| Module Five | Theory:  Unit 12 – Art and developing intuition.  Unit 13 – Drawing from within.  Unit 14 – Colour and emotions.  Practical: Art Therapy. |
| Module Six | Theory:  Unit 15 – Sound therapy and vibrational healing.  Practical: Sound Therapy. |
| Module Seven | Theory:  Unit 16 – The creative process and holistic counselling skills  Practical: Dance and Movement Therapy |

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| 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 |
| Module Ten | Theory:  Unit 22 – Managing groups.  Unit 23 – Supporting clients and holistic counselling skills.  Practical: Drama – Music, tribal rhythms, medicine drums. |
| Module Eleven | Theory:  Unit 24 – Working with PTSD  Practical: Meditation/Mindfulness & Art Therapy. |
| 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. |
| Module Thirteen | Theory:  Unit 28 – Working with children.  Practical: Games – Movement – Roleplay - Art |
| Module Fourteen | Theory:  Unit 29 – Holistic counselling 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. |
| Module Fifteen | Theory:  Unit 33 – Setting up your own practice.  Unit 34 – Creating a specialised practice.  Unit 35 – Venus, resources, materials & equipment.  Practical: Drama – Role Play |
| Module Sixteen | Theory:  Unit 36 - Developing community arts projects.  Unit 37 – Working in medical settings, working with seniors and clients with special needs.  Unit 38 – Ethics, safety & professionalism.  Practical: Visit to aged care facility or an elderly friend or family member to practice art therapy. |
| 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. |
| Module Eighteen | Theory:  Unit 42 – Marketing for creative arts therapists.  Practical: Sand play – Sculpture. |
| Module Nineteen | Theory:  Unit 43 – Marketing for creative arts therapists.  Practical: Community art projects. |
| Module Twenty | Theory  Unit 44 – Marketing for creative arts therapists.  Practical: Graduation. |