**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 skillsPractical: 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 PTSDPractical: 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  | TheoryUnit 44 – Marketing for creative arts therapists.Practical: Graduation. |