**Holistic Integrated Creative Arts Therapy**

**Practitioner Training Program**

On-Campus Timetable.

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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 | 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  Off Campus | **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:** 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:** Art |

\* Please note, timetable may be subject to change at short notice.