**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 SixteenOff 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.