



Holistic Integrated Creative Arts Therapies
Practitioner Training Program

Twenty modules

Module	Course Content
Module One	<p>Theory: Unit 0 – Introduction to HICAT. Unit 1 – The cause and effect of stress. Unit 2 – The mind/body connection. Practical: Art Therapy.</p>
Module Two	<p>Theory: Unit 3 – Physiology of the brain. Unit 4 – Left brain/right brain. Unit 5 – Unconscious beliefs and mental patterns. Practical: Art Therapy.</p>
Module Three	<p>Theory: Unit 6 – Exploring emotions. Unit 7 – History of art therapy. Unit 8 – Creative therapies & health. Practical: Sand Play – Tactile Therapy – Sculpture - Mandalas.</p>
Module Four	<p>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</p>
Module Five	<p>Theory: Unit 12 – Art and developing intuition. Unit 13 – Drawing from within. Unit 14 – Colour and emotions. Practical: Art Therapy.</p>
Module Six	<p>Theory: Unit 15 – Sound therapy and vibrational healing. Practical: Sound Therapy.</p>



Module Seven	<p>Theory: Unit 16 – The Creative Process and Holistic Counselling skills</p> <p>Practical: Dance and Movement Therapy</p>
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Module Eight	<p>Theory: Unit 17 – Revision</p>
Module Nine	<p>Theory: Unit 18 – The drama triangle. Unit 19 – Compassion & non-judgment. Unit 20 – Learning styles. Unit 21 – Personality types.</p> <p>Practical: Creative writing – Storytelling – Role Play</p>
Module Ten	<p>Theory: Unit 22 – Managing groups. Unit 23 – Supporting clients and holistic counselling skills.</p> <p>Practical: Drama – Music, tribal rhythms, medicine drums.</p>
Module Eleven	<p>Theory: Unit 24 – Working with PTSD</p> <p>Practical: Meditation/Mindfulness & Art Therapy.</p>
Module Twelve	<p>Theory: Unit 25 – Working with anxiety disorder. Unit 26 – Working with grief and loss. Unit 27 – Working with depression.</p> <p>Practical: Meditation/Mindfulness meditation with music and movement.</p>
Module Thirteen	<p>Theory: Unit 28 – Working with children.</p> <p>Practical: Games – Movement – Roleplay – Art</p>
Module Fourteen	<p>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.</p> <p>Practical: Art Therapy.</p>



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.

* Please note, timetable may be subject to change.