
COLLEGE OF CONSCIOUS LIVING
Your Guide
to Becoming a
Holistic
Creative Arts
Therapy
Practitioner

You can turn
your love of creativity
and helping others
into a meaningful
professional pathway.







HEY,
I'M SANJA

Have you ever wondered whether your love of creativity and helping others could become something more?

Perhaps you already work with people and would love to introduce creative approaches into your work. Or maybe you're looking for a completely new career direction.

Whatever has brought you here, welcome! This guide will introduce you to the wonderful world of Holistic Creative Arts Therapy and help you explore whether becoming a practitioner could be the right path for you.

You'll discover what practitioners do, who they support, how creative therapies work and what it takes to become qualified.

You don't need to be an artist. You just need curiosity, an open mind and a desire to make a difference.

Want to experience Creative Arts Therapy for yourself?

I'd love to invite you to my FREE 90-minute online workshop on Thursday, 21 January 2027, from 6:30–8:00 pm (Brisbane time). You'll experience a guided creative activity, discover more about this wonderful approach and learn about our practitioner training. Find your registration link in this guide!

Sanja Stojcic
Founder & Lead Trainer

WHAT EXACTLY IS HOLISTIC CREATIVE ARTS THERAPY?

Creativity is more than making art!

Holistic Creative Arts Therapy uses creative activities to support emotional, mental and physical well-being.

Rather than relying solely on talking, it encourages people to explore their thoughts, feelings and experiences through creativity.

Activities may include:

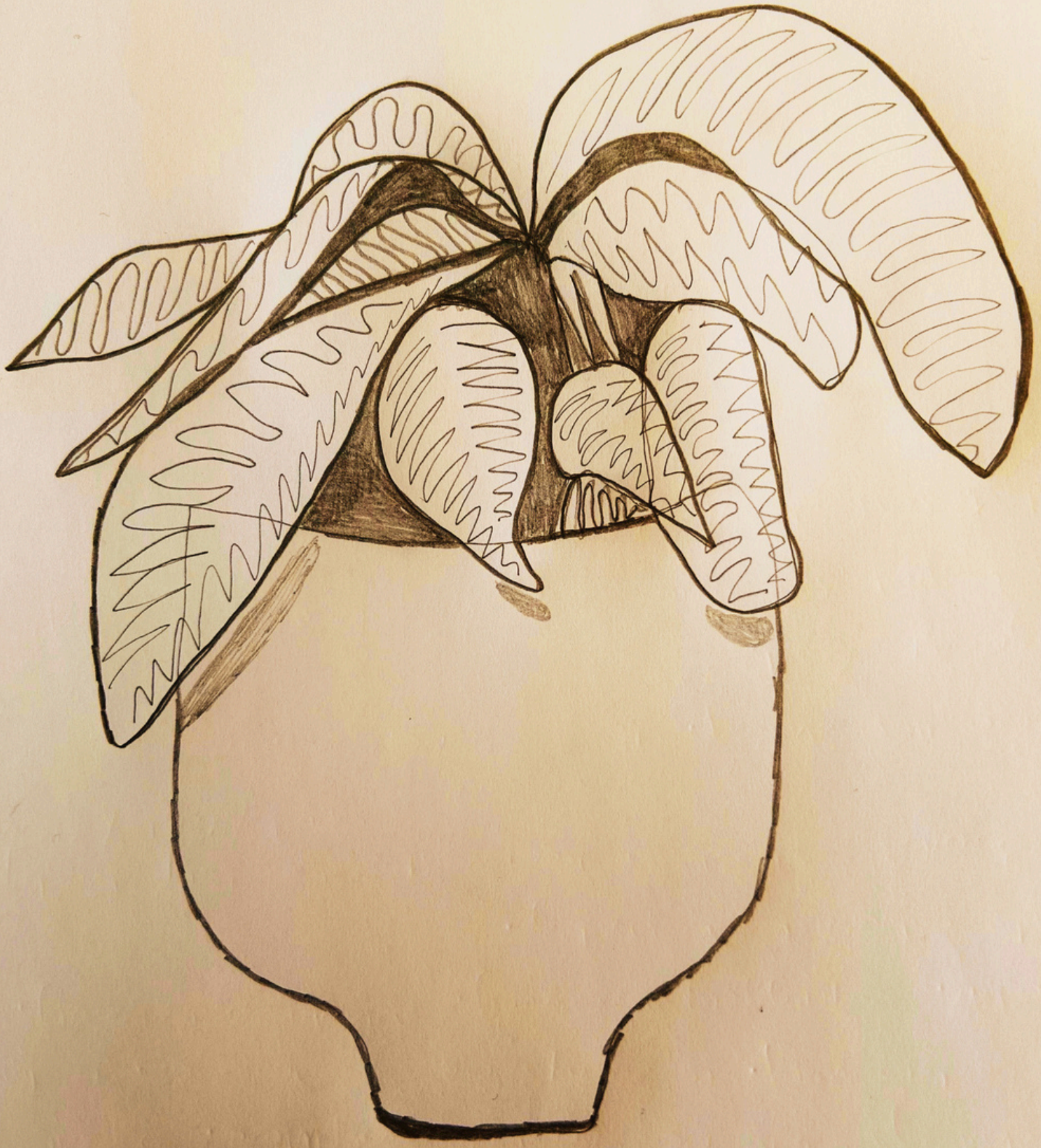
- Artmaking: Drawing, painting, collage and mixed media.
- Tactile Therapy: Clay, sensory materials and hands-on activities.
- Music & Sound: Using rhythm, sound and music for expression and relaxation.
- Movement: Exploring emotions and self-awareness through gentle movement.
- Storytelling & Drama: Using imagination, stories and role-play to explore experiences.

It's about the process, not the finished artwork.
You don't need to create something beautiful or have artistic talent.

What matters is the experience of creating, exploring and expressing yourself.

Sometimes creativity can help us express what words cannot.





"YOU DON'T NEED TO BE AN ARTIST
OR HAVE ARTISTIC EXPERIENCE TO DO THIS
PRACTITIONER TRAINING"

WANT TO KNOW MORE?
JOIN OUR FREE 90-MIN WORKSHOP



CURIOUS ABOUT CREATIVE ARTS THERAPY?

Come and experience it for yourself!
Join Sanja, founder of the College of Conscious Living, for a free, interactive online experience.



REGISTER HERE

Thursday, 21 January 2027, from 6:30 pm to 8:00 pm

SAVE MY FREE SPOT!



GET CREATIVE!

Participate in a guided creative arts therapy activity. No artistic experience required!
Explore how creativity can support emotional well-being, self-expression and personal insight.



EXPLORE OUR TRAINING

Discover what you'll learn in our 6-month practitioner training and how the course is delivered.
Connect with your trainer, learn about the 2027 intake and ask any questions you may have.

WHAT DOES A CREATIVE ARTS THERAPY PRACTITIONER DO?

Helping people explore, express and connect through creativity.

A Holistic Creative Arts Therapy Practitioner guides individuals or groups through creative activities designed to support emotional well-being, self-awareness and personal growth.

Rather than teaching someone how to create a perfect piece of art, the practitioner creates a safe, supportive environment where people can explore their experiences through creativity.

A practitioner might:

- Help someone explore and express difficult emotions.
- Support people experiencing stress or life transitions.
- Encourage self-discovery and personal growth.
- Facilitate creative activities that promote relaxation and mindfulness.
- Work with individuals or groups to encourage connection and communication.

What makes this work special?
Every person is different, and so is every creative experience.
The practitioner isn't there to interpret someone's artwork or tell them what it means. They're there to guide, listen and support the individual's own discoveries.



WHO CAN CREATIVE ARTS THERAPY PRACTITIONERS WORK WITH?

Creativity has no age limit!

One of the wonderful things about Holistic Creative Arts Therapy is its versatility. Creative activities can be adapted to support people of different ages, backgrounds and life experiences.

Practitioners may work with:

- Children & Teenagers: Encouraging emotional expression, confidence and self-awareness.
- Adults: Supporting stress management, personal growth and navigating life's challenges.
- Older Adults: Encouraging connection, creativity, reminiscence and emotional well-being.
- Community Groups: Bringing people together through shared creative experiences.
- People with Disabilities: Offering accessible opportunities for engagement and connection.
- Workplaces & Organisations: Facilitating creative workshops that encourage team connection.

Where might practitioners work?

Opportunities may include community centres, aged care facilities, schools, wellness centres, private practice and community organisations, depending on the requirements of each setting.



WHAT DOES A CREATIVE ARTS THERAPY SESSION LOOK LIKE?

A creative arts therapy session is a guided experience where participants explore their thoughts, feelings and experiences through creativity.

1. Welcome & Connection
Creating a welcoming space, checking in with participants and introducing the session.

2. Introducing the Creative Activity
Exploring an activity such as drawing, painting, collage, clay work or creative journaling.

3. Time to Create
Participants create at their own pace, without pressure to produce a particular outcome.

4. Reflection & Sharing
Participants may be invited to reflect on their experience, discuss their artwork or share any insights they've discovered. Sharing is always optional.

5. Closing the Session
The practitioner gently brings the experience to a close, allowing time for reflection and integration.

Every session offers an opportunity for expression, connection and personal insight.




“WHAT WE CANNOT EXPRESS IN WORDS, WE CAN OFTEN EXPRESS THROUGH ART”

DO YOU NEED TO BE ARTISTIC TO BECOME A PRACTITIONER?

Absolutely not! And here's why...
One of the biggest misconceptions about Creative Arts Therapy is that you need to be good at art.
You don't!

Creative Arts Therapy isn't about artistic talent, perfect drawings or creating beautiful masterpieces.

It's about using creativity as a tool for self-expression, exploration, connection and personal growth.

What matters more than artistic ability?

- Empathy: Being able to listen and support others without judgement.
- Curiosity: Having an interest in people, creativity and personal development.
- Open-mindedness: Being willing to explore different creative approaches.
- Compassion: Creating a safe, welcoming space where people feel comfortable expressing themselves.
- Willingness to learn: Developing the skills and confidence to facilitate meaningful creative experiences.

Remember, you don't need to be an artist to help someone discover the power of creativity.
And you certainly don't need previous artistic experience to begin your practitioner training!



JOURNAL TIME

You've discovered what Holistic Creative Arts Therapy is, who practitioners support and what a typical session looks like. Now, let's make it personal!

1. What excites you most about combining creativity with helping others?

2. Who would you love to support through creative activities?

3. If you could turn your love of creativity into meaningful work, what might that look like for you?

JOIN OUR FREE 90-MINUTE CREATIVE ARTS THERAPY WORKSHOP

REGISTER HERE

Scribble Art

IT'S YOUR TURN TO CREATE!

A simple activity to help you relax, explore and experience the power of creative expression.



YOU'LL NEED

- A blank piece of paper
- A black pen or pencil
- Coloured pencils, crayons or markers

LET'S CREATE!

1. **Make your scribble**
   Draw one continuous, free-flowing line. Let it loop, curve and cross over itself.
2. **Discover the shapes**
   Look at the different spaces you've created.
3. **Bring it to life**
   Fill in each space with colour, pattern or texture.

TIME TO REFLECT

1. How did you feel while creating your artwork?
2. Was it easy or challenging to let go of perfection?
3. What do you notice about your finished creation?

WHAT WILL YOU LEARN DURING PRACTITIONER TRAINING?

Holistic Creative Arts Therapy Practitioner Training combines hands-on creative experiences with the knowledge and skills needed to facilitate activities for individuals and groups.

Throughout your training, you'll explore:

- Art Therapy: Drawing, painting, collage and mixed media.
- Tactile Therapy: Clay, sensory and hands-on activities.
- Music & Sound Therapy: Rhythm, sound and relaxation.
- Movement Therapy: Movement for awareness and expression.
- Storytelling & Drama Therapy: Imagination, role-play and storytelling.

You'll also learn about:

- Stress responses and nervous system regulation.
- Polyvagal Theory and emotional safety.
- Trauma-informed approaches to creative activities.
- Relaxation and grounding techniques.
- Basic counselling and active listening skills.
- Professional ethics, boundaries and client support.
- Planning and facilitating creative therapy sessions.

Learn it. Experience it. Share it.
You'll experience creative activities yourself before learning how to facilitate them for others, supporting both personal and professional growth.



YOUR PATHWAY TO BECOMING A PRACTITIONER



1

Your journey begins here!

Join our 6-month practitioner training.

2



No experience needed!

Just a willingness to be creative and help others.



3

Study for 6 months

One day per week (20 classes).

4

Learn the tools and skills

Creative activities and practical facilitation skills





5

Facilitate a creative arts session

Run a 2-hour session with a person of your choice.

6



Graduate with competency

Complete all requ rece



7

Get IICT membership and insurance

Start your work or small business as a HICAT Practitioner.

EXPLORE THE COURSE - 2027

TRAINING AT A GLANCE

- 6-month Practitioner Training
- 20 Interactive Classes: 11 live Zoom + 9 on-campus
- Locations: Gold Coast, Sunshine Coast & Brisbane
- No Art Experience Needed

- Dates: March - August 2027
- Professionally Recognised: IICT Approved Course
- Learning: Theory, creative activities and practical facilitation skills
- One Class Per Week



EXPLORE THE COURSE - 2027

TESTIMONIALS

★★★★★

I started studying as a way of self nurture. I was feeling emotionally challenged and a little stuck in my life and my studies have greatly eased this and helped to improve my focus and direction and for that, I am very grateful. I'm glad I gave back to myself and followed this path; it has already opened doors, opened my mind to new possibilities.

★★★★★

Thank you for a thoroughly engaging, insightful and rewarding experience whilst being a student of the College of Conscious living. I have learned so much and it is so valuable moving forward with my Masters of Counselling and Psychotherapy.

★★★★★

I am so glad I followed my heart and passion and enrolled in the HICAT course with Sanja at the College of Conscious Living. The course provided me with valuable tools, knowledge and confidence to find work and set up my own business. If you enjoy being creative and like to help others, then I would highly recommend this course for you.

YOUR CREATIVE JOURNEY STARTS HERE

Thank you for exploring the wonderful world of Holistic Creative Arts Therapy with me.

I hope this guide has inspired you to see the possibilities that creativity can offer, not only for personal growth, but also as a meaningful pathway to helping others.

If something within these pages has sparked your curiosity, perhaps this is the beginning of an exciting new chapter!



Sanja

Sanja Stojcic
Founder, College of Conscious Living

STAY CONNECTED WITH US

FREE 90-min Workshop
Register Here