



Holistic Integrated Creative Arts Therapy Practitioner Training Course

On Campus - Face to Face

College of Conscious Living



Mind Body Education
Best Global Holistic Therapy
Training Provider 2021



APPROVED
TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS





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Course Background

Holistic Integrated Creative Arts Therapy Practitioner Training Course

Holistic Integrated Creative Arts Therapy is a mental health profession that uses the creative process of art-making to improve and enhance the physical, mental and emotional well-being for individuals of all ages.

At the College of Conscious Living, we provide high support, super interactive, hands-on training for students in a face to face to environment.

If you are looking for an industry recognised holistic creative course to take your career to the next level, then you are in the right place!

- ✓ Internationally industry approved training
- ✓ Study face to face with high support
3 campus locations:
 - Brisbane Northgate
 - Gold Coast Ormeau
 - Sunshine Coast Yandina
- ✓ 10 hours home study per week
(200 hours total)
- ✓ 6-month course with study breaks (no school holiday classes)
- ✓ Recognised certification: Holistic Integrated Creative Arts Therapist
Graduates can use the letters:
Mbe.HICATPrac



“This course has been life changing and I am so extremely grateful to provide a service that will be heart centred to the greater community”

- Theresa HICAT Graduate 2021



Course Background



Express your creativity & helps other to express theirs!

Who should do this course?

- Suitable for all ages over 18 years, including mature age students.
- No previous experience or qualifications required.
- Start a new career as a qualified Holistic Therapist, or add a new dimension to your existing career. No artistic ability is necessary.

This course will connect you with the best part of yourself

Holistic Integrated Creative Arts Therapies can be used in a wide variety of settings and with an assortment of different clients.

- HICAT will provide you with valuable skills to help children express and process emotions, develop confidence, focus and concentration. HICAT is also extremely beneficial to children on the autism spectrum and their families.
- HICAT can also make an impact in aged care, completely changing the quality of life for many older people by assisting in treating loneliness and loss of purpose often experienced in this age group
- HICAT skills are also in high demand in the corporate arena where they can contribute to positive work environments, reducing workplace stress and workplace bullying. HICAT can also help to improve creativity, leadership skills, productivity and profitability, making it a popular team building program for corporate managers.



Course Structure

This course combines a multitude of exciting and inspiring creative modalities.

Each of your classes will be divided into theory and practice sessions.

A great deal of time will be spent exploring and participating in the creative arts and a wide variety of meditation styles, including movement meditation, mantra meditation, chakra meditation, guided creative visualisation, mindfulness and Zen Meditation. On campus students will spend around 15 hours per week studying for six months. Studies will include reading, watching videos, completing art projects and writing small essays.

There is an off-campus module where you will need to involve a friend or family member or visit a professional practice, business or centre to practise a holistic art therapy session, but we will guide and assist you with this.

Being computer savvy is helpful for this course, even at a basic level. You will need to open emails, watch YouTube videos and submit some homework as attachments in emails. This is not difficult, and we can assist you to learn how to do this if you need us to.





Course Structure

Practical topics covered in this course include:

- Art Therapy (paint, watercolour pencils, charcoal & oil pastels)
- Tactile Therapy (sculpture, clay work, Sand-play & environmental art-making)
- Music, Tribal Rhythms, Medicine Drums & Sound Therapy
- Dance & Movement Therapy
- Role Play, Storytelling, creative writing & Drama Therapy

Theory topics covered in this course include:

- The cause & effects of stress
- The mind/body connection
- Physiology of the brain
- Unconscious beliefs and mental patterns
- Exploring emotions
- History of art therapy
- Creative therapies & health
- Why creative art therapies are effective
- Creative art therapies as emotional healing
- Creative art therapies for recovery & rehabilitation
- Art & developing intuition
- Drawing from within
- Colour & emotions
- Sound, vibration & the body's cells
- The creative process
- Art appreciation Interpretation & diagnosis
- Compassion & non-judgment
- Learning Styles & personality types
- Supporting clients
- Working with PTSD
- Working with anxiety disorders
- Working with grief & loss
- Working with children
- Working with depression
- Working in medical settings
- Developing community arts projects
- Meditation for every day
- Meditation in action through art
- Meditation with music and movement
- Gratitude & art journaling
- Holistic counselling skills for creative arts therapists
- Networking & referring
- Ethics, safety & professionalism
- Setting up your own practice
- Creating a specialised practice
- Resources, materials & equipment
- Marketing for creative arts therapists
- Legalities, insurance and joining associations



Course Outcomes

Graduates receive a qualification as a Holistic Integrated Creative Arts Therapies Practitioner and can use the letters Mbe.HICATPrac after their names

- You will graduate with the skills, knowledge and confidence required to set up your own Holistic Integrated Creative Arts Therapy Practice; run workshops, work with groups and see individual clients, in either general practice or specialising in specific areas of interest, if you wish. You may also be able to seek employment within some organisations who value holistic and complementary therapies.
- Graduates can join the International Institute of Complementary Therapists (IICT), the International Practitioners of Holistic Medicine (IPHM) and the Complementary Medical Association (CMA) and get professional insurance.
- You will also have free access to the Holistic Integrated Creative Arts Therapists Association.
- This course is also suitable for personal development. HICAT enhances physical, mental and emotional functioning and well-being. Holistic therapists work with the whole person and assist people in becoming self-empowered through supporting them on a journey of self-exploration and personal growth, incorporating the body, mind, emotions and spirit.
- Graduates of the HICAT Course are not Art Therapists, they are Holistic Integrated Creative ArtS Therapy (HICAT) practitioners.



2025 COURSE START DATES

1st Intake 2025

BRISBANE	GOLD COAST	SUNSHINE COAST
Northgate Community Hall 71 Scott St, Northgate 4013 Start: Tuesday 4th February 2025 Finish: Tuesday 24th June 2025 No classes during school holidays	Ormeau Community Centre 3 Cuthbert Drive, Ormeau 4208 Start: Friday 7th February 2025 Finish: Friday 27th June 2025 No classes during school holidays	QCWA Yandina Hall 11 Stevens St, Yandina 4561 Start: Wednesday 5th Feb 2025 Finish: Wednesday 25th June 2025 No classes during school holidays

2nd Intake 2025

BRISBANE	GOLD COAST	SUNSHINE COAST
Northgate Community Hall 71 Scott Street, Northgate 4013 Start: Tuesday 15th July 2025 Finish: Tuesday 9th December 2025 No classes during school holidays	Ormeau Community Centre 3 Cuthbert Drive, Ormeau 4208 Start: Friday 18th July 2025 Finish: Friday 12th December 2025 No classes during school holidays	QCWA Yandina Hall 11 Stevens Street, Yandina 4561 Start: Wednesday 16th July 2025 Finish: Wednesday 10th December 2025 No classes during school holidays

NB: There are only 2 Intakes per location per year for on-campus study



Accreditation

The Holistic Integrated Creative Arts Therapy Practitioner Training course is nationally and internationally industry recognised in the following countries:

Australia
Ireland
Luxembourg
Spain
Portugal
Denmark
Gibraltar
Liechtenstein

Iceland
Germany
France
Greece
Latvia
Sweden
Channel Islands
Estonia

Austria
Belgium
Isle of Man
Netherlands
New Zealand
United States
Canada
South Africa



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Pricing

Option 1

Payment in full

Total: \$3199 AUD*

\$500 AUD Deposit

Payment made on enrolment
to secure your place,
Followed by
**\$2699 AUD when the course
begins.**
(You can also pay-out the
amount in full).

Payment can be paid via bank
transfer, PayPal or Credit card

**Price Includes GST*

Option 2

Split Payment Plan

Total: \$3299 AUD*

\$500 AUD Deposit

Payment made on enrolment
to secure your place,
Followed by
**\$1399.50 AUD 1 month
after course commencement
and the second \$1399.50 AUD
1 month before course
completion.**

All payments must be completed
within the 6 months training
schedule.

Payment can be made via bank
transfer, PayPal or Credit card

**Price Includes GST*

Option 3

Monthly Payment Plan

Total: \$3399 AUD*

\$500 AUD Deposit

Payment made on enrolment
to secure your place,
Followed by
**\$579.80 AUD x 5 monthly
payments**

Payments are due on the 1st of
the month.

All payments must be completed
within the 6 months training
schedule.

Payment can be made via bank
transfer, PayPal or Credit card

**Price Includes GST*



Is this course accredited?

Short answer: Yes!

Long answer: There is a wide range of holistic and complementary therapies modalities which do not fit into the Government Training Frameworks in most countries. These include Yoga, Holistic Counselling, Meditation and Holistic Arts Therapies, just to name a few.

These modalities are industry regulated instead of government regulated. It is not that they are unregulated, just industry regulated. In order to practice as a therapist under these modalities you need industry recognition and to be able to get professional indemnity and liability insurance. Industry-based Associations are not owned by the same people who own the training colleges. They are separate, not associated with the colleges and non-bias. Their purpose is to protect the end-user and maintain the integrity of holistic and complementary therapies. They accept members from a very wide variety of different therapeutic modalities. They are not concerned with the specific styles, techniques, traditions or lineages. They are concerned with the quality, educational content, course outcomes, scope of information, where that information originated and the integrity of the course provider. They have a rigorous process which the course provider must adhere to before they provide accreditation for any training courses.

Our courses are recognized with the International Institute of Complementary Therapists, the International Practitioners of Holistic Medicine and the Complementary Medical Association. All have excellent global reputations and rigorous screening processes. We are very proud to have their stamps of approval. Our graduates can join the IICT, IPHM and the CMA, and get professional practitioner insurance, in 39 countries around the world. Mind Body Education courses are all evidence-based and incorporate a wide variety of techniques and styles.



FAQs

What is the course structure?

Class starts at 9am and finishes 2.30pm.

Each of your classes will be divided into theory and practice sessions.
Theory in the morning, followed by practical activities in the afternoon.
There will be a break for morning tea and lunch.

On campus students will spend around 15 hours per week studying for six months. Studies will include reading, watching videos, completing art projects and writing small essays.

You will join a private Facebook group for your class, the link will be sent to you upon enrolment and payment of course fees.

What happens if I miss a class?

You are able to miss 4 classes without any special exemptions. You are required to read the module, complete the practical activities and the homework by the next class. Your modules will be emailed to you.

Do I need to be an artist to do this course?

No. All you need is an open heart (and mind), and the enjoyment of being creative.

Do I need to have a business in the creative arts to enrol?

No. We will help you design and set up your small business as you progress through the course. If you already have an established holistic or wellness business, this course will help expand your skills, potentially allowing you offer additional creative arts therapy services.



FAQs

What topics are covered in this course?

Art Therapy (paint - acrylic & watercolour)	Art appreciation
Tactile Therapy (sculpture, clay, construction, Sand-play & environmental art making)	Interpretation & diagnosis Compassion & non-judgment
Music, Tribal Rhythms, Medicine Drums & Sound Therapy	Learning Styles
Dance & Movement Therapy	Personality types
Role Play, Storytelling, creative writing & Drama Therapy	Managing groups
Theory topics covered in this course include:	Supporting clients
The cause & effects of stress	Working with PTSD
The mind/body connection	Working with anxiety disorders
Physiology of the brain	Working with grief & loss
Left brain/right brain	Working with children
Unconscious beliefs and mental patterns	Working with depression
Exploring emotions	Working in medical settings
History of art therapy	Developing community arts projects Meditation for every day
Creative therapies & health	Meditation in action through art Meditation with music and movement Gratitude & art journaling
Why creative art therapies are effective Creative art therapies as emotional healing Creative art therapies for recovery & rehabilitation Art & developing intuition	Holistic counselling skills for creative arts therapists Networking & referring
Drawing from within	Ethics, safety & professionalism
Colour & emotions	Setting up your own practice
Sound Healing & Vibration	Creating a specialised practice Resources, materials & equipment Marketing for creative arts therapists Legalities, insurance and joining associations



FAQs

What materials and equipment do I need to complete the course?

- You will need to be able to read and write in English.
- Access to a computer with internet connection.
- Email access.
- A moderate level of computer literacy (send emails, internet, upload documents and photos).
- Ability to watch and listen to videos on YouTube.
- You will be provided with a materials list that will cost no more than \$200 AUD. This will include all the art materials and resources you will need throughout your course. You do not have to purchase all the items at once.
- Time management skills - You need to set aside approximately 5-10 hours study time each week to complete your homework. This is additional to your 5.5 hours on campus each week.

Will I be able to get support when I need it?

Absolutely!

The on-campus course is very interactive and usually all the students needs are met and questions get answered.

However, our teaching team is very available should you need a private discussion. You will be able to contact your teacher directly via email. You can make appointments to have your teacher telephone you if needed outside of class hours.

The exclusive student Facebook group is very active and you will be able to connect with your teacher and other students for additional support.



Course Timetable



HICAT Course Time Table

MODULE	COURSE CONTENT	MATERIALS NEEDED
Module 1	Theory Introduction to HICAT The cause and effect of stress The body connection Practical Art Therapy - Drawing	A3 Art Diary Colour pencils Crayons Textas / Markers Highlighters Pens/Pencils Ring binder and note pad/book
Module 2	Theory Physiology of the brain Left brain / right brain Unconscious beliefs & mental patterns Practical Art Therapy - Drawing	A3 Art Diary Colour pencils Crayons Textas / Markers Highlighters Pens/Pencils Ring binder and note pad/book
Module 3 Off Campus – Beach Excursion	Theory Exploring emotions History of art therapy Creative therapies & health Practical Sand Play Sculptures	Hat Sunscreen (be sun smart & Weather smart for outdoors) Drinking water Any miniature figurines Spade, bucket etc Crystals or any special items you would like to place in your sculptures



Module 4	Theory Music and the brain Creative art therapies as emotional healing Practical Music Therapy	Pens Note pad/book Highlighters Ring binder Colour pencils/ Textas /Crayons Musical instrument (optional)
Module 5	Theory Art and developing intuition Drawing from within Unit Colour and emotions Practical Practical Art Therapy - Painting	Pens Note pad/book Highlighters Ring binder Acrylic Paints & Brushes Paint pallet A3 Art Diary
Module 6	Theory Sound therapy and vibrational healing Practical Sound Therapy	Pens Note pad/book Highlighters Ring binder Meditation / Yoga Mat
Module 7	Theory The creative process and holistic counselling Practical Dance & Movement Therapy	Pens Note pad/book Highlighters Ring binder

MODULE	COURSE CONTENT	MATERIALS NEEDED
Module 8	Theory The Creative Process and Holistic Counselling Skills- Part 2 Practical TBA	Pens Note pad/book Highlighters Ring binder
Module 9	Theory The drama triangle Compassion & non-judgement Learning styles Practical Creative writing, Storytelling & Role play	Pens Note pad/book Highlighters Ring binder
Module 10	Theory Managing groups Supporting clients and holistic counselling Practical Drama, Role Play, Medicine Drums, Tribal Rhythms	Pens Note pad/book Highlighters Ring binder Musical Instrument



Module 11	Theory Working with PTSD Practical Meditation/ Mindfulness & Art Therapy	Pens Note pad/book Highlighters Ring binder Acrylic Paints & Brushes Paint pallet A3 Art Diary Yoga Mat/Cushion
Module 12	Theory Working with Anxiety disorder Working with depression Working with Grief Practical Mindful meditation	Pens Note pad/book Highlighters Ring binder Yoga Mat/Cushion
Module 13	Theory Working with Children Practical Games, Movement and Art (Bakers Clay)	Pens Note pad/book Highlighters Ring binder Large mixing bowl 1x measuring cup Baking tray lined with baking paper
Module 14	Theory Holistic counselling skills for creative arts therapists Meditation in action through art Gratitude & art journaling Practical Art Therapy - Painting	Pens Note pad/book Highlighters Ring binder Acrylic Paints & Brushes Paint pallet A3 Art Diary Colour pencils/Textas
MODULE	COURSE CONTENT	MATERIALS NEEDED
Module 15	Theory Setting up your own practice Creating a specialised practice Venues, resources, materials & equipment Practical Role Play	Pens Note pad/book Highlighters Ring binder
Module 16 <i>No Class</i> <i>You have until the end of the course to complete this module and its practical component.</i>	Theory Developing community arts projects Ethics, safety & professionalism Practical Creative Arts Therapy Session with person of your choice	The practical section of this module is designed for you to facilitate a creative arts therapy session with a person of your choice or group, in a location that suits you and your person or group.



Module 17	Theory The Drama Triangle Revision Empowerment Dynamic Venues, resources, materials & equipment Legalities, insurance & Joining associations Practical Authentic Movement	Pens Note pad/book Highlighters Ring binder
Module 18	Theory Marketing for creative arts therapists Practical Clay Sculpture	Pens Note pad/book Highlighters Ring binder Air Dry clay Clay tool set Baking tray or Carboard to transport sculpture home
Module 19	Theory Marketing for creative arts therapists Practical Community Arts Project	Pens Note pad/book Highlighters Ring binder Acrylic Paints & Brushes Paint pallet A3 Art Diary
Module 20	Theory Marketing for creative arts therapists Practical Graduation Day TBA	Pens Note pad/book Highlighters Ring binder Today is our graduation day, for our practical activity we will discuss the options to create a final art piece!



Postgraduate Course

Advanced Practitioner in Holistic Integrated Creative Arts Therapies (Vibrational Therapy and Sound Healing)

Sound healers use instruments or the voice to release energetic blockages and induce a state of ease and harmony in the body. Different frequencies alter brainwaves and can promote physical as well as emotional healing. This course is evidence-based and heart centred. We explore the science and learn about the sacred history of using sound and vibration as healing tools.

Duration:

Option one: 8 weeks at 10 hours per week.

Option two: 16 weeks at 5 hours per week.

Pre-requisites:

Students must have successfully completed the Holistic Integrated Creative Arts Therapy Practitioner Training Course.

Delivery mode: This course is delivered online with written lectures and audio-visual presentations.

Course Content:

- Introduction to the power and effectiveness of sound therapy and vibration healing
- Review of Cymatics
- The healing process
- The history of Sound Therapy
- The science behind sound therapy
- The healing frequencies
- The harmful frequencies
- Energy Fields
- Using sound and vibration to work with the underlying causes of pain, illness and disease.
- Releasing trauma with sound therapy
- Working with clients – developing supportive professional relationships.
- Skills and techniques for working with (easy-to-play) instruments: Tibetan (Himalayan) and Crystal Singing Bowls; Tuning Forks, Gongs; Therapeutic Drumming and Percussion; Your Healing Voice.
- Sound Baths, healing rituals and ceremonies
- Working with specific conditions: Tinnitus: Addiction: Depression: Anxiety disorder: PTSD: Dementia: Autism spectrum disorders: People with learning difficulties: Behavioural and psychiatric disorders: Sleep disorders: Aches and pains: Alzheimer's and dementia: High blood pressure: Stress-related issues.
- Designing and facilitating Vibration and Sound Therapy workshops.



The College of Conscious Living is a Mind Body Education (MBEd) licensed training provider, offering the award winning Holistic Integrated Creative Arts Therapy Practitioner Training Course, throughout Queensland for face to face learning and globally for online study.

If you want to help people rediscover their innate creativity and playfulness, while overcoming physical, mental and emotional hurdles to live happier healthier lives, then this course is for you!

Are you ready to pursue a career in holistic creative arts therapy?

Enroll Now

To Enroll, please visit the website and click to the ENROLL tab



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