COLLEGE OF CONSCIOUS LIVING

Holistic Integrated Creative Arts Therapy

Practitioner Training Course



Transform your life through creativity, self-expression and holistic healing

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Creativity as Healing

Holistic Integrated Creative Arts Therapy (HICAT) is a deeply experiential course designed to support personal transformation through creativity, self-expression and holistic learning.

This training offers a highly supportive, interactive and hands-on learning environment where students are encouraged to explore, reflect, grow and develop both personally and professionally
.
Many students describe the course as life-changing, not only because of the practical tools and practitioner skills they develop, but because of the transformation they experience within themselves throughout the journey.

No previous art experience needed!

Throughout the course, students explore:

- visual art
- meditation
- movement
- sound and music
- storytelling
- creative expression
- holistic counselling tools
- emotional awareness
- relaxation and nervous system regulation



"This is not about being 'good at art'. It's about reconnecting with yourself through creativity & expression."

Course Overview

HICAT is a 6-month practitioner training course delivered through a supportive combination of live Zoom and on-campus learning, designed to encourage personal growth, creativity and professional development.

Students participate in highly experiential learning through both visual and non-visual creative modalities while developing practical holistic therapy skills and self-awareness.

The 2027 course follows a hybrid learning model, with 11 modules delivered live via Zoom and 9 modules delivered on campus at your chosen location. On-campus classes have been intentionally retained for modules that benefit most from practical, experiential and group-based learning.

Course Includes:

- **200 hours total study**
- **A combination of live Zoom and face-to-face classes**
- **Study breaks during school holidays**
- **Supportive and interactive learning environment**
- **Visual and non-visual creative modalities**
- **Holistic counselling and creative processes**

Qualification Outcome

Holistic Integrated
Creative Arts Therapy Practitioner

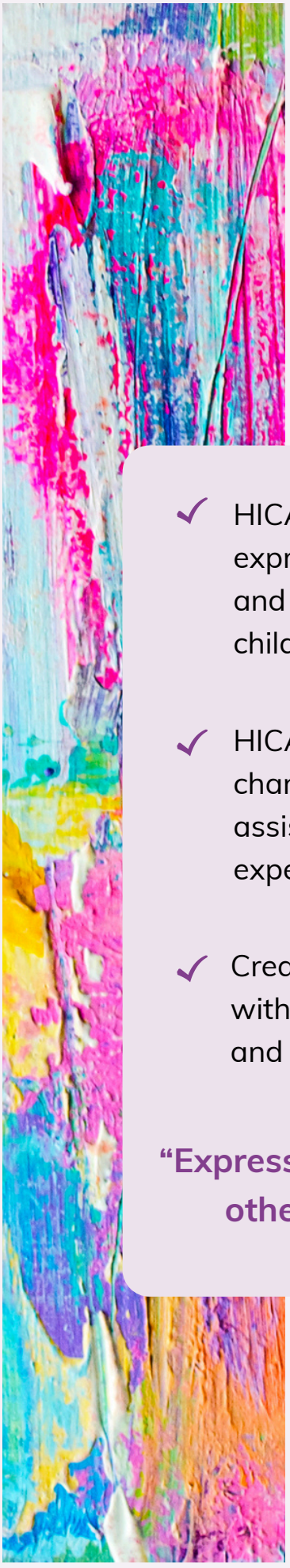
Graduates may use the letters: Mbe.HICATPrac

Who Is This Course For?

HICAT is designed for individuals seeking personal growth, creativity, meaningful connection and holistic approaches to supporting themselves and others.

- Adults 18 years and over
- Individuals seeking personal growth and transformation
- Those wanting to start a new career pathway
- Practitioners wishing to expand existing skills
- People looking for a creative and holistic approach to helping others





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 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.
- ✓ Creative Arts Therapy approaches are increasingly valued within workplaces to support wellbeing, communication and creative thinking.

"Express your creativity & help others express theirs!"



Course Structure

Our hybrid learning model combines the flexibility of live Zoom with the richness of face-to-face learning.

You'll gain skills, confidence and experience in a supportive and creative environment.

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.

Students will spend around 15 hours per week studying for six months.

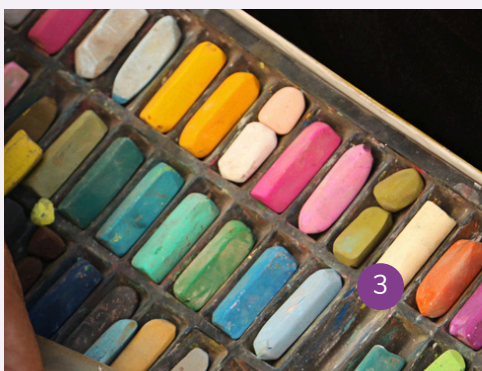
Studies will include reading, watching videos, completing art projects and writing short essays

As part of the course, you will gain practical experience by facilitating your own two-hour creative arts therapy session with a person of your choice. This activity is introduced in Module 16, giving you until the end of the course to complete your session. You will be guided and supported through the process.

Being computer savvy is helpful for this course, even at a basic level. You will need to open emails, attend classes via Zoom, watch YouTube videos and submit 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 Topics

- 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

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

Course Outcomes

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

You will graduate with the skills, knowledge and confidence to establish your own Holistic Integrated Creative Arts Therapy practice, facilitate workshops, work with groups and individual clients, or specialise in areas of particular interest. Graduates may also seek employment with organisations that value holistic and complementary therapies.

Graduates can join the International Institute of Complementary Therapists (IICT), the International Practitioners of Holistic Medicine (IPHM) or the Complementary Medical Association (CMA) and get professional membership and insurance.

- ✓ 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.

- ✓ The HICAT approach combines creative expression with holistic therapeutic techniques, providing practitioners with a diverse range of tools that can be adapted to individual client needs.



2027 Course Start Dates

Choose the location that suits you. All locations run for 6 months with no classes during QLD school holidays.

Brisbane

Northgate Community Hall
71 Scott St
Northgate QLD 4013

Start:
Tuesday
2 March 2027

Finish:
Tuesday
10 August 2027

No classes during QLD school holidays.

Sunshine Coast

North Shore Community Centre
701 David Low Way
Mudjimba QLD 4564

Start:
Tuesday
2 March 2027

Finish:
Tuesday
10 August 2027

No classes during QLD school holidays.

Gold Coast

Ormeau Community Centre
3 Cuthbert Drive
Ormeau QLD 4208

Start:
Wednesday
3 March 2027

Finish:
Wednesday
11 August 2027

No classes during QLD school holidays.

We can't wait to welcome you to your transformational learning journey.

Any questions? We're here to help.

Accreditation

The Holistic Integrated Creative Arts Therapy Practitioner Training course is nationally and internationally industry recognised in the 29 countries:

UK AND EUROPE

- United Kingdom
- Ireland
- Germany
- France
- Spain
- Portugal
- Denmark
- Gibraltar
- Iceland
- Belgium
- Luxembourg
- Greece
- Sweden
- Channel Islands
- Norway
- Estonia
- Austria
- Malta
- Isle of Man
- Netherlands
- Bulgaria
- Czechia
- Cyprus
- Croatia
- Poland
- Italy
- Romania
- Slovenia
- Hungary
- Slovakia
- Finland

OCEANIA

- Australia
- New Zealand

NORTH AMERICA AND CANADA

- United States
- Canada

SOUTH AFRICA

- South Africa

CMA

2022 SEAL of EXCELLENCE

APPROVED TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

IMTA

Accredited Training Provider
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WORLDWIDE IPHM Est 2005 ACCREDITATION BOARD ACCREDITATION

IPHM

HICATA

2021 corporatevision Education and Training Awards

Mind Body Education
Best Global Holistic Therapy Training Provider 2021

M&A TODAY GLOBAL AWARDS 2022 WINNER

2022 SEAL of EXCELLENCE

GLOBAL EDUCATION AMBASSADOR
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

Pricing

1

PAYMENT IN FULL

Total: $3199 AUD*

$500 AUD
Deposit
Payment made on enrolment to secure your place.

$2699 AUD
when the course begins.

*Price Includes GST

2

MONTHLY PAYMENT PLAN

Total: $3399 AUD*

$500 AUD
Deposit
Payment made on enrolment to secure your place.

$579.80 AUD x 5 monthly payments completed within 6 months

*Price Includes GST

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

FAQ'S

01

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

No. You do not need any artistic experience or ability. HICAT is about creative expression and the therapeutic process, not artistic skill.

02

Do I need any prior experience or qualifications to enrol?

No. The course is suitable for beginners as well as those with experience in counselling, holistic therapies, health, wellbeing or other helping professions.

03

How will I receive my course modules?

Modules are provided digitally throughout the course and can be printed if preferred. Printed copies are also provided during face-to-face classes.

04

Do I need to attend both Zoom and face-to-face classes?

Yes. HICAT is a hybrid course consisting of 11 live Zoom modules and 9 face-to-face modules. Both form an important part of the training.

05

What happens if I miss a class?

If you miss a class, your module will be emailed to you. Simply work through the module, complete the practical activities and submit the required homework.

06

How much study is required outside of class?

Allow approximately 5–10 hours per week outside of class to read your module, complete practical activities and submit homework.

FAQ'S

07

Do I need to be confident using Zoom and computers?

You will need basic computer skills, including accessing email and the internet, joining live Zoom classes and completing electronic module submissions.

08

What if I'm not confident sharing or expressing myself in a group?

You are encouraged to share only what feels comfortable. There is no pressure to disclose personal information or participate beyond your own readiness.

09

Will I receive support throughout the course?

Yes. HICAT provides a supportive and interactive learning environment, with ongoing guidance from your facilitator throughout the six-month course.

10

Is this course recognised and accredited?

Yes. HICAT is an industry-recognised course. It is recognised by the International Institute of Complementary Therapists (IICT), allowing eligible graduates to apply for professional membership and insurance.

11

Can I do this course for personal development?

Yes. Some students undertake HICAT for their own personal growth and self-discovery, while others intend to use their qualifications professionally.

12

What can I do with my qualification?

Graduates may establish their own practice, work with individual clients or groups, facilitate workshops, or integrate HICAT approaches into existing work within the health and wellbeing sector.

FAQ'S

13 **Can I obtain professional membership and insurance?**
Yes. Eligible graduates can apply for professional membership and insurance through the International Institute of Complementary Therapists (IICT).

14 **Will this course help me create an income stream?**
Yes. The course provides you with practitioner skills that can be used to establish your own practice, facilitate workshops or complement your existing professional work.

15 **Will I be qualified to work with clients after completing the course?**
Yes. Upon successful completion, you will be qualified as a Holistic Integrated Creative Arts Therapy Practitioner and equipped to work with clients using the holistic and creative approaches taught throughout the course.

16 **Are there any assessments or homework?**
Yes. Students complete practical creative activities, written reflections and homework submissions throughout the course to demonstrate their learning and understanding.

17 **Will I need to purchase my own art materials?**
Yes. Students will need basic art supplies for practical activities. Allow approximately $100 for materials and resources throughout the course.

Course Timetable

Modules	Course Content	Materials Needed
Module 1 Zoom Class	**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 Zoom Class	**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 - On 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 On Campus	**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)

Modules	Course Content	Materials Needed
Module 5 Zoom Class	**Theory** Art and developing intuition Drawing from within Unit Colour and emotions **Practical** Art Therapy - Painting	• Pens • Note pad/book • Highlighters Ring binder • Acrylic Paints & Brushes • Paint pallet • A3 Art Diary
Module 6 On Campus	**Theory** Sound therapy and vibrational healing **Practical** Sound Therapy	• Pens • Note pad/book • Highlighters • Ring binder • Meditation / Yoga Mat
Module 7 Zoom Class	**Theory** The creative process and holistic counselling **Practical** Dance & Movement Therapy	• Pens • Note pad/book • Highlighters Ring binder
Module 8 Zoom Class	**Theory** The Creative Process and Holistic Counselling Skills- Part 2 **Practical** TBA	• Pens • Note pad/book • Highlighters • Ring binder
Module 9 Zoom Class	**Theory** The drama triangle Compassion & non-judgement Learning styles **Practical** Creative writing, Storytelling & Role play	• Pens • Note pad/book • Highlighters • Ring binder
Module 10 On Campus	**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

Modules	Course Content	Materials Needed
Module 11 Zoom Class	**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 Zoom Class	**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 On Campus	**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 Zoom Class	**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 15 On Campus	**Theory** Setting up your own practice Creating a specialised practice Venues, resources, materials & equipment **Practical** Role Play	• Pens • Note pad/book • Highlighters • Ring binder

Modules	Course Content	Materials Needed
Module 16 - No Class You have until the end of the course to complete this module and its practical component. (Zoom Class)	**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 On Campus	**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 Zoom Class	**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 On Campus	**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 On Campus	**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!

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

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 through a combination of live online and face-to-face learning.

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!



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ENROL NOW