



COLLEGE OF CONSCIOUS LIVING

# Holistic Integrated Creative Arts Therapy

Practitioner Training Course



Drama

Music

Meditation

Art

Story telling

Movement

Sculpture

Sound therapy



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 in a supportive, face-to-face learning environment 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.

## Course Includes:

- 200 hours total study
- Weekly face-to-face classes
- Study breaks during school holidays
- Supportive and interactive learning environment
- Visual and non-visual creative modalities
- Personal reflection and experiential learning
- Holistic counselling tools and creative processes

## Campus Locations

- Brisbane Northgate
- Gold Coast Ormeau



“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

## Qualification Outcome

Graduates receive recognition as a: Holistic Integrated Creative  
Arts Therapist

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

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.

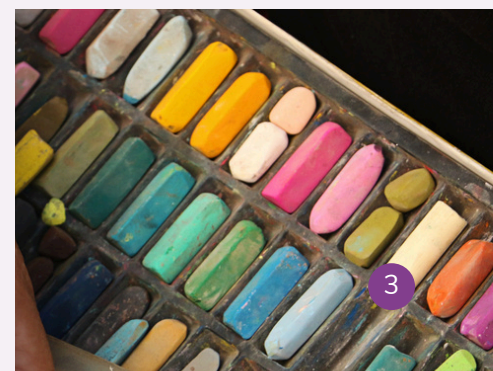
On campus students will spend around 15 hours per week studying for six months. Studies will include reading, watching videos, completing art projects and writing short essays

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.

## 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 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

# 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) 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.
- ✓ Graduates of the HICAT Course are not Art Therapists, they are Holistic Integrated Creative ArtS Therapy (HICAT) practitioners.



# 2026 Course Start Dates

Choose the location that suits you. Both courses run for 6 months with no classes during school holidays.



## Brisbane

Northgate Community Hall  
71 Scott St  
Northgate QLD 4013



**Start:** Tuesday 14 July 2026  
**Finish:** Tuesday 8 December 2026



No classes during school holidays.



## Gold Coast

Ormeau Community Centre  
3 Cuthbert Drive  
Ormeau QLD 4208



**Start:** Friday 17 July 2026  
**Finish:** Friday 11 December 2026



No classes during 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





# 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

## **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 or develop your existing business.

## **Do I need any prior experience or qualifications to enrol?**

No. This course is designed for beginners as well as those with experience. All learning, guidance and practical tools are provided throughout the training.

## **Will I be qualified to work with clients after completing this course?**

Yes. Upon completion, you will be equipped to work with clients in a holistic, non-clinical capacity using creative arts therapy approaches that support emotional wellbeing and personal growth

# FAQ'S

## **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 \$100 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?**

Yes. HICAT offers a supportive and interactive learning environment with ongoing guidance from your teacher and connection with fellow students throughout the course.

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

Students are only encouraged to share what feels comfortable for them, and there is never pressure to participate beyond their own readiness

## **Can I do this course for personal development rather than professional practice?**

Yes. Many students enrol for their own personal growth and self-discovery.

# FAQ'S

## **Is this course accredited?**

Yes. This course is industry recognised and accredited. Holistic and complementary therapies (such as creative arts therapies, holistic counselling and meditation) are not typically regulated by government frameworks. Instead, they are recognised through professional industry associations. The HICAT course is recognised by the International Institute of Complementary Therapists (IICT). This organisation independently assess course quality, content, and provider integrity.

Graduates are eligible to join this association and obtain professional indemnity and liability insurance, allowing them to practice in over 29 countries.

## **What is the course structure?**

Class starts at 9am and finishes 2.30pm.

Each of your classes will be divided into morning theory and afternoon practical sessions.

There will be a break for morning tea and lunch.

On campus students will spend 5.5 hours per week studying in class and approx. 5-10 hours of homework.

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

You will also join a private Facebook group for your class if you wish

## **Will this course help me create an income stream?**

Yes. The course includes guidance on creating and offering your own sessions, helping you build a pathway into private practice or integrate these skills into your existing work.

# Course Timetable

Modules	Course Content	Materials Needed
Module 1	<p><b>Theory</b> Introduction to HICAT The cause and effect of stress The body connection</p> <p><b>Practical</b> Art Therapy - Drawing</p>	<ul style="list-style-type: none"> <li>• A3 Art Diary Colour pencils</li> <li>• Crayons</li> <li>• Textas / Markers</li> <li>• Highlighters Pens/Pencils</li> <li>• Ring binder and note pad/book</li> </ul>
Module 2	<p><b>Theory</b> Physiology of the brain Left brain / right brain Unconscious beliefs &amp; mental patterns</p> <p><b>Practical</b> Art Therapy - Drawing</p>	<ul style="list-style-type: none"> <li>• A3 Art Diary Colour pencils</li> <li>• Crayons</li> <li>• Textas / Markers</li> <li>• Highlighters Pens/Pencils</li> <li>• Ring binder and note pad/book</li> </ul>
Module 3 - On campus Beach Excursion	<p><b>Theory</b> Exploring emotions History of art therapy Creative therapies &amp; health</p> <p><b>Practical</b> Sand Play Sculptures</p>	<ul style="list-style-type: none"> <li>• Hat</li> <li>• Sunscreen (be sun smart &amp; Weather smart for outdoors)</li> <li>• Drinking water</li> <li>• Any miniature figurines</li> <li>• Spade, bucket etc</li> <li>• Crystals or any special items you would like to place in your sculptures</li> </ul>
Module 4	<p><b>Theory</b> Music and the brain Creative art therapies as emotional healing</p> <p><b>Practical</b> Music Therapy</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Colour pencils/Textas/Crayons</li> <li>• Musical instrument (optional)</li> </ul>

Modules	Course Content	Materials Needed
Module 5	<p><b>Theory</b>            Art and developing intuition            Drawing from within Unit Colour and emotions</p> <p><b>Practical</b>            Art Therapy - Painting</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters Ring binder</li> <li>• Acrylic Paints &amp; Brushes</li> <li>• Paint pallet</li> <li>• A3 Art Diary</li> </ul>
Module 6	<p><b>Theory</b>            Sound therapy and vibrational healing</p> <p><b>Practical</b>            Sound Therapy</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Meditation / Yoga Mat</li> </ul>
Module 7	<p><b>Theory</b>            The creative process and holistic counselling</p> <p><b>Practical</b>            Dance &amp; Movement Therapy</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters Ring binder</li> </ul>
Module 8	<p><b>Theory</b>            The Creative Process and Holistic Counselling            Skills-            Part 2</p> <p><b>Practical</b>            TBA</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> </ul>
Module 9	<p><b>Theory</b>            The drama triangle            Compassion &amp; non-judgement            Learning styles</p> <p><b>Practical</b>            Creative writing, Storytelling &amp;            Role play</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> </ul>
Module 10	<p><b>Theory</b>            Managing groups            Supporting clients and holistic counselling</p> <p><b>Practical</b>            Drama, Role Play, Medicine Drums, Tribal            Rhythms</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Musical Instrument</li> </ul>

Modules	Course Content	Materials Needed
Module 11	<p><b>Theory</b> Working with PTSD</p> <p><b>Practical</b> Meditation/ Mindfulness &amp; Art Therapy</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Acrylic Paints &amp; Brushes</li> <li>• Paint pallet</li> <li>• A3 Art Diary</li> <li>• Yoga Mat/Cushion</li> </ul>
Module 12	<p><b>Theory</b> Working with Anxiety disorder Working with depression Working with Grief</p> <p><b>Practical</b> Mindful meditation</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Yoga Mat/Cushion</li> </ul>
Module 13	<p><b>Theory</b> Working with Children</p> <p><b>Practical</b> Games, Movement and Art (Bakers Clay)</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Large mixing bowl 1x</li> <li>• measuring cup</li> <li>• Baking tray lined with baking paper</li> </ul>
Module 14	<p><b>Theory</b> Holistic counselling skills for creative arts therapists Meditation in action through art Gratitude &amp; art journaling</p> <p><b>Practical</b> Art Therapy - Painting</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> <li>• Acrylic Paints &amp; Brushes</li> <li>• Paint pallet</li> <li>• A3 Art Diary</li> <li>• Colour pencils/Textas</li> </ul>
Module 15	<p><b>Theory</b> Setting up your own practice Creating a specialised practice Venues, resources, materials &amp; equipment</p> <p><b>Practical</b> Role Play</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters</li> <li>• Ring binder</li> </ul>

Modules	Course Content	Materials Needed
<p>Module 16 -</p> <p>No Class You have until the end of the course to complete this module and its practical component.</p>	<p><b>Theory</b> Developing community arts projects Ethics, safety &amp; professionalism</p> <p><b>Practical</b> Creative Arts Therapy Session with person of your choice</p>	<p>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.</p>
<p>Module 17</p>	<p><b>Theory</b> The Drama Triangle Revision Empowerment Dynamic Venues, resources, materials &amp; equipment Legalities, insurance &amp; Joining associations</p> <p><b>Practical</b> Authentic Movement</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters Ring binder</li> </ul>
<p>Module 18</p>	<p><b>Theory</b> Marketing for creative arts therapists</p> <p><b>Practical</b> Clay Sculpture</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters Ring binder</li> <li>• Air Dry clay</li> <li>• Clay tool set</li> <li>• Baking tray or Carboard to transport sculpture home</li> </ul>
<p>Module 19</p>	<p><b>Theory</b> Marketing for creative arts therapists</p> <p><b>Practical</b> Community Arts Project</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters Ring binder</li> <li>• Acrylic Paints &amp; Brushes</li> <li>• Paint pallet</li> <li>• A3 Art Diary</li> </ul>
<p>Module 20</p>	<p><b>Theory</b> Marketing for creative arts therapists</p> <p><b>Practical</b> Graduation Day TBA</p>	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Note pad/book</li> <li>• Highlighters Ring binder</li> <li>• Today is our graduation day, for our practical activity we will discuss the options to create a final art piece!</li> </ul>



COLLEGE OF CONSCIOUS LIVING

# 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 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!



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