



COLLEGE OF CONSCIOUS LIVING

# MASTER PRACTITIONER OF HOLISTIC ART THERAPY



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# Welcome

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Dear future Art therapist,

Welcome to a space where creativity meets healing, and where self-expression becomes a powerful tool for transformation.

Over the years of teaching this course, I've witnessed and personally experienced profound shifts. Art has helped me release layers of perfectionism, regulate my emotions and reconnect with my truth in ways I never imagined. It's not just about technique or theory, it's about the spontaneous magic that happens when we allow ourselves to create freely, vulnerably, and with intention.

This program is more than a qualification. It's a journey of self-discovery, emotional resilience and authentic leadership. Whether you're here to deepen your practise, start a new chapter, or simply reconnect with your creative spirit, you'll be held in a community that values courage, compassion and growth.

Together, we'll explore evidence-based frameworks, expressive modalities, and the art of guiding others through their own breakthroughs. You will learn to facilitate transformation not just in your clients, but in yourself. I am so honoured to walk this path with you.

Warm regards,  
Sanja Stojcic  
Managing Director & Lead Facilitator  
College of Conscious Living

**This program will empower you to:**

- Integrate trauma-informed art therapy into your work.
- Lead with advanced counselling skills.
- Create lasting change in the lives you touch.
- Design and facilitate transformative programs for diverse groups and settings.
- Confidently combine creativity and psychology to foster resilience, growth, and deep personal insight.



# 01 Course Overview

The Master Practitioner of Holistic Art Therapy training program is a transformative journey that offers two recognised qualifications. You'll graduate with a Master Practitioner of Holistic Art Therapy and also a Master Practitioner of Holistic Counselling, reflecting the strong focus on both creative expression and advanced counselling skills throughout the course.

This training is designed for individuals who want to expand their expertise, deepen their knowledge, and develop advanced skills in art therapy and counselling.

At the College of Conscious Living, we deliver a highly supportive, interactive, and hands-on learning environment where students explore specialised techniques, refine their facilitation skills, and gain the confidence to work with a diverse range of clients and complex needs.

If you are seeking an industry-recognised, advanced-level holistic art therapy program to elevate your professional practice and create lasting impact, this is the next step in your journey.



## **Study face to face with high support**

3 campus locations:

- Brisbane Northgate
- Gold Coast Ormeau
- Sunshine Coast

## **Recognised Dual Certification:**

- Master Practitioner of Holistic Art Therapy
- Master Practitioner of Holistic Counselling

## **Graduate Recognition:**

Graduates are entitled to use the post-nominal letters MBEArtTherp.

*(This designation stands for Mind Body Education Art Therapy and formally recognises your qualification as a Master Practitioner).*



# 02

## Who This Course is For



This program welcomes people who are drawn to the healing power of art, creativity, and a building a deeper relationship with self and others. Whether you are beginning a new journey or building on existing experience, this course will meet you where you are and support you in reaching your goals.

### It's designed for you if you:

- Want to explore holistic art therapy for your own personal development, self-discovery, and healing.
- Feel called to support others through creative expression, even if you're starting with no prior qualifications or experience.
- Are a practising therapist, counsellor, or allied health professional seeking to integrate advanced trauma-informed and evidence-based approaches into your work.
- Wish to deepen your understanding of psychological frameworks, therapeutic art modalities, and facilitation skills to create profound transformation in individuals and groups.
- Are expanding an existing practice or building a new business and want to offer a richer, more specialised service to your clients.
- Value both professional mastery and personal growth, and are committed to a journey of self-awareness, resilience, and authentic leadership.
- Want to join a community of like-minded peers who share your passion for creativity, healing, and empowering others.

Whether your vision is to create a thriving practice, enhance the work you already do, or simply embrace a deeply rewarding personal learning experience, this course offers the knowledge, skills, and community to help you succeed.

### Course at a Glance

- Trauma-informed & evidence-based: Grounded in research and best practice to ensure safe, ethical learning.
- Creative & experiential: Hands-on processes that engage both mind and heart for deeper integration.
- Accessible to all: Designed for beginners seeking personal growth as well as professionals wanting to enrich their practice.

# 03

# Course Structure

The Master Practitioner of Holistic Art Therapy & Master Practitioner of Holistic Counselling program offers a consistent learning structure with hands on experience, and the ability to apply what you've learnt week to week.

## Weekly Schedule

Classes run one day per week from 9:00 am to 2:30 pm at your chosen campus (breaks included). Each day is structured to combine theory in the morning with practical application in the afternoon, ensuring a balance between learning, discussion, and hands-on experience.

## Learning Flow for Each Day

Morning Session - We focus on the theory and read the module.

Afternoon Session - We transition into practical exercises, creative art therapy activities, roleplays, and facilitation practice.

## Course Duration & Format

Total Duration: 12 months of study, with scheduled breaks during school holidays.

Total Hours: 400 training hours (40 modules x 10 hours each)

## Study-Mode

Face-to-face learning in a highly supportive, interactive group environment.

## Between Classes

Between sessions, you'll have homework to complete:

- Completing creative art activities related to the module theme
- Watching selected videos and presentations
- Writing reflective essays or short responses
- Completing and submitting your module submission form for assessment



## Assessment & Submissions

This course is competency-based. Because the work is highly personal and reflective, there are no pass or fail grades in the traditional sense. As long as you:

- Follow the brief for each task
- Demonstrate understanding of what is being asked
- Complete all set activities and reflections
- Submit all required work, you will successfully meet the course requirements.

# 04

## Course Modules Outline



The Master Practitioner of Holistic Art Therapy training is structured into 40 modules covering evidence-based theory with hands-on creative exploration. Every module focuses on a key topic followed by a practical art activity designed to deepen learning, encourage self-expression, and build therapeutic skills.

### Foundation Modules (1-10)

Module 1: Principles of Art Therapy | Drawing (Coloured Pencils)

Module 2: Stress & Fight/Flight Response | Mixed Media Collage

Module 3: Anatomy of the Brain | Sculpture (Clay)

Module 4: Assessment in Art Therapy | Painting (Acrylics)

Module 5: Colour Therapy | Finger Painting

Module 6: Neuroscience of Creativity | Drawing (Charcoal)

Module 7: Archetypes & Collective Unconscious | Mixed Media  
Assemblage

Module 8: Somatic Approaches | Body Art

Module 9: Masks and Identity | Mask Making

Module 10: Working with Dreams | Canvas Painting

### Specialisation Modules (11-20)

Module 11: Nature & Eco-Art Therapy | Watercolour Painting

Module 12: Digital Media in Therapy | Photography Project

Module 13: Vision & Goal Setting | Vision Board Creation

Module 14: Creative Writing Integration | Pastels/Crayons

Module 15: Therapeutic Journaling | Book Binding

Module 16: Symbols & Metaphor | Mixed Media Painting

Module 17: Guided Imagery & Art | Mixed Media Drawing

Module 18: Cultural Awareness | Cultural Collage

Module 19: Mandalas for Mindfulness | Natural Materials

Module 20: Emotional Release Techniques | Expression Painting



# 05

# Course Modules Outline



As you move through these advanced and professional modules, you'll be developing your confidence as an art therapist while building your practitioner toolkit.

Each module also includes reflective homework to help you integrate your learning.

## Advanced Practice Modules (21-30)

- Module 21: Trauma-Informed Practice | Gentle Pastels
- Module 22: Group Facilitation Skills | Collaborative Sculpture
- Module 23: Textile & Fibre Arts | Textile Collage
- Module 24: Advanced Painting Techniques | Oil Painting
- Module 25: Multi-Media Drawing | Mixed Media
- Module 26: Narrative Art Therapy | Story Painting
- Module 27: Expressive Arts Integration | Multi-Modal
- Module 28: Play & Creativity | Playful Painting
- Module 29: Creative Problem Solving | Solution Drawing
- Module 30: Intuitive Art Process | Free-Flow Expression

## Professional Practice Modules (31-40)

- Module 31: 3D Self-Expression | Personal Sculpture
- Module 32: Grief & Loss Work | Memorial Art
- Module 33: Children's Art Therapy | Child-Friendly Techniques
- Module 34: Clay Work Mastery | Advanced Ceramics
- Module 35: Mixed Media Mastery | Complex Compositions
- Module 36: Transformation Masks | Therapeutic Mask Work
- Module 37: Art for Social Change | Advocacy Art
- Module 38: Photography Therapy | Digital Storytelling
- Module 39: Advanced Charcoal Work | Emotional Depth
- Module 40: Integration & Practice | Portfolio Development

“

*"Every time we create, we build  
new neural pathways. Art changes  
the brain and the brain changes  
our story."*



# Start Dates & Location



## Brisbane

Venue:  
Northgate Community Hall  
71 Scott Street, Northgate  
QLD

Classes are held on a Thursday from 9am to 2.30pm

**Course Dates**  
29.01.2026 - 10.12.2026

*No classes during school holidays*

## Gold Coast

Venue:  
Ormeau Community Centre  
3 Cuthbert Dr, Ormeau QLD

Classes are held on a Wednesday from 9am to 2.30pm

**Course Dates**  
28.01.2026 - 09.12.2026

*No classes during school holiday*

## Sunshine Coast

Venue:  
The Lotus Room  
Wimmers Lane, Cooroy QLD

Classes are held on a Tuesday from 9am to 2.30pm

**Course Dates**  
27.01.2026 - 08.12.2026

*No classes during school holiday*

[ENROL NOW](#)



# Enrolment, Refund & Withdrawal Policy

## Enrolment

All enrolments for the Master Practitioner of Holistic Art Therapy course are completed via our website under the Enrol tab. Places are secured once enrolment forms are submitted with deposit payment. Enrolment confirmation and course details will be emailed to students upon acceptance.

## Refund Policy (Before the Course Starts)

If you withdraw before the course begins and paid by PayPal or Stripe, you'll receive a refund minus the small transaction fee charged by the payment service. If you paid by bank transfer, you'll receive a full refund (since no fee is taken)

## Refund Policy (After the Course Starts)

Refunds will not be offered once the course has commenced

## Withdrawal Policy

Students wishing to withdraw must notify the College of Conscious Living in writing. In cases of serious illness or hardship, students may request a deferral or credit toward a future course intake.

## Additional Information

Our courses require a minimum of 6 students to proceed. If minimum numbers are not met, students will be offered either: a full refund, or the option to transfer to another campus location

# Graduate Outcomes



Graduates of this program will be equipped with the skills, confidence, and qualifications to begin professional practice as holistic art therapists and holistic counsellors.

You'll have developed a strong foundation in both creative therapeutic techniques and client-centred counselling approaches, ready to support others with compassion and clarity.

Upon completion, you may use the title Art Therapist or Holistic Art Therapist within Australia, in alignment with your training and scope of practice.

You'll also be eligible to apply for membership with the International Institute of Complementary Therapists (IICT), which recognises this training.

Membership gives you access to professional insurance, supports your legal ability to practise, strengthens your professional credibility and connects you with a wider community of holistic practitioners.

Whether you choose to work in private practice, community settings, wellness centres, or alongside other health professionals, this training opens the door to meaningful, client-focused work that blends creativity with care.



# Course Material List

Below is the list of materials you'll need for the course. You're welcome to purchase them from any supplier you choose (or use what you have at home).

## You will need



- Apron or art smock to protect your clothes (not included on your materials list)
- A4 notebook (for making notes in class)
- A3 sketchbook
- A4 sketch pad
- A3 Canvas pad
- A4 Watercolour pad (cold-pressed or hot-pressed)
- Charcoal pencils (soft, medium, and hard)
- Vine charcoal sticks Kneaded eraser
- Fixative spray (to set the charcoal)
- Set of coloured pencils (high-quality artist-grade)
- Pencil sharpener Eraser (white plastic eraser or kneaded eraser)
- Soft pastels (a set of assorted colours)
- Soft cloth or blending tools (tortillons or blending stumps)
- Crayons (wax-based or oil pastel crayons)
- Acrylic paint (assorted colours)
- Paintbrushes (assorted sizes and shapes: flat, round, and detail brushes)
- Canvas or acrylic paper pad
- Palette (reusable)
- Palette knife (for mixing colours)
- Water container for cleaning brushes
- Watercolour paint (artist-grade or student-grade)
- Watercolour brushes (assorted sizes: round and flat)
- Water container
- Masking tape (for creating clean edges and borders)
- Oil paint (assorted colours)
- Oil painting brushes (synthetic brushes)
- Linseed oil or painting medium (for thinning paint and creating glazes)
- Odorless mineral spirits or turpentine (for cleaning brushes)
- 2 x Das Air Hardening Modelling Clay



# Investment & Payment Options

1

## Full Payment

\$5500

\$500 deposit + full payment of \$5,000 when the course begins.

(Incl. GST)

2

## Split Payment

\$5652

\$500 deposit + three instalments of \$1,884, due on 1st April, 1st July, and 1st October 2026.

(Incl. GST)

3

## Monthly Payment

\$5758

\$500 deposit + 11 monthly payments of \$478, due on the 1st of each month.

(Incl. GST)

## What's Included:

- ✓ All 400 hours of tuition and supervision
- ✓ Comprehensive course materials and handouts
- ✓ Access to private student Facebook community
- ✓ Individual mentoring and career guidance
- ✓ Certificate of completion and graduation ceremony
- ✓ A full PDF copy of every module to keep for lifetime access

### Payment Methods

- Bank Transfer
- PayPal
- Credit/Debit Card (via Stripe)

All payments must be completed within the 12-month course duration.

## Not Included:

- x Art supplies and materials (approximately \$100)
- x Textbooks (6 required books)
- x Professional membership fees (optional)

# Accreditation

The modalities taught in this program are regulated by the complementary therapies and wellbeing industry, rather than by the government. This is common for many holistic and natural health modalities, including:

Holistic Counselling  
Art Therapy & Creative Therapy  
Meditation & Mindfulness Teaching  
Reiki Healing  
Kinesiology  
Hypnotherapy  
Aromatherapy  
Sound Healing  
Relaxation Massage Therapy  
Life Coaching  
Homeopathy  
Reflexology  
Energy Healing (e.g., Pranic Healing, Quantum Healing)  
Herbal Medicine  
Flower Essence Therapy  
Yoga Teaching (yoga therapy qualifications may vary)  
Ayurvedic Medicine (non-clinical practice)  
Pastoral & Spiritual Counselling



## Why This Matters:

The government allows the complementary therapies industry to establish its own standards through professional associations. Our courses are accredited by several leading industry bodies, enabling graduates to:

- Practice legally
- Join professional associations
- Obtain professional insurance

While this course is not part of the government education framework, it is highly respected within the complementary therapies industry. Graduates leave fully equipped to build successful, credible, and fulfilling careers in their chosen field.



# Frequently Asked Questions

- |   |  |   |
|---|--|---|
| 1 | <b>What is the course structure?</b>                                       | Classes run from 9:00 am to 2:30 pm, with theory in the morning and practical activities in the afternoon. There are breaks for morning tea and lunch. Expect 5.5 contact hours each week, plus 5–10 hours of self-directed study.                                      |
| 2 | <b>What if I miss a class?</b>   | If you miss a class, you'll be emailed the module materials. You are expected to complete the activities and homework before the next session.  |
| 3 | <b>Do I need to be an artist or have art experience to do this course?</b> | Not at all. This course values creativity as a process, not artistic talent. All you need is curiosity, openness, and a willingness to explore.   |
| 4 | <b>Do I need to have a business in the creative arts to enrol?</b>         | No. If you don't have a business, we'll help you design one as part of your training, if that's what you want to achieve. If you do already run a practice, this course will expand your skills and services.   |
| 5 | <b>How is the course assessed?</b>   | Assessment is competency-based. This means there are no grades - you are assessed on whether you can demonstrate understanding and apply what you've learned. Each module includes activities and short reflections. Completion of all modules is required to graduate. |
| 6 | <b>What support will I receive?</b>  | You'll have access to your teacher during class and by email, plus the option of private discussions if needed. You'll also be part of a private student Facebook group for ongoing support and connection.   |



7	<b>What is the difference between HICAT and MPHAT?</b>	<ul style="list-style-type: none"> <li>• HICAT - Holistic Integrated Creative Arts Therapy - Practitioner entry-level training that provides the foundations to work as a Holistic Creative Arts Therapist. No prior study required. Internationally accredited in 29 countries. Focuses on both visual and non-visual creative modalities. 6-month duration.</li> <li>• MPHAT - Master Practitioner in Holistic Art Therapy - Advanced training that explores deeper psychological frameworks, advanced facilitation skills, holistic counselling, and professional practice. Designed for those who want to expand their therapeutic skills and professional scope. Accredited in Australia. 12-month duration.</li> </ul>
8	<b>Is the course accredited?</b>	Yes. The course is nationally accredited with the International Institute for Complementary Therapists (IICT), ensuring your qualification is recognised and respected throughout Australia.
9	<b>What can I do after graduating?</b>	Graduates may set up private practice, work within holistic wellness centres, community organisations, schools, youth programs and mental health services, or integrate creative arts therapy into existing professional services. Many students also combine their training with coaching, teaching, counselling, or other modalities.
10	<b>What materials do I need?</b>	You'll receive a materials list (under \$100 AUD). Items can be purchased gradually. You'll also need internet access, basic computer literacy, and the ability to watch videos online.
11	<b>Can I call myself an Art Therapist after completing MPHAT?</b>	Yes. In Australia the title Art Therapist is not legally restricted, so you may call yourself an Art Therapist after completing the Master Practitioner of Holistic Art Therapy training. You can also gain professional insurance and work in private practice
12	<b>Can I join ANZACATA after completing MPHAT?</b>	The Master Practitioner of Holistic Art Therapy (MPHAT) is not an ANZACATA-accredited qualification, so it does not provide eligibility for ANZACATA membership. ANZACATA requires completion of an approved University level Master's degree in Art Therapy; a minimum of two years of full-time study plus at least 750 hours of supervised clinical placement.

# Meet Your Facilitator

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Sanja Stojic is the founder of the College of Conscious Living and the lead facilitator for our Brisbane, Gold Coast, and Sunshine Coast courses.

She brings over 20 years of experience as a holistic creative arts therapist, naturopath, counsellor, and meditation teacher.

Since establishing the College in 2019, Sanja has guided hundreds of students through the Holistic Integrated Creative Arts Therapy (HICAT) training, as well as creative workshops and retreats.

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Her passion lies in helping people discover their own truth, find confidence in their self-expression, and embrace tools for healing and wellbeing.

What inspires her most about teaching is watching students grow - personally, spiritually, and professionally. Having completed the HICAT & MPHAT training programs herself, she knows first-hand the profound impact of this work and brings both professional expertise and lived experience into every class.



## Sanja's qualifications include:

- Master Practitioner of Holistic Art Therapy
- Master Practitioner of Holistic Counselling
- Diploma in Holistic Integrated Creative Arts Therapy (HICAT)
- Advanced Diploma in Naturopathy (with honours)
- Advanced Practitioner in Vibrational Therapy & Sound Healing
- Certificates in Basic Holistic, Meditation Teaching & Holistic Human Development, Chair Yoga, Inner Child Work, and Neurooptimal Training
- Certificate in Training and Assessment

She weaves her wide skill set into a teaching style that is warm, practical, and deeply supportive, ensuring every student feels safe, encouraged, and inspired on their journey.





## COLLEGE OF CONSCIOUS LIVING

The College of Conscious Living is proud to be a Mind Body Education (MBE) licensed training provider and approved training establishment with the International Institute for Complementary Therapists (IICT), delivering award-winning Holistic Training Courses across Queensland.



Our programs empower you to combine creativity, evidence-based practice, and holistic care to support others in meaningful and lasting ways.

Take the next step toward a fulfilling career in holistic art therapy.

**ENROL NOW**

*"Every time we create, we build new neural pathways. Art changes the brain and the brain changes our story."*



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