



COLLEGE OF CONSCIOUS LIVING

Holistic Integrated Creative Arts Therapy

Practitioner Training Course



Drama

Music

Meditation

Art

Story telling

Movement

Sculpture

Sound therapy



TABLE OF CONTENTS



01	Course Background
03	Course Structure
05	Course Outcomes
06	2026 Course Start Dates
07	Accreditation
08	Pricing
09	FAQ's
13	Course Timetable
17	Postgraduate Course

Course Background

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
- ✓ 200 hours total study
- ✓ 5-10 hours Home Study between classes
- ✓ 6-month course with study breaks (no classes during school holidays)
- ✓ 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

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.



Express your creativity & helps other to express theirs!



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.

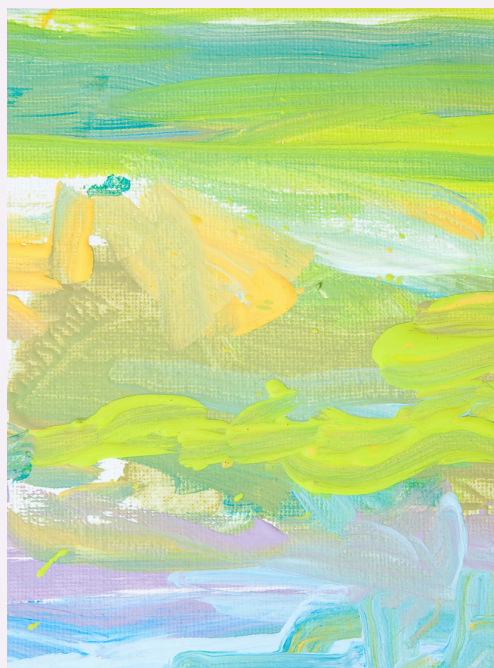
On campus students will spend around 15 hours per week studying for six months. Studies will include reading, watching videos, completing art projects and writing small essays.

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.

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 Structure

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.



2026 Course Start Dates

FEBRUARY TO JUNE 2026 INTAKE

BRISBANE

Northgate Community Hall
71 Scott St,
Northgate 4013

Start:

Tuesday 3rd February 2026

Finish:

Tuesday 23rd June 2026

No classes during school
holidays

GOLD COAST

Ormeau Community Centre
3 Cuthbert Drive,
Ormeau 4208

Start:

Friday 6th February 2026

Finish:

Friday 17th July 2026

No classes during school
holidays or Good Friday

SUNSHINE COAST

QCWA Yandina Hall
11 Stevens St,
Yandina 4561

Start:

Wednesday 4th February 2026

Finish:

Wednesday 24th June 2026

No classes during school
holidays

JULY TO DECEMBER 2026 INTAKE

BRISBANE

Northgate Community Hall
71 Scott St,
Northgate 4013

Start:

Tuesday 14th July 2026

Finish:

Tuesday 8th December 2026

No classes during school
holidays

GOLD COAST

Ormeau Community Centre
3 Cuthbert Drive,
Ormeau 4208

Start:

Friday 17th July 2026

Finish:

Friday 11th December 2026

No classes during school
holidays or Good Friday

SUNSHINE COAST

QCWA Yandina Hall
11 Stevens St,
Yandina 4561

Start:

Wednesday 15th July 2026

Finish:

Wednesday 9th December 2026

No classes during school
holidays

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 |  Luxembourg |
|  Ireland |  Greece |
|  Germany |  Sweden |
|  France |  Channel Islands |
|  Spain |  Norway |
|  Portugal |  Estonia |
|  Denmark |  Austria |
|  Gibraltar |  Malta |
|  Iceland |  Isle of Man |
|  Belgium |  Netherlands |

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|  Bulgaria |
|  Czechia |
|  Cyprus |
|  Croatia |
|  Poland |
|  Italy |
|  Romania |
|  Slovenia |
|  Hungary |
|  Slovakia |
|  Finland |


Oceania

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|---|
|  Australia |
|  New Zealand |

North America and Canada

- | |
|---|
|  United States |
|  Canada |

South Africa

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|  South Africa |
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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.
(You can also pay-out the amount in full).

*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.

Payments are due on the 1st of the month.

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

*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. 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.

Do I need any prior experience or qualifications to enrol?

No. This course is designed for beginners as well as those with experience. You will be guided step-by-step to develop the skills, confidence, and understanding needed to work with clients in a holistic and supportive way.

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, offering creative arts therapy sessions focused on emotional expression, self-awareness, 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?

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.

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

That's completely okay. Many students begin the course feeling this way. You'll be supported in a safe, non-judgmental environment, and confidence naturally builds as you progress.

FAQ'S

Is this course accredited?

Yes. This course is industry accredited.

Holistic and complementary therapies (such as meditation, holistic counselling, and creative arts therapies) 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), the International Practitioners of Holistic Medicine (IPHM), and the Complementary Medical Association (CMA). These organisations independently assess course quality, content, and provider integrity.

Graduates are eligible to join these associations 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 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 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 join a private Facebook group for your class; the link will be sent to you upon enrolment and payment of course fees.

Will this course help me turn this into a career or 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.

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

Yes. Many students enrol for their own personal growth and self-discovery. While the course provides the skills to work with others, it is equally valuable as a deeply transformative personal journey.

Course Timetable

Modules	Course Content	Materials Needed
Module 1	<p>Theory Introduction to HICAT The cause and effect of stress The body connection</p> <p>Practical Art Therapy - Drawing</p>	<ul style="list-style-type: none"> • A3 Art Diary Colour pencils • Crayons • Textas / Markers • Highlighters Pens/Pencils • Ring binder and note pad/book
Module 2	<p>Theory Physiology of the brain Left brain / right brain Unconscious beliefs & mental patterns</p> <p>Practical Art Therapy - Drawing</p>	<ul style="list-style-type: none"> • A3 Art Diary Colour pencils • Crayons • Textas / Markers • Highlighters Pens/Pencils • Ring binder and note pad/book
Module 3 - On campus Beach Excursion	<p>Theory Exploring emotions History of art therapy Creative therapies & health</p> <p>Practical Sand Play Sculptures</p>	<ul style="list-style-type: none"> • 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	<p>Theory Music and the brain Creative art therapies as emotional healing</p> <p>Practical Music Therapy</p>	<ul style="list-style-type: none"> • Pens • Note pad/book • Highlighters • Ring binder • Colour pencils/Textas/Crayons • Musical instrument (optional)

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

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

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>Theory Developing community arts projects Ethics, safety & professionalism</p> <p>Practical 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>Theory The Drama Triangle Revision Empowerment Dynamic Venues, resources, materials & equipment Legalities, insurance & Joining associations</p> <p>Practical Authentic Movement</p>	<ul style="list-style-type: none"> • Pens • Note pad/book • Highlighters Ring binder
<p>Module 18</p>	<p>Theory Marketing for creative arts therapists</p> <p>Practical Clay Sculpture</p>	<ul style="list-style-type: none"> • Pens • Note pad/book • Highlighters Ring binder • Air Dry clay • Clay tool set • Baking tray or Carboard to transport sculpture home
<p>Module 19</p>	<p>Theory Marketing for creative arts therapists</p> <p>Practical Community Arts Project</p>	<ul style="list-style-type: none"> • Pens • Note pad/book • Highlighters Ring binder • Acrylic Paints & Brushes • Paint pallet • A3 Art Diary
<p>Module 20</p>	<p>Theory Marketing for creative arts therapists</p> <p>Practical Graduation Day TBA</p>	<ul style="list-style-type: none"> • 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.



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!

[ENROL NOW](#)



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