



Holistic Integrated Creative Arts Therapy Practitioner Training Course On Campus

Course Prospectus

Mind Body Education



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 Mind Body Education, we provide high support, super interactive, hands-on, on campus training for students from all walks of life!

- ✓ Internationally industry approved training
- ✓ Study on campus with high support
- ✓ Several course intakes per year
- ✓ Recognised certification: Holistic Integrated Creative Arts Therapist Graduates can use the letters: *Mbe.HICATprac.*



**“ It's not just a course,
it will change your life!**

- Jacqui, HICAT Graduate 2019 ”



Course Background



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.

Next online course commencement dates are available on our [website](#)!

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. Studies will include attending classes, reading, watching videos, completing art projects, writing essays and answering quizzes.

There are some fieldwork components where you will need to involve a classmate, friend or family member or visit a professional practice, business or centre but we will guide and assist you with this.





Course Structure

Practical topics covered in this course include:

- Art Therapy (paint, watercolour pencils, charcoal & oil pastels)
- Tactile Therapy (sculpture, clay, construction, Sandplay & 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 bodies cells
- The creative process
- Art appreciation Interpretation & diagnosis
- Compassion & non-judgment
- Learning Styles & personality types
- Managing groups
- 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 the 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, the International Practitioners of Holistic Medicine and the Complementary Medical Association and get professional insurance.
- You will also be provided with a full year of free membership to the Holistic Integrated Creative Arts Therapists Association and the International Meditation Teachers and 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.



Accreditation

Mind Body Education Professional Practitioner Training
Courses are internationally industry recognized in the following countries:

United Kingdom
Ireland
Germany
France
Spain
Portugal
Denmark
Gibraltar
Liechtenstein

Iceland
Belgium
Luxembourg
Greece
Latvia
Sweden
Channel Islands
Norway
Estonia

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



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FAQs

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 course providers 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 and the CMA, and get professional practitioner insurance, in 26 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?

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.

Studies will include attending classes, reading, watching videos, completing art projects, writing essays and answering quizzes.

There are some fieldwork components where you will need to involve a classmate, friend or family member or visit a professional practice, business or centre but we will guide and assist you with this.

You will have a regular class time, where you will receive contact and connection with your classmates and information and guidance from your teachers.



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.
- Be able to open and read PDF's (we can help you with this).
- 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 10 hours study time each week to complete your course on time.

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

Absolutely!

Our teaching team is very available. You will be able to contact your teacher directly via email. You can make appointments to have your teacher telephone you.

Our exclusive students Facebook page is very active and you will be able to connect with your teachers and other students. You will be able to join our regular classes where you are encouraged to participate, ask questions and get support.



Course Timeline

Holistic Integrated Creative Arts Therapies Practitioner Training Program Course Timetable

Module	Course Content	Materials and Resources Required
Module One	Theory Unit 0 - Introduction to HICAT Unit 1 -The Cause and Effect of Stress Unit 2 -The Mind/Body Connection Practical Art Therapy	A3 Visual Art Diary A4 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch A4 10 Tab Dividers Ballpoint Pens Jumbo Oil Pastels Ring Binder A4
Module Two	Theory Unit 3 - Physiology of the brain Unit 4 - Left brain/right brain Unit 5 - Unconscious beliefs and mental patterns Practical Art Therapy	A3 Visual Art Diary A4 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4
Module Three Off-Campus/excursion module	Theory Unit 6 - Exploring emotions Unit 7 - History of art therapy Unit 8 - Creative therapies & health Practical Sand Play - Tactile Therapy – sculpture – mandalas	Sunscreen Hat Extra drinking water Sandplay toys: A collection of toys like farm animals, miniature figurines, dolls, furniture, etc, Bucket and spade.
Module Four	Theory Unit 9 – Music and the brain Unit 10 - Creative art therapies as emotional healing Unit 11 - Creative art therapies for recovery & rehabilitation Practical Music Therapy	A3 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Musical instruments



Course Timeline

Module Five	Theory Unit 12 – Art and developing intuition Unit 13 – Drawing from within Unit 14 – Colour and emotions Practical Art Therapy	A3 Visual Art Diary A4 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4
Module Six	Theory Unit 15 – Sound Therapy and Vibrational Healing Practical Sound Therapy	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
Module Seven	Theory Unit 16 – The Creative Process and Holistic Counselling Skills Practical Dance and Movement Therapy	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
Module Eight	Theory Unit 17 – Revision	
Module Nine	Theory Unit 18 – The Drama Triangle. Unit 19 – Compassion & Non-judgment Unit 20 - Learning Styles Unit 21 - Personality Types Practical Creative Writing – Storytelling - Role Play	2 Hole Punch Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Highlighters
Module Ten	Theory Unit 22 – Managing groups Unit 23 – Supporting clients and Holistic counselling skills Practical Drama - Music, Tribal Rhythms, Medicine Drums	2 Hole Punch Highlighters Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Musical instruments



Course Timeline

Module Eleven	Theory Unit 24 – Working with PTSD Practical Meditation/Mindfulness & Art Therapy	A3 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation
Module Twelve	Theory Unit 25 – Working with Anxiety Disorder Unit 26- Working with Grief and Loss Unit 27 Working with Depression Practical Meditation/Mindfulness Meditation with Music and Movement	Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation
Module Thirteen	Theory Unit 28 – Working with Children Practical Games – Movement – Roleplay – Art	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A large mixing bowl
Module Fourteen	Theory Unit 29 – Holistic counselling skills for creative arts therapists Unit 30- Meditation for every day Unit 31 - Meditation in action through art Unit 32 - Gratitude & art journaling Practical Art Therapy	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary Paintbrush Set Round Palette Primary Colour Acrylic Paint 60mL 5 Pack
Module Fifteen	Theory Unit 33 - Setting up your own practice Unit 34 - Creating a specialised practice Unit 35 - Venues, resources, materials & equipment Practical Drama - Role Play	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4



Module Sixteen Off-Campus/excursion module	Theory Unit 36 - Developing community arts projects Unit 37 - Working in medical settings and working with seniors and people with special needs. Unit 38 - Ethics, safety & professionalism Practical Visit to an Aged Care Facility or a visit to an elderly friend or family member to practice Art Therapy	Your choice of art materials, paint and paper.
Module Seventeen	Theory Unit 39 – The Drama Triangle Revision Unit 40 - Venues, resources, materials & equipment Unit 41 - Legalities, insurance and Joining associations Practical Dance & Movement Therapy	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4
Module Eighteen	Theory Unit 42 -Marketing for creative arts therapists Practical Sandplay - Sculpture	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 DAS Modelling Clay Terracotta Boxwood Clay Tool Set
Module Nineteen	Theory Unit 43 -Marketing for creative arts therapists Practical Community art projects	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary Paintbrush Set Round Palette Primary Colour Acrylic Paint 60mL 5 Pack
Module Twenty	Theory Unit 44 -Marketing for creative arts therapists Practical Final art project	Any art supplies or materials you choose.



Professional Development 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 **with the same college they are enrolling in.**

Delivery mode: This course is delivered online with written lectures and audio-visual presentations, along with a weekly Zoom session.

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



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 wellbeing?



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