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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 MindBloom Academy, we provide high support, hands-on, online training for students from all over the world.

If you are looking for a user friendly, industry recognised course you can study at times that work for you, completely online, you are in the right place!

- ✓ Internationally industry approved training
- ✓ Study online with high support
- ✓ 10 hours home study per week (200 hours total)
- ✓ 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.

Hollistic Integrated Creative Arts Therapy Practitioner Training Course



# 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. Online students will spend around 10 hours per week studying for one year. Studies will include reading, watching videos, completing art projects, writing essays and answering quizzes.

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

You will need to be able to take photos and videos and upload them onto your coursework submission forms. This is not difficult, and we can assist you to learn how to do this if you need us to.





# 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 body's 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 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.



Mind Body Education  
Best Global Holistic Therapy  
Training Provider 2021





# 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**



**Mind Body Education**  
Best Global Holistic Therapy  
Training Provider 2021



Hollistic Integrated Creative Arts Therapy Practitioner Training Course

# 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.

Online students will spend around 10 hours per week studying for one year. Studies will include reading, watching videos, completing art projects, writing essays and answering quizzes.

There are some fieldwork components where you will need to involve a friend or family member or visit a professional practice, business or centre but we will guide and assist you with this. You will need to be able to take photos and videos and upload them onto your coursework submission forms. This is not difficult, and we can assist you to learn how to do this if you need us to.

Our students and teachers are physically located in different places all over the world, but we are still able to enjoy a strong sense of community.

There is a virtual classroom located on Facebook which is only for students enrolled in this course, where you will receive contact and connection with your classmates and information and guidance from your teachers.

There is a live stream workshop with a teacher for each module (once per fortnight) where you can ask questions and get support in real time.

You do not have to participate in the real time workshops if you can't or do not want to and you can watch them later at any time. You can also get support from your teacher and ask questions via email or telephone whenever you need to.

# 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 take photos and videos (your phone is perfect for this).
- 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 weekly Zoom meetings to ask questions and get support or, if you can't attend, you can watch the recording later.

You will also be assigned a "study buddy". You can connect with your study buddy to give and receive support, practice counselling and coaching skills and do activities that require a partner.



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?**



Hollistic Integrated Creative Arts Therapy Practitioner Training Course

[www.mind-bloom.co.uk](http://www.mind-bloom.co.uk)

[Info@mind-bloom.co.uk](mailto:Info@mind-bloom.co.uk)

+14697562101 or +447595298477