

# COURSE

# TIMELINE

## Holistic Integrated Creative Arts Therapies Practitioner Training Program

### Course Timetable

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

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

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<b>Module Eleven</b>	<b>Theory</b> Unit 24 – Working with PTSD <b>Practical</b> 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
<b>Module Twelve</b>	<b>Theory</b> Unit 25 – Working with Anxiety Disorder Unit 26- Working with Grief and Loss Unit 27 Working with Depression <b>Practical</b> Meditation/Mindfulness Meditation with Music and Movement	Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation
<b>Module Thirteen</b>	<b>Theory</b> Unit 28 – Working with Children <b>Practical</b> Games – Movement – Roleplay – Art	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A large mixing bowl
<b>Module Fourteen</b>	<b>Theory</b> 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 <b>Practical</b> 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
<b>Module Fifteen</b>	<b>Theory</b> Unit 33 - Setting up your own practice Unit 34 - Creating a specialised practice Unit 35 - Venues, resources, materials & equipment <b>Practical</b> Drama - Role Play	Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4

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