



**Holistic Integrated Creative Arts Therapy
Practitioner Training
Course Timetable**

Module	Course Content	Materials and Resources
Module One	<p>Theory Unit 0 - Introduction to HICAT Unit 1 -The Cause and Effect of Stress Unit 2 -The Mind/Body Connection</p> <p>Practical Art Therapy</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
Module Two	<p>Theory Unit 3 - Physiology of the brain Unit 4 - Left brain/right brain Unit 5 - Unconscious beliefs and mental patterns</p> <p>Practical Art Therapy</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>Module Three</p> <p>You may like to take a trip to the beach to complete this module</p>	<p>Theory Unit 6 - Exploring emotions Unit 7 - History of art therapy Unit 8 - Creative therapies & health</p> <p>Practical Sand Play - Tactile Therapy – sculpture – mandalas</p>	Sunscreen Hat Extra drinking water Sand play toys: A collection of toys like farm animals, miniature figurines, dolls house furniture, etc, Bucket and spade.

<p>Module Four</p> <p>You may need a Study Buddy or friend to complete activities in this module</p>	<p>Theory Unit 9 – Music and the brain Unit 10 - Creative art therapies as emotional healing Unit 11 - Creative art therapies for recovery & rehabilitation</p> <p>Practical Music Therapy</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>Module Five</p>	<p>Theory Unit 12 – Art and developing intuition Unit 13 – Drawing from within Unit 14 – Colour and emotions</p> <p>Practical Art Therapy</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>Module Six</p>	<p>Theory Unit 15 – Sound Therapy and Vibrational Healing</p> <p>Practical Sound Therapy</p>	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
<p>Module Seven</p> <p>You may need a Study Buddy or friend to complete activities in this module</p>	<p>Theory Unit 16 – The Creative Process and Holistic Counselling Skills</p> <p>Practical Dance and Movement Therapy</p>	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
<p>Module Eight</p>	<p>Theory Unit 17 – Revision</p>	
<p>Module Nine</p> <p>You may need a Study Buddy or friend to complete activities in this module</p>	<p>Theory Unit 18 – The Drama Triangle. Unit 19 – Compassion & Non-judgment Unit 20 - Learning Styles Unit 21 - Personality Types</p> <p>Practical Creative Writing – Storytelling - Role Play</p>	2 Hole Punch Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Highlighters

<p>Module Ten</p> <p>You may need a Study Buddy or friend to complete activities in this module</p>	<p>Theory Unit 22 – Managing groups Unit 23 – Supporting clients and Holistic counselling skills</p> <p>Practical 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>
<p>Module Eleven</p>	<p>Theory Unit 24 – Working with PTSD</p> <p>Practical Meditation/Mindfulness & Art Therapy</p>	<p>A3 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation</p>
<p>Module Twelve</p>	<p>Theory Unit 25 – Working with Anxiety Disorder Unit 26- Working with Grief and Loss Unit 27 Working with Depression</p> <p>Practical Meditation/Mindfulness Meditation with Music and Movement</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation</p>
<p>Module Thirteen</p> <p>You will need to work with a child and/ or group of children to complete this module. Please prepare in advance by gaining parental/ responsible adult permissions</p>	<p>Theory Unit 28 – Working with Children</p> <p>Practical Games – Movement – Roleplay – Art</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A large mixing bowl</p>
<p>Module Fourteen</p>	<p>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</p> <p>Practical Art Therapy</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>Module Fifteen</p> <p>You may need a Study Buddy or friend to complete activities in this module</p>	<p>Theory Unit 33 - Setting up your own practice Unit 34 - Creating a specialised practice Unit 35 - Venues, resources, materials & equipment</p> <p>Practical Drama - Role Play</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4</p>
<p>Module Sixteen</p> <p>You will need to work with an older adult to complete this module. Please prepare in advance.</p>	<p>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</p> <p>Practical 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>Module Seventeen</p> <p>You may need a Study Buddy or friend to complete activities in this module</p>	<p>Theory Unit 39 – The Drama Triangle Revision Unit 40 - Venues, resources, materials & equipment Unit 41 - Legalities, insurance and Joining associations</p> <p>Practical Dance & Movement Therapy</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4</p>
<p>Module Eighteen</p>	<p>Theory Unit 42 -Marketing for creative arts therapists</p> <p>Practical Clay Therapy - Sculpture</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 DAS Modelling Clay Terracotta Boxwood Clay Tool Set</p>
<p>Module Nineteen</p>	<p>Theory Unit 43 -Marketing for creative arts therapists</p> <p>Practical 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>

Module Twenty	Theory Unit 44 -Marketing for creative arts therapists Practical Final arts project	Any art supplies or materials you choose.
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