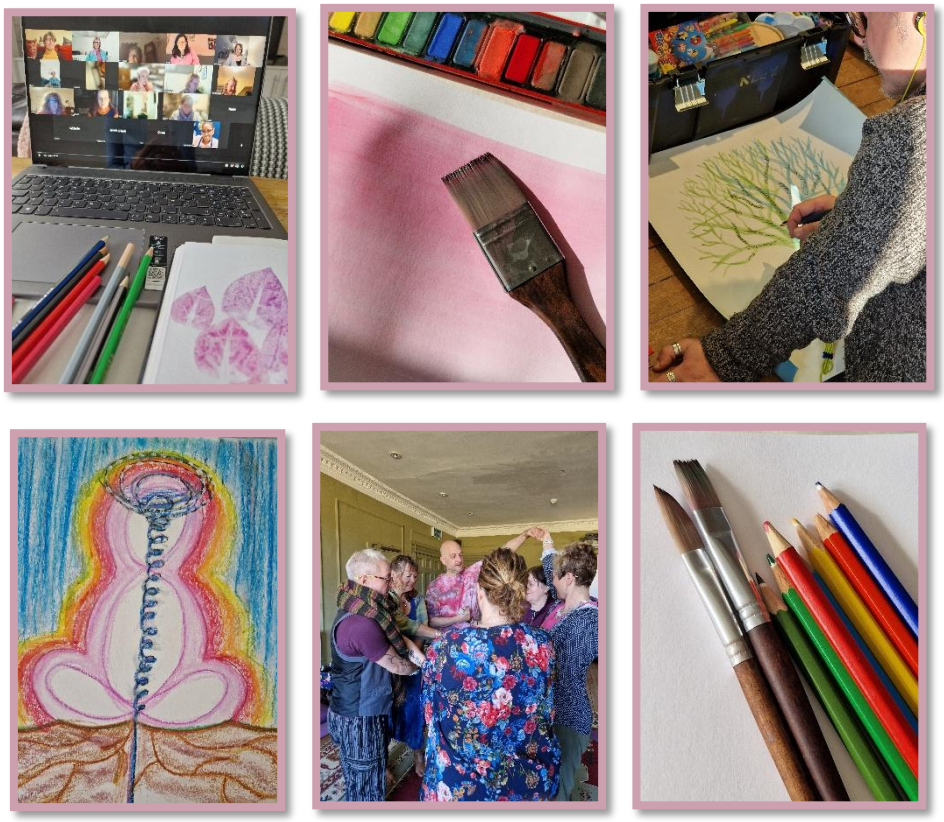
Devine-Creative

HOLISTIC CREATIVE THERAPY EDUCATION & WELLBEING



Professional Training in Holistic Creative Therapy via our x2 Programmes

Holistic Integrated Creative Arts Therapy (HICAT) Practitioner Training

Master Practitioner of Holistic Creative Therapy (MPHCT)

Facilitated by Katie Tucker
Founder & Director, Devine-Creative Ltd

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Welcome

Dear Reader,

Thank you for taking the time to explore our training programmes.

Whether you are here because you are seeking a new professional direction, looking to enhance existing skills, exploring your own personal growth, or simply feeling drawn towards creativity as a tool for wellbeing, I am delighted that our paths have crossed.

At Devine-Creative, we believe creativity is so much more than making art.

Creativity can help us slow down, reconnect with ourselves, process our experiences, regulate our nervous systems, discover new perspectives, and create meaningful change in our lives and communities.

Over the years, I have had the privilege of witnessing hundreds of students discover confidence they didn't know they possessed, uncover strengths they had forgotten, and develop skills that have gone on to positively impact countless others.

Our courses are designed to support not only your professional development, but also your personal journey.

Because often, the greatest learning happens when we allow ourselves to be seen, held, and gently encouraged.

I look forward to welcoming you into our wonderful community.

With Devine-Creative blessings

Katie Tucker
Founder & Director
Devine-Creative

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About Katie



My name is Katie Tucker, and I am the Founder and Director of Devine-Creative.

Before establishing Devine-Creative, I spent more than 25 years working in corporate banking and project management. From the outside, life appeared successful. Yet behind the scenes, like so many people, I experienced periods of stress, overwhelm, imbalance and a growing disconnection from myself.

Everything began to change when I discovered creativity, mindfulness, self-reflection and holistic wellbeing practices. These simple yet incredibly powerful approaches helped me slow down, reconnect with myself and find a healthier, more meaningful way of living.

That personal journey eventually led me to Holistic Integrated Creative Arts Therapy (HICAT), and the impact was profound. What began as a search for my own wellbeing soon became a passion, a profession and ultimately the foundation of Devine-Creative.

Today, I have the privilege of working as a Holistic Creative Therapist and Course Facilitator, I am also a Creative Wellbeing Coach, and a Meditation Teacher. I am blessed to support others to discover the transformative power of creativity for themselves. Alongside my professional practice, I continue to deepen my knowledge through trauma-informed training and advanced wellbeing education, ensuring my work remains compassionate, ethical and evidence-informed.

I am also a wife, mother, NHS volunteer and lifelong learner - roles that continually remind me of the importance of compassion, connection and caring for the whole person.

Whether someone joins us for personal growth, professional development or a complete change in direction, my hope is always the same: that they leave with a deeper understanding of themselves, practical skills they can confidently use, and the belief that creativity has the power to support healing, growth and lasting transformation.

Welcome to Devine-Creative. I look forward to sharing this journey with you.

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Quick View - Two Training Pathways

HICAT Practitioner Training

Our Practitioner Programme provides a comprehensive introduction to Holistic Creative Therapy.

You'll explore:

✓ Art, movement, drumming, storytelling and creative arts expression in lots of forms

✓ Stress management and emotional wellbeing

✓ Supporting children, adults and groups

✓ Holistic counselling skills

✓ Creative facilitation techniques

✓ Professional practice/ business development

Course Details

20 Modules

12 Months

Flexible Online Learning

Personalised Assessor Support

Community Learning

Practitioner Certification

Investment

£1,398 Paid in Full

Payment plans available

Regular intakes throughout the year, usually in February, April, June, September and November

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Master Practitioner of Holistic Creative Therapy (MPHCT)

Our advanced-level training programme for practitioners wishing to deepen their knowledge, confidence and professional practice.

You'll explore:

✓ Art based exercises and activities

✓ Trauma-informed practice

✓ Positive psychology

✓ Holistic counselling skills

✓ Neurodiversity

✓ Anxiety, depression and PTSD

✓ Addiction and recovery

✓ Spirituality and meaning

✓ Clinical practice

✓ Professional development

✓ And more...

Course Details

40 Modules

12–24 Months

Weekly Live Workshops

Clinical Practice

Master Practitioner Certification

Investment

£3,100 Paid in Full

Flexible payment plans available

Regular intakes throughout the year usually in March, June, and September/October

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Why Choose Devine-Creative?

Supportive Community

Study online without feeling alone.

Flexible Learning

Fit your studies around work, family and life commitments.

Practical Experience

Learn by doing, not just reading.

Personal & Professional Growth

Develop skills that support both yourself and others.

Internationally Recognised Training

Recognised through professional industry bodies including IICT, IPHM and CMA.

Which Course Is Right For You?

Choose HICAT If:

You are new to Holistic Creative Therapy and want a strong foundation in creative wellbeing and facilitation.

Choose MPHCT If:

You are ready to deepen your knowledge, strengthen your professional practice, and explore advanced therapeutic concepts.

Many students begin with HICAT and later progress to MPHCT (but you don't need one to do the other)

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Begin Your Journey

If you feel drawn towards creativity, wellbeing, personal growth, or supporting others, we'd love to hear from you.

Join one of our Monthly Creative Relaxation Workshops

Experience the benefits of Creative Therapy for yourself – Sign-up here

Attend an Open Evening

Meet Katie, ask questions, and hear from students and graduates - Sign-up here

Book a gentle exploratory call with Katie

Explore which pathway may be right for you – Contact Katie here

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What is Holistic Creative Therapy?

Holistic Creative Therapy (HICAT) is founded on the belief that every person is more than a collection of symptoms or diagnoses. We view each individual as a whole person, recognising the interconnected relationship between mind, body, emotions, creativity, relationships, environment and lived experience.

Our approach sits alongside, rather than replaces, conventional healthcare. Holistic Creative Therapy Practitioners do not diagnose medical conditions, prescribe treatment, advise clients to stop medication, or replace the role of medical or mental health professionals. Instead, we work within our scope of practice to support emotional wellbeing, self-awareness, stress reduction, creative expression and personal growth, referring clients to appropriately qualified professionals whenever necessary.

A Whole-Person Perspective

Throughout your training, you will explore how prolonged stress, nervous system dysregulation, emotional experiences and lifestyle factors may influence overall wellbeing. Rather than viewing health through a single lens, Holistic Creative Therapy encourages students to appreciate the complex interaction between many aspects of human experience.

Modern fields such as psychoneuroimmunology continue to explore the relationship between psychological processes, the nervous system, immune function and physical health. Alongside this growing body of knowledge, holistic models of wellbeing recognise that factors such as sleep, nutrition, movement, relationships, trauma history, environment, beliefs, emotional regulation and creativity all interact and contribute to wellbeing.

Within Holistic Creative Therapy we invite students to explore these connections with curiosity, openness and critical reflection.

Creativity as a Therapeutic Process

At the heart of Holistic Creative Therapy is the understanding that creativity is not about producing beautiful artwork or being naturally artistic.

Creativity provides a gentle, non-verbal way of exploring thoughts, feelings, experiences and patterns that may sometimes be difficult to express through words alone. Through creative activities, individuals often develop greater self-awareness, emotional insight, resilience and a deeper understanding of themselves.

The creative process becomes a vehicle for reflection, nervous system regulation, emotional expression and personal growth.

We believe the process is always more important than the finished product.

An Integrative Philosophy

Holistic Creative Therapy embraces an integrative approach to wellbeing. We recognise the value of conventional medicine, psychological therapies, counselling, lifestyle interventions, creative practice, mindfulness, nervous system regulation and many other evidence-informed approaches that may support an individual's wellbeing.

We do not present creativity as a cure for illness, nor do we suggest that thoughts alone determine health outcomes. Instead, we acknowledge that our thoughts, beliefs, emotions, relationships and

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life experiences can influence how we experience stress, cope with challenges and support our overall wellbeing.

This reflects the growing understanding that health is influenced by biological, psychological, social and environmental factors working together.

Learning to Think Critically

One of the aims of the Holistic Creative Therapy programmes is not simply to provide information, but to develop thoughtful, reflective practitioners.

Throughout the course, students are encouraged to ask questions, read widely, evaluate evidence, consider different perspectives and continue developing their own understanding throughout their professional journey.

Learning includes a blend of research, professional literature, clinical observations, reflective practice, lived experience and teaching stories. Where illustrative case examples are shared, they are intended to bring concepts to life, stimulate reflection and support learning, rather than serve as scientific proof.

We believe curiosity, critical thinking and professional integrity are essential qualities for every Holistic Creative Therapist.

Professional Boundaries

Ethical practice sits at the centre of everything we teach.

Holistic Creative Therapists are trained to work safely within their professional boundaries. Their role is to facilitate creative therapeutic experiences that promote emotional wellbeing, self-awareness and personal development. They do not diagnose or treat medical conditions, advise on medication, or replace healthcare professionals. They understand when referral to other appropriately qualified professionals is necessary.

Our philosophy is one of collaboration, recognising that the best outcomes often arise when creative wellbeing approaches complement wider health and support services.

Our Invitation

Holistic Creative Therapy offers a compassionate, ethical and evidence-informed way of understanding wellbeing through the lens of creativity.

Whether you are joining the programme for your own personal development, to enhance your current professional practice, or to begin a new pathway supporting others, you will be invited to explore the relationship between creativity, emotional wellbeing, stress, the nervous system and whole-person health.

We do not ask students to accept every concept without question.

Instead, we invite you to explore, reflect, remain curious, continue learning and develop your own informed understanding as you grow into a thoughtful, compassionate and ethical Holistic Creative Therapist.

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The Devine-Creative Philosophy

Everything we do at Devine-Creative is rooted in a simple belief:

Creativity has the power to support relaxation, healing, growth, and self-discovery.

We believe that every person possesses innate wisdom, creativity, resilience, and potential.

Sometimes life experiences, stress, expectations, responsibilities, or difficult circumstances can cause us to lose connection with these parts of ourselves.

Creative processes offer gentle pathways back.

Rather than focusing solely on problems, creativity allows us to explore possibilities.

Rather than analysing every thought, creativity invites us to experience.

Rather than striving for perfection, creativity encourages curiosity.

Our learning environment is designed to help students feel:

- Seen
- Heard
- Supported
- Encouraged
- Empowered

Many students tell us that their training journey becomes one of the most important periods of personal growth they have ever experienced.

Learning becomes healing.

Healing creates growth.

Growth creates possibility.

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Why Creativity Matters

Research continues to demonstrate the positive impact creative activities can have on wellbeing.

Creative practices can help us:

- Reduce stress and tension
- Improve emotional awareness
- Enhance self-expression
- Build confidence
- Improve concentration and focus
- Support nervous system regulation
- Encourage reflection and insight
- Strengthen resilience
- Foster social connection
- Improve overall wellbeing

Importantly, creativity is accessible.

You do not need to consider yourself artistic.

You do not need previous experience.

You do not need special talent.

You simply need curiosity and willingness.

Throughout our training programmes, creativity is approached as a process rather than a product.

This means there is no pressure to create anything perfect.

Instead, we focus on what emerges through the experience itself.

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The Devine-Creative Learning Experience

One of the things that makes Devine-Creative different is our commitment to creating genuine community.

Studying online does not mean learning alone.

Our students benefit from:

Weekly Community Support

Regular opportunities to connect, ask questions, share experiences, and receive encouragement.

Live Workshops

Interactive sessions that bring learning to life through discussion, demonstration, reflection, and experiential practice.

Dedicated Assessors

Personalised feedback designed to support your growth and confidence.

Study Buddies

Opportunities to build meaningful connections with fellow students.

Facebook Learning Communities

Private spaces where students can connect, celebrate achievements, ask questions, and share ideas.

Guest Speakers

Learning from experienced practitioners and professionals from a variety of backgrounds.

Flexible Learning

Study around work, family, and existing commitments while still benefiting from a highly supportive structure.

Learning Through Experience

At Devine-Creative, we believe that understanding comes not only from reading and theory, but through experience.

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Throughout your training, you will be encouraged to:

- Participate in creative exercises
- Reflect on your experiences
- Explore personal insights
- Develop self-awareness
- Build practical facilitation skills
- Observe your own growth and development

This experiential approach helps learning become embodied rather than simply intellectual.

Many students describe this as one of the most valuable aspects of their training.

Supportive Community

One of the greatest strengths of Devine-Creative is our community.

Students often arrive feeling nervous, uncertain, or wondering whether they belong.

What they discover is a welcoming environment filled with kind, compassionate, like-minded individuals who genuinely want to see each other succeed.

Our community includes:

- Current students
- Graduates
- Guest facilitators
- Assessors
- Professional practitioners
- Business owners
- Wellbeing professionals
- Community leaders

Many friendships and collaborations continue long after graduation.

Some graduates establish successful private practices.

Others create community projects, workshops, CICs, wellbeing programmes, and social initiatives.

Many continue into advanced training and ongoing professional development.

The learning may begin with a course.

But the connections often last a lifetime.

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Your Journey Starts Here

Whether you choose to begin with HICAT Practitioner Training or are considering progressing towards Master Practitioner level, you are joining a learning community committed to growth, wellbeing, creativity, and possibility.

In the pages ahead, you'll discover the details of both training pathways and explore which option may be the best fit for your personal and professional goals.

We look forward to welcoming you.

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HICAT PRACTITIONER TRAINING

Holistic Integrated Creative Arts Therapy Practitioner Programme

Learn. Grow. Heal.

The Holistic Integrated Creative Arts Therapy (HICAT) Practitioner Programme is often described by students as far more than a training course.

Whilst you will gain practical skills, professional knowledge, recognised certification, and the confidence to facilitate creative wellbeing activities, many students also experience profound personal growth throughout the journey.

The course invites you to explore creativity not simply as an activity, but as a powerful tool for self-discovery, emotional wellbeing, relaxation, reflection, and personal development.

Whether you wish to support others professionally, enhance your existing role, or embark on a journey of personal transformation, HICAT provides a supportive and inspiring foundation.

Who Is This Course For?

HICAT attracts students from a wide range of backgrounds.

You may be:

- A wellbeing practitioner
- A coach or mentor
- A teacher or educator
- A healthcare professional
- A social prescriber
- A support worker
- A complementary therapist
- A community project leader
- A volunteer
- A parent or carer
- Someone seeking personal growth

No previous experience is required.

You do not need to be "creative."

You simply need a willingness to explore.

What Makes HICAT Different?

Many online courses focus primarily on theory.

At Devine-Creative, we believe learning becomes more meaningful when it is experienced.

Throughout the programme you will:



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✓ Learn the theory behind Holistic Creative Therapy

✓ Participate in practical creative activities

✓ Develop self-awareness and reflective practice

✓ Build confidence facilitating activities with others

✓ Experience the approaches for yourself before sharing them with clients or groups

✓ Receive personalised support and feedback

✓ Become part of a thriving learning community

This experiential approach helps you understand not only what works, but why it works.

Course Structure

Duration

12 Months

Modules

20 Modules

Study Time

Approximately 10 hours per week

Study Format

Online, flexible learning

Hybrid learning – online training supported by in person small group sessions based in Essex.

Support

- Assessor feedback
- Community support
- Facebook group
- Community Zoom sessions
- Guest speakers
- Monthly workshops

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Certification

Holistic Integrated Creative Arts Therapy Practitioner

Graduates may also use the titles:

Creative Therapist

Creative Arts Facilitator

What Will You Learn?

The HICAT programme combines theory, practical experience, self-reflection, and professional development.

Students explore a wide range of creative modalities including:

- Intuitive painting
- Drawing
- Charcoal
- Watercolour
- Mixed media
- Creative journalling
- Mandalas

Tactile Approaches

- Clay
- Sculpture
- Sandplay
- Nature-based creativity

Sound & Rhythm

- Drumming
- Rhythm work
- Sound exploration
- Voice work
- Music-based activities

Movement-Based Approaches

- Mindful movement
- Movement meditation

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Storytelling & Expression

- Creative writing
- Storytelling
- Drama
- Role play
- Expressive exercises

Core Topics Covered

Throughout the 20 modules you will explore:

- Understanding Wellbeing
- The effects of stress
- The mind-body connection
- Emotional wellbeing
- Resilience
- Self-care

Understanding People

- Emotions
- Learning styles
- Personality types
- Human behaviour
- Communication

Therapeutic Foundations

- History of creative therapies
- Why creativity supports wellbeing
- Supporting clients safely
- Professional boundaries
- Ethical practice

Working With Specific Groups

- Anxiety
- Grief and loss
- Depression
- PTSD
- Children
- Older adults
- Community groups

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Professional Practice

- Running workshops
- Group facilitation
- Developing programmes
- Marketing
- Business development
- Insurance and legal considerations

Learning Through Practice

A significant part of the HICAT journey involves participating in the very activities you may later use with others.

This enables you to:

- Understand activities from the participant perspective
- Build confidence
- Deepen self-awareness
- Strengthen reflective practice
- Develop authentic facilitation skills

Students frequently tell us that some of their greatest insights occur during the practical activities themselves.

Support Throughout Your Journey

One of the biggest concerns many students have before enrolling is:

"What if I get stuck?"

You will never be expected to navigate the programme alone.

Support includes:

- Dedicated Assessors
- Providing constructive feedback and encouragement throughout your studies.
- One to one meetings with your Course Facilitator

Community Learning

A warm and welcoming student community where questions, reflections and achievements can be shared.

Study Buddies

Opportunities to connect with fellow students for encouragement and accountability.

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Live Sessions

Regular opportunities to ask questions, deepen understanding, and connect with others.

Flexible Study

Life happens.

Our programme is designed to allow flexibility whilst maintaining momentum.

Course Outcomes

By the end of the programme you will have:

✓ Developed a strong understanding of Holistic Creative Therapy principles

✓ Experienced a wide range of creative approaches

✓ Built facilitation confidence

✓ Strengthened communication and reflective skills

✓ Developed group-work knowledge

✓ Gained practical tools to support wellbeing

✓ Received recognised certification

✓ Become part of an ongoing professional community

Many graduates go on to:

- Facilitate wellbeing workshops
- Support community projects
- Develop CICs and social enterprises
- Enhance existing wellbeing practices
- Introduce creativity into healthcare, education, or support settings
- Continue onto Master Practitioner Training

Accreditation & Recognition

The HICAT Practitioner Programme is internationally recognised through:

International Institute of Complementary Therapists (IICT)

International Practitioners of Holistic Medicine (IPHM)

Complementary Medical Association (CMA)

Graduates may be eligible to apply for professional membership and insurance subject to the requirements of the relevant organisations.

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Important Clarification

This is not an HCPC-approved Art Therapy qualification.
Completion of this programme does not lead to registration as an Art Therapist.

Investment

HICAT Practitioner Training Online

£1,398 Paid in Full

Or

Flexible Payment Plans Available

Current options:

£500 x 3 payments

£165 x 10 payments

(Please check our website for the latest pricing and availability.)

HICAT Practitioner Training Hybrid (October 2026 prices)

£2,650 Paid in Full

Or

Flexible Payment Plans Available

Current options:

£920 x 3 payments

£285 x 10 payments

(Please check our website for the latest pricing and availability.)

Intake Dates

Online Cohorts

Regular intakes throughout the year usually in February, April, June, and September

Hybrid Cohorts

X1 per year, currently October 2026

Places are intentionally limited to ensure students receive meaningful support throughout their journey.

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Progression Pathway

For students wishing to continue their professional development after graduation, the next step is our:

Master Practitioner of Holistic Creative Therapy (MPHCT)

A comprehensive advanced-level programme exploring trauma-informed practice, counselling skills, positive psychology, neurodiversity, addiction, spirituality, professional practice, clinical development, and much more.

The MPHCT programme is explored in the next section of this prospectus.

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MASTER PRACTITIONER OF HOLISTIC CREATIVE THERAPY (MPHCT)

Advanced Professional Training

Deepen Your Knowledge. Expand Your Practice. Embody Your Learning.

The Master Practitioner of Holistic Creative Therapy (MPHCT) programme is our most advanced level of professional training.

Designed for practitioners, facilitators, wellbeing professionals, and those seeking a deeper understanding of human experience, the MPHCT takes students beyond foundational learning and into advanced therapeutic, psychological, and professional development.

Whilst the HICAT Practitioner Programme introduces the principles and practices of Holistic Creative Therapy, the MPHCT invites you to explore the deeper layers.

This is where learning becomes embodied.

Where theory becomes integrated.

Where confidence becomes competence.

Where practitioners begin to develop their own authentic professional identity.

Many students describe the MPHCT as one of the most transformative experiences of their lives.

Who Is MPHCT For?

This programme is designed for those who feel called to go deeper.

You do not necessarily need to have completed HICAT, although many students progress directly from Practitioner level.

The programme is suitable for:

- HICAT Graduates
- Coaches
- Counsellors
- Wellbeing Practitioners
- Therapists
- Facilitators
- Educators
- Community Leaders
- Healthcare Professionals
- Support Workers
- Social Prescribers
- Personal Development Enthusiasts

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Most importantly, it is for individuals who are committed to their own growth and who wish to support others from a place of authenticity, compassion, and integrity.

What Makes MPHCT Different?

The Master Practitioner Programme moves beyond learning creative activities and facilitation techniques.

Instead, it focuses on understanding:

- Why People Behave the Way They Do
- How Trauma Impacts Human Experience
- How Thoughts, Emotions, and Behaviours Interact
- How Relationships Influence Wellbeing
- How Practitioners Can Create Safe and Effective Spaces
- How Creative Processes Support Healing and Growth
- How to Build a Sustainable Professional Practice

This deeper exploration allows practitioners to work with greater confidence, awareness, and understanding.

Programme Structure

Duration

12–24 Months

Modules

40 Comprehensive Modules

Study Time

Approximately 5–10 Hours Per Week

Clinical Practice

10 Hours Practical Experience

Workshops

Weekly Live Interactive Workshops

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Learning Format

Online interactive

Community

Active and Supportive Professional Learning Community

Weekly Workshops

One of the most valuable elements of the MPHCT programme is the weekly live workshop series.

These sessions allow students to:Explore module content in greater depth

- Discuss real-world application
- Ask questions
- Reflect on learning
- Practice skills
- Learn from peers
- Receive support

Workshops are recorded for students unable to attend live.

Many students describe these sessions as one of the highlights of the programme.

What You'll Study

The MPHCT curriculum combines psychology, counselling, wellbeing, personal development, creative therapies, and professional practice.

Topics include:

Humanistic Psychology

Understanding the human experience through compassion, growth, and self-actualisation.

Holistic Counselling Skills

Developing communication, listening, reflection, and therapeutic presence.

Positive Psychology

Exploring strengths, resilience, wellbeing, and flourishing.

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Anatomy & Physiology

Understanding the physical body and its relationship to wellbeing.

Mind-Body Medicine

Exploring the interconnectedness of physical, emotional, mental, and spiritual health.

Trauma-Informed Practice

Developing awareness of trauma and learning how to work safely and ethically.

Advanced Areas of Study

Students also explore:

Anxiety

Understanding causes, symptoms, and supportive approaches.

Depression

Exploring emotional wellbeing through a holistic lens.

PTSD

Developing awareness of trauma responses and recovery.

Grief & Loss

Supporting individuals through life transitions and bereavement.

Addiction

Understanding patterns, coping mechanisms, and recovery.

Neurodiversity

Including ADHD and Autism.

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Spirituality

Exploring meaning, purpose, connection, and personal belief systems.

Family Dynamics

Understanding relationships, systems, and patterns.

Group Work

Developing confidence facilitating groups and communities.

Clinical Practice

The MPHCT programme includes practical experience designed to help students integrate learning into real-world situations.

Clinical practice provides opportunities to:

- Apply knowledge
- Build confidence
- Develop professional skills
- Reflect on experiences
- Receive feedback
- Strengthen ethical awareness

This helps bridge the gap between theory and practice.

Personal Development

The MPHCT is not solely focused on supporting others.

Throughout the programme students are encouraged to explore:

- Self-awareness
- Personal values
- Beliefs
- Patterns
- Relationships
- Emotional intelligence
- Professional identity

This personal exploration helps practitioners develop authenticity and integrity within their work.

Many students report significant personal transformation throughout the programme.

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Professional Practice Development

The MPHCT supports students in developing sustainable and meaningful professional pathways.

Areas explored include:

- Private Practice Development
- Workshop Facilitation
- Group Programmes
- Community Projects
- CIC Development
- Organisational Wellbeing Programmes
- Professional Networking
- Ethical Practice
- Supervision
- Continued Professional Development

The aim is not simply to qualify practitioners but to help them build confidence in bringing their skills into the world.

Learning Community

The MPHCT community is one of the programme's greatest strengths.

Students benefit from:

- Weekly workshops
- Study buddies
- Facebook community
- Assessor support
- Peer reflection
- Professional networking
- Graduate connections
- Community events

The relationships developed throughout the programme often continue long after graduation.

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Accreditation & Professional Recognition

The MPHCT is internationally recognised through:

International Institute of Complementary Therapists (IICT)

International Practitioners of Holistic Medicine (IPHM)

Complementary Medical Association (CMA)

Graduates may be eligible for membership and professional insurance through these organisations.

Important Clarification

This is not an HCPC-approved Art Therapy qualification.

Completion of this programme does not lead to registration as an Art Therapist.

Investment

Master Practitioner of Holistic Creative Therapy

£3,100 Paid in Full

Or

£550 per month for 6 months

Or

£250 per month for 14 months

Flexible options are designed to make advanced professional development accessible.

Intake Dates

Online Interactive Cohorts

Regular intakes throughout the year usually in March, June, and September/October

Places are intentionally limited to maintain a high-quality learning experience and strong levels of student support.

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Graduate Outcomes

Graduates often go on to:

- Expand existing wellbeing practices
- Facilitate workshops and groups
- Develop specialist services
- Create CICs and community initiatives
- Work within charities and community organisations
- Deliver workplace wellbeing programmes
- Develop advanced professional practices

Most importantly, graduates leave with greater confidence, deeper understanding, and an expanded ability to support others.

The Journey Continues

The MPHCT is not simply a qualification.

It is an invitation to deepen your understanding of yourself, your work, and the people you support.

For many students, it becomes a journey of personal transformation, professional development, and lifelong learning.

The next section of this prospectus explores frequently asked questions, and how to choose the pathway that is right for you.

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FREQUENTLY ASKED QUESTIONS

Do I Need To Be Artistic?

Absolutely not.

One of the biggest misconceptions about creative therapy training is that you need to be good at art.

You don't.

Our courses are not about artistic talent, technique, or creating beautiful artwork.

They are about creativity as a process.

We focus on expression, exploration, reflection, curiosity, and self-discovery.

Many of our most successful students begin their journey saying: *"I'm not creative."*

By the end of the programme, they often discover that creativity was never missing - it simply needed permission to emerge.

How Much Time Will I Need?

HICAT Practitioner

Approximately 10 hours per week.

MPHCT

Approximately 5–10 hours per week, alongside weekly workshops.

Both programmes are designed to fit around work, family, and existing commitments.

Students can study at times that work best for them.

Time on the courses is most frequently considered beautiful ‘Me time’.

What Support Will I Receive?

Support is one of the things our students value most.

Throughout your studies you'll have access to:

- Dedicated assessors
- Weekly community support
- Live workshops
- Study buddies
- Facebook communities
- Guest speakers
- Professional guidance
- Peer encouragement

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Studying online does not mean studying alone.

What Happens If Life Gets In The Way?

Life happens.

Many of our students balance careers, families, caring responsibilities, health challenges, and other commitments.

We understand this.

Our programmes are designed with flexibility in mind, and we will always work with students wherever possible to support their success.

Can I Use These Skills Professionally?

Yes.

Many graduates go on to:

- Facilitate workshops
- Run wellbeing groups
- Develop community projects
- Support existing clients
- Create CICs
- Build private practices
- Deliver workplace wellbeing programmes

Some students study primarily for personal development, whilst others go on to develop successful professional practices.

Is This Art Therapy?

No.

Holistic Creative Therapy and Art Therapy are different professions.

Our courses are not HCPC-approved Art Therapy qualifications.

Completion does not enable graduates to register as Art Therapists.

Instead, graduates become Holistic Creative Therapy Practitioners and Master Practitioners who utilise creativity as a tool for wellbeing, self-discovery, personal development, and holistic support.

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HICAT VS MPHCT - Which Programme Is Right For Me?

Both programmes offer rich learning experiences, but they serve different purposes.

HICAT Practitioner	MPHCT
20 Modules	40 Modules
Foundation Level	Advanced Level
Approx. 12 Months	12–24 Months
Introduction to Holistic Creative Therapy	Advanced Professional Development
Learn Creative Modalities	Deepen Therapeutic Understanding
Facilitation Skills	Advanced Practitioner Skills
Personal Growth	Personal & Professional Transformation
Practitioner Certification	Master Practitioner Certification

HICAT May Be Right For You If:

You're new to Holistic Creative Therapy

You want a strong foundation

You're exploring a potential career change

You want practical creative wellbeing tools

You're seeking personal growth and development

MPHCT May Be Right For You If:

You want to deepen existing knowledge

You are already working with people

You want advanced practitioner skills

You are committed to ongoing professional development

You want to develop a specialist practice

The Natural Progression Pathway

Many students begin with HICAT and later progress onto MPHCT.

This creates a powerful learning journey that combines practical creative approaches with advanced therapeutic understanding.

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STUDENT SUCCESS STORIES

More Than A Qualification

Whilst qualifications are important, what we are most proud of is the growth we witness in our students.

Over the years our students have:

✓ Started successful wellbeing businesses

✓ Created Community Interest Companies (CICs)

✓ Delivered workshops within schools

✓ Developed workplace wellbeing programmes

✓ Supported local communities

✓ Introduced creativity into healthcare settings

✓ Created support groups

✓ Built thriving private practices

✓ Discovered confidence they never knew they possessed

But perhaps most importantly, they have developed deeper relationships with themselves.

See just some of our graduate successes on our Certified Practitioners page

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THE DEVINE-CREATIVE COMMUNITY

Learning Together

Our community extends far beyond the classroom.

Students and graduates benefit from opportunities including:

Monthly Creative Relaxation Workshops

Gentle opportunities to experience creativity, mindfulness, and wellbeing practices.

Community Zoom Calls

Regular opportunities to connect, reflect, share, and learn.

Guest Speakers

Learning from experts across a variety of disciplines.

Annual Community Meet-Ups

Bringing our online community together in person to connect, create, and celebrate.

Many students tell us that the community becomes one of the most treasured aspects of their journey.

SUPPORT AFTER GRADUATION

Learning does not end when your course finishes.

Graduates can continue their journey through:

- Supervision
- Business mentoring
- Graduate Zoom sessions
- Community events
- Workshops
- Networking opportunities

Our aim is to support practitioners not only to qualify, but to thrive.

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YOUR NEXT STEP

Every meaningful journey begins with a single step.

If you feel drawn towards creativity, wellbeing, self-discovery, and supporting others, we would love to hear from you.

Whether you're exploring personal growth, seeking a new professional direction, or looking to deepen existing skills, there is a place for you within our community.

Book a call with Katie

A relaxed, no-obligation conversation to explore your goals and determine which pathway may be right for you.

Contact Katie here

Attend an Open Evening

Meet Katie, ask questions, hear from students and graduates, and learn more about our programmes.

Sign-up here

Join Our Student Community

Become part of a growing network of creative, compassionate, like-minded individuals committed to learning, growth, and wellbeing.

Enrol HICAT Online

Book a call with Katie to discuss HICAT Hybrid options

Enrol MPHCT

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