Devine-Creative
HOLISTIC CREATIVE THERAPY EDUCATION & WELLBEING

Holistic Integrated Creative Arts Therapy Practitioner Training

Course Timetable

Module	Course Content	Materials and Resources
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	**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 Sand play toys: A collection of toys like farm animals, miniature figurines, dolls house 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
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
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	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 Clay Therapy - 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 arts project	Any art supplies or materials you choose.