

# The Wholistic Health College

A division of Mind Body Education Pty Ltd



## Diploma in Holistic Integrated Creative Art Therapy



## Course Prospectus

### Course Title

MBEd Diploma of Holistic Integrated Creative Art Therapy (HICAT)

### Course Accreditations

International Institute of Commentary Therapists.  
Complementary Medical Association



**APPROVED**  
TRAINING PROVIDER  
INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS



## **ABOUT THE TRAINING PROVIDER**

The Wholistic Health College is a division of Mind Body Education Pty Ltd. (ACN: 626 413 045). We have been providing training courses since 2008 and while we are physically located in Queensland Australia, we are a global organization and our training courses are delivered all over the world through a range of independent colleges. We offer the Dip. HICAT course through the Wholistic Health College at over a dozen locations.

The Wholistic Health College provides ethical, industry accredited, evidence-based, human-focused and high-quality training materials, courses and resources, with a strong focus on personal empowerment, creativity and self-exploration as healing therapies.

Our courses are evidence-based, industry accredited, non-sectarian (non-denominational) and provide a solid training platform for professional therapists, focused on effective, self-empowering modalities and life skills.

## **COURSE OUTCOMES**

On Completion of this diploma level, intensive training course you will be qualified to work as a professional Holistic Integrated Creative Arts Therapist and a Holistic Counsellor.

You will be able to work for yourself in your own private practice with individuals and groups using a wide variety of evidence-based skills to assist people in overcoming a wide range of physical, emotional and psychological issues. You will also be able to deliver programs in the corporate sector, schools and to community groups.

You will be able to provide holistic counselling services. You may also seek employment, if you wish, in holistic healthcare centres, wellbeing clinics, health clubs, natural therapies centres and retreats, gymnasiums, respite centres and community centres as well as several other areas that seek to employ qualified holistic therapists with an emphasis on creative, client-focused, empowering therapies, stress management and positive self-development.

You will have the skills, qualifications and confidence to develop a solid holistic wellbeing practice. Your training course will assist you in taking the first steps required to begin your exciting new career.

This training course is among the most highly accredited holistic therapists training course in the world and you will be able to join professional associations and obtain professional insurance.

## **WHAT TO EXPECT**

Each of your classes will be divided into theory and practice sessions.

On campus, theory sessions are held in the morning when brains are fresh and practical sessions will be held in the afternoon when creativity is at its peak.

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 visualization, mindfulness and Zen meditation.

Students will have around 5 to 10 hours of homework per week (mostly art, essay writing, exploration and meditation).

All students will need to buy some materials to complete to use in class and for homework. A materials list will be supplied. You can expect to pay around \$200 (or less) for your materials.

## **IF YOU CAN'T MAKE IT TO CLASS**

Students must attend a minimum of 80% of classes (16 classes) to graduate from this course.

Students who miss a class must complete the theory component of the missed class at home, between classes and complete the homework for the missed class.

If you are unable to attend, it is requested that you email or phone the college to let us know not to wait for you.

## **TOPICS COVERED**

On-campus HICAT classes are often very organic and will flow with the needs of the student group. The following topics will be covered during your course.

## **PRACTICAL TOPICS**

Art Therapy (paint, watercolour pencils, charcoal & oil pastels)  
Tactile Therapy (sculpture, clay, construction, Sand play & environmental art making)  
Music, Tribal Rhythms, Medicine Drums & Sound Therapy  
Dance & Movement Therapy  
Role Play, Storytelling, creative writing & Drama Therapy

## **THEORY TOPICS COVERED INCLUDE**

The cause & effects of stress	Personality types
The mind/body connection	Managing groups
Physiology of the brain	Supporting clients
Left brain/right brain	Working with PTSD
Unconscious beliefs and mental patterns	Working with anxiety disorders
Exploring emotions	Working with grief & loss
History of art therapy	Working with children
Creative therapies & health	Working with depression
Why creative art therapies are effective	Working in medical settings
Creative art therapies as emotional healing	Developing community arts projects
Creative art therapies for recovery & rehabilitation	Meditation for every day
Art & developing intuition	Meditation in action through art
Drawing from within	Gratitude & art journaling
Colour & emotions	Counselling skills for creative arts therapists
Sound, vibration & the body's cells	Networking & referring
The creative process	Ethics, safety & professionalism
Art appreciation	Setting up your own practice
Interpretation & diagnosis	Creating a specialized practice
Compassion & non-judgment	Resources, materials & equipment
Learning Styles	Marketing for creative arts therapists

**There will be two off-campus group excursion days during the course, for on-campus students, they are:**

1. Trip to a beach to explore Sand play (meet at the beach - no cost).
2. Visit local retirement home to share art play with elderly residents (no cost).

## GRADUATION

Graduates can use the letters *Dip.HICAT(MBEd)* after their names and will receive a Diploma in Holistic Integrated Creative Art Therapy.

You will also be able to:

Join the International Institute of Complementary Therapists.

Join the Complementary Medical Association.

Join the International Meditation Teachers and Therapists Association

Join the Holistic Integrated Creative Arts Therapist Association.

Get professional insurance. \* unless there is any reason you do not personally qualify.

You will have all 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 specialise in specific areas of interest, if you wish. You may also be able to seek employment within some organizations who value holistic and complementary therapies.

This is a professional, practical training course where you will explore a wide range of creative arts while learning the essentials of working as a Holistic Integrated Creative Art Therapist, in a safe, extremely supportive and fun-filled environment, with a highly experienced holistic therapist trainer.

All information is evidence-based and will prepare you for a professional career.

This course is also suitable for personal development.

### Enrolment terms and conditions

#### Attendance:

On-campus students must attend a minimum of 80% of classes (16 classes) to graduate from this course.

Students who miss a class must complete the theory component of the missed class at home, between classes.

On-campus and online students must submit 100% of all homework submissions in order to pass this course.

#### Course Fees and Refunds:

If paying the **full course fee** of \$2,750 (inc GST), this fee must either be paid in full on enrolment.

If choosing to pay by the **half year**, \$1,540 (inc GST) must be paid on enrolment and another \$1,540 must be paid prior to the commencement of module eleven.

Students who do not pay the second course fee instalment prior to the commencement of module eleven, will not be able to participate in the course. You may be able to swap over to a weekly payment plan, depending on the circumstances at the time but will need to pay the balance between the two payment options.

If choosing to pay by **monthly** instalments, \$220 (inc GST) must be paid on enrolment and \$308 per month for 10 months, on the first of each month from the commencement of your course.

If choosing to pay via **weekly** instalments \$220 (inc GST) must be paid on enrolment and \$154 must be paid each week for 20 weeks.

**Students who do not maintain regular course fee payments, will not be able to participate in the course. Payment plan payment begin on the first week of training.**

**Course fees and part thereof are non-refundable.** Students who have paid course fees in full or in part, who are unenrolled through failure to attend, or who have a change in circumstance, or mind, and wish to discontinue their course, will forfeit their course fee.

Students using half-yearly, monthly or weekly payment plans, who are unenrolled through failure to attend, or who have a change in circumstance, or mind, and wish to discontinue their course, may still be required to honour their payment plan and payout their course fee.

This is because expenses will have been incurred in view of the students expected participation, budgets will have been set in anticipation of the students commitment to the payment plan and because the student has committed to filling a place in the class that cannot be allocated to another student after the commencement of the course, thereby denying Mind Body Education the ability to recoup the funds through any other means.

We will always do our best to assist students to complete the course and may offer alternatives in some extreme circumstances, to assist students in financial difficulty, however, this cannot be guaranteed in all situations. Please talk to us if you need further information or assistance.

Course fees are to be paid via online bank deposit or credit card online or via PayPal and required on enrolment. Places cannot be held for enrolments submitted without accompanying payment.

**Deferrals:**

Students who cannot participate in the course due to illness or other extenuating circumstances, may be able to defer to a later course date, at the College Director's discretion.

**Locality:**

In the unlikely event that the venue where courses are held becomes unusable, unsuitable or unavailable, the classroom will be moved to another suitable location within the same or near as possible locality.

**Class cancellations:**

In the very unlikely event that a class needs to be cancelled due to dangerous weather or some other extreme circumstances, including the teacher being unable to attend for any reason, the class will be postponed to the following week and the course completion date and graduation date will be moved to a later date to accommodate the extra week/s. In this case, students will be notified via text message, email and through the HICAT students Facebook page.

Any student who uses behaviour that is offensive, upsetting, aggressive or disruptive to the class may be expelled after two warnings have been issued in writing, outlining the nature of the unsuitable behaviour. If a student is expelled, no refund of any course fees already paid will be available and no graduation certificates will be issued.

**Course Cancellation:**

In the very unlikely event that a course needs to be cancelled due to lack of enrolments, students will be notified, and all fees paid will be returned immediately. (This never happens as classes fill quickly, but we have to say it).

**Please see the college website for campus locations and course commencement dates. At**

<https://www.wholistichealthcollege.com/hicat.php>

**Contacting the College.**

Telephone: **07 5302 4779**

Email: [info@wholistichealthcollege.com](mailto:info@wholistichealthcollege.com)

Find more info and enrol online at <https://www.wholistichealthcollege.com/>