

ASHC PRESENTS



# Practitioner of Holistic Integrated Creative Arts Therapy (HICAT)

## COURSE PROSPECTUS



**Australian School  
of Holistic Counselling**  
Best Online Holistic  
Counsellor Training  
Provider - Oceania



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

# Table of Contents

- PROGRAM BACKGROUND
- COURSE STRUCTURE
- COURSE OUTCOMES
- ACCREDITATION & PRICING
- FAQs
- COURSE TIMELINE



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ASHC

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# Program Background

## **The Holistic Integrated Creative Arts Therapy Practitioner Course**

Holistic Integrated Creative Arts Therapy is a mental health profession that uses the creative process of art-making to improve and enhance the physical, mental and emotional well-being for individuals of all ages.

At ASHC, we provide high support, super interactive, hands-on, online training for students from all over the world.

If you are looking for a user friendly, industry recognised course you can study at times that work for you, completely online, you are in the right place!

Internationally industry approved training.

Study online with high support.

10 hours home study per week (200 hours total)

12-month course with 12 weeks of study breaks (no school holiday classes)

Recognised certification: Holistic Integrated Creative Arts Therapist Graduates can use the letters: MbeHICATprac. after their name.

"It's not just a course, it will change your life!"

- Jacqui, HICAT Graduate

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# Program Background

## Who should do this course?

- Suitable for all ages over 18 years, including mature age students.
- No previous experience or qualifications required.
  - Start a new career as a qualified Holistic Therapist, or add a new dimension to your existing career. No artistic ability is necessary.

## This course will connect you with the best part of yourself.

Holistic Integrated Creative Arts Therapies can be used in a wide variety of settings and with an assortment of different clients. HICAT will provide you with valuable skills to help children express and process emotions, develop confidence, focus and concentration. HICAT is also extremely beneficial to children on the autism spectrum and their families.

HICAT can also make an impact in aged care, completely changing the quality of life for many older people by assisting in treating loneliness and loss of purpose often experience in this age group.

HICAT skills are also in high demand in the corporate arena where they can contribute to positive work environments, reducing workplace stress and workplace bullying. HICAT can also help to improve creativity, leadership skills, productivity and profitability, making it a popular team building program for corporate managers.

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# Course Structure

**This course combines a multitude of exciting and inspiring creative modalities.**

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

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 visualisation, mindfulness and Zen meditation.

Online students will spend around 10 hours per week studying for one year. Studies will include reading, watching videos, completing art projects, writing essays and answering quizzes.

There are some fieldwork components where you will need to involve a friend or family member or visit a professional practice, business or centre but we will guide and assist you with this.

You will need to be able to take photos and videos and upload them onto your course work submission forms. This is not difficult, and we can assist you to learn how to do this if you need us to.



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# Course Structure

## **Practical topics covered in this course include:**

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

## **Theory topics covered in this course include:**

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

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# Course Outcomes

**Graduates receive the MBE Holistic Integrated Creative Arts Therapy Practitioner Accredited Certification and can use the letters MbeHICATprac. after their names.**

- You will graduate with 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 specialising in specific areas of interest, if you wish. You may also be able to seek employment within some organisations who value holistic and complementary therapies.
- Graduates can join the International Institute of Complementary Therapists, the International Practitioners of Holistic Medicine and get professional insurance.
- You will also be provided with a full year of free membership to the Holistic Integrated Creative Arts Therapists Association and the International Meditation Teachers and Therapists Association.
- This course is also suitable for personal development. HICAT enhances physical, mental and emotional functioning and well-being. Holistic therapists work with the whole person and assist people in becoming self-empowered through supporting them on a journey of self-exploration and personal growth, incorporating the body, mind, emotions and spirit.
- Graduates of the HICAT Course are not Art Therapists, they are Holistic Integrated Creative Arts Therapy (HICAT) practitioners.

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# Accreditation

This course is recognised in 27 countries:

**Internationally Industry  
Recognised**



Oceania: Australia & New Zealand  
UK and Europe: United Kingdom, Ireland, Germany, France, Spain, Portugal, Denmark, Gibraltar, Liechtenstein, Iceland, Belgium, Luxembourg, Greece, Latvia, Sweden, Channel Islands, Norway, Estonia, Austria, Malta, Isle of Man, Netherlands, South Africa (covered under the EU/UK insurer), United States, Canada

# Pricing

## Full tuition fee paid on enrolment

Total fee \$2,000 (plus GST = \$2,200)

## Payment plan for tuition fee

Paid monthly. Total fee \$2,500 (plus GST = \$2,750).

\$250 on enrolment and \$250 per month for ten months. This amount includes GST.

**Fees are provided in Australian Dollars**

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# FAQs

## Is this course accredited?

Short answer: Yes!

Long answer: There is a wide range of holistic and complementary therapies modalities that do not fit into the Government Training Frameworks in most countries. These include Yoga, Holistic Counselling, Meditation and Holistic Arts Therapies, just to name a few.

These modalities are industry regulated instead of government regulated. It is not that they are unregulated, just industry regulated. In order to practice as a therapist under these modalities you need industry recognition and to be able to get professional indemnity and liability insurance. Industry-based Associations are not owned by the same people who own the training colleges. They are separate, not associated with the colleges and non-bias. Their purpose is to protect the end-user and maintain the integrity of holistic and complementary therapies. They accept members from a very wide variety of different therapeutic modalities. They are not concerned with the specific styles, techniques, traditions or lineages. They are concerned with the quality, educational content, course outcomes, scope of information, where that information originated and the integrity of the course provider. They have a rigorous process that course providers must adhere to before they provide accreditation for any training courses.

Our courses are recognized by the International Institute of Complementary Therapists and the International Practitioners of Holistic Medicine. All have excellent global reputations and rigorous screening processes. We are very proud to have their stamps of approval. Our graduates can join the IICT and the CMA, and get professional practitioner insurance, in 26 countries around the world.

Our courses are all evidence-based and incorporate a wide variety of techniques and styles.

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# FAQs

## What is the course structure?

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Online students will spend around 10 hours per week studying for one year. Studies will include reading, watching videos, completing art projects, writing essays and answering quizzes.

There are some fieldwork components where you will need to involve a friend or family member or visit a professional practice, business or centre but we will guide and assist you with this. You will need to be able to take photos and videos and upload them onto your course work submission forms. This is not difficult, and we can assist you to learn how to do this if you need us to.

Our students and teachers are physically located in different places all over the world, but we are still able to enjoy a strong sense of community. There is a virtual classroom located on Facebook which is only for students enrolled in this course, where you will receive contact and connection with your classmates and information and guidance from your teachers.

There is a live stream workshop with a teacher for each module (once per fortnight) where you can ask questions and get support in real time. You do not have to participate in the real time workshops if you can't or do not want to and you can watch them later at any time. You can also get support from your teacher and ask questions via email or telephone whenever you need to.

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# FAQs

## What topics are covered in this course?

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Tactile Therapy (sculpture, clay, construction, Sandplay & environmental art making)  
Music, Tribal Rhythms, Medicine Drums & Sound Therapy  
Dance & Movement Therapy  
Role Play, Storytelling, creative writing & Drama Therapy  
Theory topics covered in this course include:  
The cause & effects of stress  
The mind/body connection Physiology of the brain  
Left brain/right brain Unconscious beliefs and mental patterns Exploring emotions History of art therapy  
Creative therapies & health  
Why creative art therapies are effective  
Creative art therapies as emotional healing  
Creative art therapies for recovery & rehabilitation  
Art & developing intuition  
Drawing from within  
Colour & emotions  
Sound, vibration & the bodies cells

The creative process  
Art appreciation  
Interpretation & diagnosis Compassion & non-judgment  
Learning Styles  
Personality types  
Managing groups  
Supporting clients  
Working with PTSD  
Working with anxiety disorders Working with grief & loss  
Working with children  
Working with depression  
Working in medical settings Developing community arts projects  
Meditation for every day  
Meditation in action through art  
Meditation with music and movement  
Gratitude & art journaling  
Holistic counselling skills for creative arts therapists  
Networking & referring  
Ethics, safety & professionalism  
Setting up your own practice  
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Resources, materials & equipment  
Marketing for creative arts therapists  
Legalities, insurance and joining associations

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# FAQs

## **What materials and equipment do I need to complete the course?**

- You will need to be able to read and write in English.
- Access to a computer with internet connection.
- Email access.
- Be able to open and read PDF's (we can help you with this).
- A moderate level of computer literacy (send emails, internet, upload documents and photos).
- Ability to take photo's and videos (your phone is perfect for this).
- Ability to watch and listen to videos on Youtube.
- You will be provided with a materials list that will cost no more than \$200 AUD. This will include all the art materials and resources you will need throughout your course. You do not have to purchase all the items at once.
- Time management skills - You need to set aside 10 hours study time each week to complete your course on time.

## **Will I be able to get support when I need it?**

Absolutely!

Our teaching team is very available. You will be able to contact your teacher directly via email. You can make appointments to have your teacher telephone you.

Our exclusive students Facebook page is very active and you will be able to connect with your teachers and other students. You will be able to join our weekly Zoom meetings to ask questions and get support or, if you cant attend, you can watch the recording later.

You will also be assigned a "study buddy". You can connect with your study buddy to give and receive support, practice counselling and coaching skills and do activities that require a partner.

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# Course Timeline

## What topics are covered in this course?

Module	Course Content
<b>Module One</b>	<b>Theory</b> Unit 0 - Introduction to HICAT Unit 1 - The Cause and Effect of Stress Unit 2 - The Mind/Body Connection <b>Practical</b> Art Therapy
<b>Module Two</b>	<b>Theory</b> Unit 3 - Physiology of the brain Unit 4 - Left brain/right brain Unit 5 - Unconscious beliefs and mental patterns <b>Practical</b> Art Therapy
<b>Module Three</b>  <b>Off-Campus/excursion module</b>	<b>Theory</b> Unit 6 - Exploring emotions Unit 7 - History of art therapy Unit 8 - Creative therapies & health <b>Practical</b> Sand Play - Tactile Therapy – sculpture – mandalas
<b>Module Four</b>	<b>Theory</b> Unit 9 – Music and the brain Unit 10 - Creative art therapies as emotional healing Unit 11 - Creative art therapies for recovery & rehabilitation <b>Practical</b> Music Therapy
<b>Module Five</b>	<b>Theory</b> Unit 12 – Art and developing intuition Unit 13 – Drawing from within Unit 14 – Colour and emotions <b>Practical</b> Art Therapy

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<b>Module Six</b>	<b>Theory</b> Unit 15 – Sound Therapy and Vibrational Healing <b>Practical</b> Sound Therapy
<b>Module Seven</b>	<b>Theory</b> Unit 16 – The Creative Process and Holistic Counselling Skills <b>Practical</b> Dance and Movement Therapy
<b>Module Eight</b>	<b>Theory</b> Unit 17 – Revision
<b>Module Nine</b>	<b>Theory</b> Unit 18 – The Drama Triangle. Unit 19 – Compassion & Non-judgment Unit 20 - Learning Styles Unit 21 - Personality Types <b>Practical</b> Creative Writing – Storytelling - Role Play
<b>Module Ten</b>	<b>Theory</b> Unit 22 – Managing groups Unit 23 – Supporting clients and Holistic counselling skills <b>Practical</b> Drama - Music, Tribal Rhythms, Medicine Drums
<b>Module Eleven</b>	<b>Theory</b> Unit 24 – Working with PTSD <b>Practical</b> Meditation/Mindfulness & Art Therapy
<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
<b>Module Thirteen</b>	<b>Theory</b> Unit 28 – Working with Children <b>Practical</b> Games – Movement – Roleplay – Art

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<b>Module Fourteen</b>	<p><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 &amp; art journaling</p> <p><b>Practical</b>            Art Therapy</p>
<b>Module Fifteen</b>	<p><b>Theory</b>            Unit 33 - Setting up your own practice            Unit 34 - Creating a specialised practice Unit 35 - Venues, resources, materials &amp; equipment</p> <p><b>Practical</b>            Drama - Role Play</p>
<b>Module Sixteen</b>  <b>Off-Campus/excursion module</b>	<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</p> <p><b>Practical</b>            Visit to an Aged Care Facility or a visit to an elderly friend or family member to practice Art Therapy</p>
<b>Module Seventeen</b>	<p><b>Theory</b>            Unit 39 – The Drama Triangle Revision Unit 40 - Venues, resources, materials &amp; equipment            Unit 41 - Legalities, insurance and Joining associations</p> <p><b>Practical</b>            Dance &amp; Movement Therapy</p>
<b>Module Eighteen</b>	<p><b>Theory</b>            Unit 42 -Marketing for creative arts therapists</p> <p><b>Practical</b>            Sandplay - Sculpture</p>
<b>Module Nineteen</b>	<p><b>Theory</b>            Unit 43 -Marketing for creative arts therapists</p> <p><b>Practical</b>            Community art projects</p>
<b>Module Twenty</b>	<p><b>Theory</b>            Unit 44 -Marketing for creative arts therapists</p> <p><b>Practical</b>            Graduation</p>

\*Please be aware that this timetable may change.

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If you want to help people rediscover their innate creativity and playfulness, while overcoming physical, mental and emotional hurdles to live happier healthier lives, then this course is for you!

ARE YOU READY TO PURSUE A CAREER IN HOLISTIC WELLBEING?

**ENROL NOW**



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