



Certificate in Holistic Integrated Creative Arts Therapy (HICAT) – Online



Turn Your Creative Spark into a Healing Career

If you've ever felt drawn to helping others but didn't want a clinical path — or if you're already in the wellness space and want to deepen your toolkit — HICAT offers a powerful, joyful way forward.

This course integrates art therapy principles with holistic practices, empowering you to guide others through emotional healing, personal development, and transformation using creativity and play.

This internationally industry-accredited course is your opportunity to blend art, dance, drama, sculpture, sand-play, sound therapy, music, movement, meditation, storytelling, and more into a transformative healing modality that supports others — and deeply enriches your own life.



What Makes HICAT Unique?

Unlike many online “art therapy” or “creative wellness” courses, HICAT is:

- **Comprehensive, Multi-Modality Training**
You’ll explore creative arts therapy, sound healing, movement, drama, meditation, sand play, mask making, journaling, and more — all in a trauma-sensitive, client empowering way.
- **No Need for a Psychology Degree**
Unlike clinical art therapy pathways that require years of university study, HICAT offers an accessible yet professional path into therapeutic work through holistic and creative approaches.
- **Flexible Career Options**
Run your own private sessions, teach classes and workshops, run retreats, work with children or elders, support trauma survivors, or integrate HICAT into other practices like yoga, education, social work, or coaching.
- **Create Financial Security While Helping Others**
HICAT gives you the tools to build a self-employed business that reflects your passions. You choose how to work, where, and with whom — and you determine your income. There are so many avenues to diversify and grow a stable, meaningful business.
- **Support That Empowers You**
With live classes, a rich online learning portal, downloadable client tools, a supportive community, and expert guidance — you’re never alone. And we keep supporting you after graduation with business mentoring, resources, and a growing practitioner network.
- **Fully industry-accredited** — you’ll graduate with a recognised qualification.
- **Eligible for professional insurance and industry association membership.**

Accreditation That Opens Doors

This course is internationally industry accredited by the **International Institute for Complementary Therapists (IICT)** and other peak bodies. This means:

- You're eligible for **professional indemnity and public liability insurance**
- You can legally practice as a **Holistic Creative Arts Therapist** in Australia and many other countries
- You can join **industry associations** for professional credibility
- Your clients, employers, and community will see your qualification as professional and trustworthy

Far too many students finish “courses” that don't qualify them to work, can't get insurance, or are rejected by associations. This course protects your time and investment by ensuring you have everything you need to succeed.

You can read more about our accreditation [HERE](#)



A Career That's Creative, Healing, and Impactful

After graduating, you'll be qualified to:

- Offer 1:1 or group creative therapy sessions.
- Create and deliver your own wellbeing programs or workshops.
- Work with children, adults, the elderly, or those experiencing trauma or stress.
- Run retreats, support groups, or online programs that change lives.

This work is especially rewarding for those who feel a deep calling to help others but don't want to work within rigid medical systems or pursue years of university study.

Work For Yourself, On Your Terms

HICAT graduates are empowered to create businesses that are:

- **Flexible** – choose your hours, your clients, and your niche.
- **Sustainable** – set your own rates and design your offerings.
- **Purposeful** – every session you deliver supports healing, growth, and joy.

You can build your business gradually or launch into full-time practice — the choice is yours.

Holistic Integrated Creative Arts Therapy (HICAT)

Are you ready to create a career you love?



Mind Body Education

AVERAGE ANNUAL SALARY

\$73,420

EXPERIENCED THERAPISTS EARNING UP TO

\$100,000

as of July 2025, if employed



500

CREATIVE ART THERAPIST POSITIONS
ADVERTISED ANNUALLY ACROSS AUSTRALIA



as of July 2025

ACCREDITED & INDUSTRY-RECOGNISED

Our Graduates are eligible to join the International Institute for Complementary Therapists (IICT) + other International Associations

Access professional indemnity & public liability insurance

All MBE graduates receive an exclusive discount on IICT membership!



AVERAGE ANNUAL TUITION FEE FOR BACHALOR PROGRAMS

\$40,000

OUR INDUSTRY ACCREDITED,
INTERNATIONALLY AWARD WINNING
ONLINE PROGRAM FULL COURSE FEE

\$2,200

as of July 2025. Includes GST. Payment plans available



PREMIER TRAINING PROVIDER

INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS



SEAL of EXCELLENCE

2025

You're Supported at Every Stage

Mind Body Education is known for its heart-centred, student-focused support. During and after the course, you'll receive:

- Weekly Zoom classes (optional) and all sessions recorded.
- Direct support for questions and guidance.
- Business templates, client tools, and legal checklists.
- Optional post-graduation mentoring and connection to a global community of graduates.

This course changes lives — starting with yours.



Fast Facts

Course Duration:

- 6 months - Full-time - 10 hours of study per week: 1 module submission due weekly
OR
- 1 year - Part-time - 10 hours of study per fortnight: 1 module submission due fortnightly
- 20 Modules = 200 hours of study
- Payment plans available
- Industry approved training
- No previous experience or qualifications required

Explore course fee options and next course commencement dates at:

<https://mindbodyeducation.info/holistic-integrated-creative-arts-therapy-online>

Holistic Integrated Creative Arts Therapy (HICAT) – Course Outline

This comprehensive 20-module training is designed to equip you with **powerful, practical tools** to support emotional wellbeing, facilitate healing, and confidently work with clients using creative and holistic therapeutic approaches.

Each module combines **theory, experiential learning, and hands-on practice**, ensuring you don't just learn — you *embody and apply* the work.



Module 1 – Foundations of Holistic Creative Arts Therapy

Begin your journey by understanding the **core principles of HICAT** and how holistic therapies support healing.

You will explore:

- The **true causes of stress** and how it impacts the body and mind
- The **mind-body connection** and its role in health and disease
- How creative therapies can gently access and release stored tension

Practical:

Experience your first **Art Therapy session**, learning how creativity can bypass the thinking mind and access deeper healing.

Materials and Resources Required:

- 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 2 – The Brain, Beliefs & Behaviour

Understand how the brain shapes our experience of life.

You will explore:

- The **physiology of the brain** in relation to emotions and behaviour
- Left brain vs right brain functioning in therapy
- How **unconscious beliefs and patterns** influence clients

Practical:

Art therapy techniques to uncover and reframe limiting beliefs.

Materials and Resources Required:

- 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
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Module 3 – Emotions & Creative Expression

Learn how emotions are stored, expressed, and transformed through creative modalities.

You will explore:

- The role of **emotions in mental and physical health**
- The **history and evolution of art therapy**
- How creative therapies support emotional release

Practical:

Hands-on exploration using:

- Sand play
- Sculpture
- Mandalas
- Tactile therapy

Materials and Resources Required:

- 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 4 – Music, Rhythm & Healing

Discover the profound impact of sound and rhythm on the brain and nervous system.

You will explore:

- How **music affects brain function and emotional states**
- Creative therapies in **recovery and rehabilitation settings**
- Using rhythm to regulate and energise

Practical:

Immersive **Music Therapy session** using rhythm, sound, and expression.

Materials and Resources Required:

- A3 Visual Art Diary
 - Twistable Crayons
 - Coloured Connector Pens
 - Highlighters
 - 2 Hole Punch
 - Ballpoint Pens
 - Jumbo Oil Pastels
 - Ring Binder A4
 - Musical instruments
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Module 5 – Intuition, Colour & Inner Awareness

Develop your intuitive abilities and learn to guide clients inward.

You will explore:

- The connection between **intuition and creativity**
- How **colour reflects emotional states**
- Techniques for “drawing from within”

Practical:

Art therapy processes to strengthen intuition and emotional insight.

Materials and Resources Required:

- 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 6 – Sound & Vibrational Healing

Experience the healing power of vibration.

You will explore:

- The principles of **sound therapy and frequency**
- How vibration influences the nervous system
- Techniques for deep relaxation and energetic balance

Practical:

Hands-on **Sound Therapy session** using voice, instruments, and vibration.

Materials and Resources Required:

- 2 Hole Punch
 - Ballpoint Pens
 - Ring Binder A4
 - Highlighters
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Module 7 – The Creative Process & Counselling Skills

Learn how to guide clients safely through creative exploration.

You will explore:

- The stages of the **creative process in therapy**
- Foundational **holistic counselling skills**
- Holding space with confidence and care

Practical:

Dance & Movement Therapy to explore expression through the body.

Materials and Resources Required:

- 2 Hole Punch
- Ballpoint Pens
- Ring Binder A4
- Highlighters

Module 8 – Integration & Review

Consolidate your learning and deepen your understanding.

You will:

- Bring together key concepts from Modules 1–7
- Reflect on your personal growth
- Strengthen your confidence in applying techniques

Practical:

Dance & Movement Therapy to explore expression through the body – Part 2

Materials and Resources Required:

- 2 Hole Punch
 - Ballpoint Pens
 - Ring Binder A4
 - Highlighters
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Module 9 – Human Behaviour & Communication

Understand relationship dynamics and communication patterns.

You will explore:

- The **Drama Triangle** and how it shows up in clients
- Practising **compassion and non-judgment**
- Learning styles and personality types

Practical:

Creative writing, storytelling, and role play to explore personal narratives.

Materials and Resources Required:

- 2 Hole Punch
- Ballpoint Pens
- Ring Binder A4
- A4 Visual Art Diary
- Coloured Connector Pens
- Highlighters

Module 10 – Working with Groups

Learn how to confidently facilitate group sessions.

You will explore:

- Group dynamics and **safe facilitation techniques**
- Supporting clients in group environments
- Advanced counselling skills

Practical:

Interactive **Drama, Music, and Rhythm-based group work**

Materials and Resources Required:

- 2 Hole Punch
 - Highlighters
 - Ballpoint Pens
 - Ring Binder A4
 - A4 Visual Art Diary
 - Coloured Connector Pens
 - Musical instruments
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Module 11 – Trauma Awareness (PTSD)

Gain tools to support clients experiencing trauma.

You will explore:

- Understanding **PTSD and trauma responses**
- Safe, gentle approaches to trauma healing

Practical:

Meditation, mindfulness, and art therapy for grounding and safety.

Materials and Resources Required:

- 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 12 – Mental Health Support

Develop skills to work with common mental health challenges.

You will explore:

- Anxiety, depression, grief, and loss
- Holistic approaches to emotional healing

Practical:

Meditation with music and movement to regulate emotional states.

Materials and Resources Required:

- Highlighters
 - 2 Hole Punch
 - Ballpoint Pens
 - Jumbo Oil Pastels
 - Ring Binder A4
 - Cushion for meditation
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Module 13 – Working with Children

Learn how to support children through creative expression.

You will explore:

- Child development and emotional needs
- Play-based therapeutic approaches

Practical:

Games, movement, role play, and art-based activities for **children**.

Materials and Resources Required:

- Highlighters
- 2 Hole Punch
- Ballpoint Pens
- Ring Binder A4
- A large mixing bowl

Module 14 – Everyday Healing Practices

Integrate therapeutic tools into daily life.

You will explore:

- Holistic counselling skills in practice
- Meditation for everyday wellbeing
- Gratitude and art journaling

Practical:

Art therapy for self-reflection and emotional balance.

Materials and Resources Required:

- Highlighters
 - 2 Hole Punch
 - Ballpoint Pens
 - Ring Binder A4
 - A3 Visual Art Diary
 - Paintbrush Set
 - Round Palette
 - Primary Colour Acrylic Paint 60mL 5 Pack
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Module 15 – Creating Your Practice

Step into your professional identity.

You will explore:

- Setting up your own practice
- Creating a **unique, specialised offering**
- Choosing venues, tools, and materials

Practical:

Role play real client scenarios to build confidence.

Materials and Resources Required:

- Highlighters
- 2 Hole Punch
- Ballpoint Pens
- Ring Binder A4

Module 16 – Diverse Client Groups & Ethics

Expand your ability to work with a range of clients.

You will explore:

- Working with seniors and special needs clients
- Community-based arts programs
- Ethics, safety, and professionalism

Practical:

Real-world application through aged care or community interaction.

Materials and Resources Required:

- Your choice of art materials, paint and paper
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Module 17 – Professional Practice Foundations

Prepare for real-world practice.

You will explore:

- Legal requirements, insurance, and associations
- Professional standards and responsibilities

Practical:

Dance and movement therapy integration.

Materials and Resources Required:

- Highlighters
- 2 Hole Punch
- Ballpoint Pens
- Ring Binder A4

Module 18 – Marketing Your Practice

Learn how to attract clients authentically.

You will explore:

- Building a holistic business
- Connecting with your ideal clients
- Marketing with integrity

Practical:

Creative processes through sand play and sculpture to develop your vision.

Materials and Resources Required:

- Highlighters
 - 2 Hole Punch
 - Ballpoint Pens
 - Ring Binder A4
 - DAS Modelling Clay Terracotta
 - Boxwood Clay Tool Set
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Module 19 – Community Impact

Expand your work into the wider community.

You will explore:

- Creating and facilitating **community art projects**
- Building visibility and impact

Practical:

Design and implement a community-based creative project.

Materials and Resources Required:

- 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 20 – Integration & Final Project

Bring everything together.

You will:

- Complete a **final creative project**
- Demonstrate your skills as a practitioner
- Step confidently into your new role

Materials and Resources Required:

- Highlighters
 - 2 Hole Punch
 - Ballpoint Pens
 - Ring Binder A4
 - A3 Visual Art Diary
 - A3 Visual Art Diary
 - All art supplies you have
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🌟 Outcome

By the end of this program, you will have:

- A **comprehensive toolkit of creative therapy modalities**
- Confidence to work with individuals and groups
- Practical experience applying your skills
- The ability to **start your own practice or integrate these tools into your current work**

This course will connect you with the best part of yourself

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

- Jacqui, HICAT Graduate 2019 ”

Explore course fee options and next course commencement dates at:

<https://mindbodyeducation.info/holistic-integrated-creative-arts-therapy-online>



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Our office hours are from 8am to 4pm, Monday to Friday (Queensland, Australia time).



Mind Body Education