



Mind Body Education

& The International Meditation Teachers and Therapists Association



Course Prospectus

Course Title

IMTTA Diploma of Holistic Integrated Creative Art Therapy (HICAT)

Course Accreditations

International Institute of Commentary Therapists.

Complementary Medical Association

International Meditation Teacher Trainers Association



APPROVED
TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS

ABOUT THE TRAINING PROVIDER

The International Meditation Teachers and Therapists Association (IMTTA) is a subsidiary 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.

Mind Body Education provides ethical, industry accredited, evidence based, human focused and high-quality training materials, courses and resources, with a strong focus on personal empowerment and Meditation, 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 DETAILS

Campus	Brisbane Venue: T.B.A. Paddington area	Sunshine Coast Venue T.B.A. Peregrin Beach/Coolum or Yandina
Commencement date 2019	Term 1: Tuesday 29th January to 5th April Term 2: Tuesday 23rd April to 25th June	Term 1: Thursday 31st January to 5th April Term 2: Tuesday 25th April to 25th June
Course duration	Six months 20 Modules	Six months 20 Modules
Class time	Tuesdays 9am – 2.30 pm	Thursdays 9am – 2.30 pm
Home study required	Approximately 5 hours per week	Approximately 5 hours per week
Prerequisites	Suitable for all ages over 18 years, including mature age students. No previous experience or qualifications required.	
Additional costs	You will need to provide: Art smock (an old shirt is fine) Cost of excursions as outlined below Small amount of inexpensive art supplies to use at home (Example: Acrylic paints, colour pencils, charcoal, glue).	
Course fee	Paid in full on enrolment = \$2,600 Paid per term = \$2,800 (\$1,400 prior to the start of each term x 2 terms). Paid per week = \$3,000 (\$200 on enrolment and \$140 per week for 20 weeks)	

COURSE OUTCOMES

On Completion of this six-month, 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 a focus 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 WILL BE SUPPLIED FOR YOU

All materials, art supplies, equipment, notes and resources

Your own visual arts diary

Your own art journal

Your own art portfolio

Loose leaf folder (to keep your notes in)

A note book

Clean spring water and a range of teas (sorry, not coffee).

WHAT TO EXPECT

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

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.

You will have around 5 to 10 hours of homework per week (mostly art and meditation). You will not need to buy expensive materials to complete your homework.

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.

Catch up classes for students, who have missed more than 20% of class time (more than 4 classes), can be provided outside of normal class time, online for a fee of \$100.

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

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

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 body's 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

Gratitude & art journaling

Counselling skills for creative arts therapists

Networking & referring

Ethics, safety & professionalism

Setting up your own practice

Creating a specialized practice

Resources, materials & equipment

Marketing for creative arts therapists

There will be three off-campus group excursion days during the course, they are:

1. Trip to a beach to explore Sand play (meet at the beach - no cost).
2. Trip to the Queensland Art Gallery & Gallery of Modern Art - QAGOMA (Cost to be advised - not mandatory to attend).
3. Visit local retirement home to share art play with elderly residents (no cost).

GRADUATION

Graduates can use the letters *Dip.HICAT(IMTTA)* after their names.
Will receive a Diploma in Holistic Integrated Creative Art Therapy.
Can join the International Institute of Complementary Therapists.
Can join the Complementary Medical Association.
Can join the International Meditation Teachers and Therapists Association
Can gain professional insurance.

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 a general practice or specialising 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.

COURSE VENUE

Venues are still being finalised at the time of printing this prospectus.
The course locations will be, the Paddington area in Brisbane and Peregian Beach, Coolum or Yandina on the Sunshine Coast.

Venues are chosen for their suitability, facilities, comfort and location. The venue will be accessible by public transport, have car parking available, have clean toilets and a kitchen area.

Students will be able to make tea and access pure drinking water throughout the day. There will also be refrigeration facilities for storing lunches.

YOUR TEACHER



Isabelle Cunningham

*Past Principal of Inner-Voyage Holistic Therapist Training College (10 years)
Holistic Therapists and Meditation Teacher Trainer (Mind Body Education – Australia and India)
Holistic Integrated Creative Art Therapist Practitioner and trainer
Member International Association of Meditation Instructors
Member International Institute of Complementary Therapist
Member Association for Humanistic Psychology
Member Complementary Medical Association
Member of the Board International Meditation Teachers Association
Director Meditation Teachers and Therapists Association & Mind Body Education*

Motivated by a passionate desire for the life affirming and profoundly healing benefits of self-empowering holistic therapies like meditation and creative arts therapies to be available to every person, Isabelle established Inner-Voyage College and the IMTTA in January 2008 after a lifetime of practicing meditation and almost three decades studying, researching and teaching meditation and a wide variety of holistic therapies, practicing as a Meditation Therapist, Holistic Counsellor, Herbalist, Holistic Integrated Creative Art Therapist and Mind Body Medicine Practitioner.

Isabelle researches and writes holistic therapies training courses, which are delivered by registered training providers, all over the world. She also teaches some training courses herself in Queensland and in India.

A word from Isabelle:

I absolutely love teaching this course!

It is in-depth and joyful at the same time. There is a lot of laughter and sometimes tears.

As you work toward developing the skills and wisdom required to use HICAT to assist your own students and clients to live happier, healthier lives, you will also find yourself on a deeply cleansing personal journey that will change the course of your life both personally and professionally.

We will explore the way our minds work and how our thinking impacts on our physical health, our emotional wellbeing and the level of enjoyment and satisfaction we get out of living.

We will connect with our innate creativity to discover the magic in simple things like art, music, movement, sculpture, nature, playfulness and we will learn how we can use those things as powerful healing tools for ourselves and others.

You will have the opportunity to experience profound personal growth, develop important holistic healing skills, techniques and strategies. You will be ready to launch into a wonderful new career where you can make an excellent income, have a beautiful lifestyle and help a lot of other people live happier, healthier lives. You will probably make some wonderful likeminded friends and you are sure to have a lot of fun along the way.

I hope we get the chance to share this unique adventure together.

Bright Blessings

Isabelle

Contacting the College.

Telephone: **0402 897 1437**

Email: info@imtta.org

Find more info and enrol online at www.imtta.org/hicat.html