

**Mind Body Education**  
**Diploma of Holistic Integrated Creative Arts Therapies**

**Course Timetable**

**Please bring the following to every class.**

Water to drink  
 Snacks  
 Your lunch

Please do not bring nuts or wear perfumes or strong-smelling deodorants.

Module	Course Content	Materials and Resources Required
<b>Module One</b>	<p><b>Theory</b>            Unit 0 - Introduction to HICAT            Unit 1 -The Cause and Effect of Stress            Unit 2 -The Mind/Body Connection</p> <p><b>Practical</b>            Art Therapy</p>	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
<b>Module Two</b>	<p><b>Theory</b>            Unit 3 - Physiology of the brain            Unit 4 - Left brain/right brain            Unit 5 - Unconscious beliefs and mental patterns</p> <p><b>Practical</b>            Art Therapy</p>	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
<b>Module Three</b>  <b>Off-Campus/excursion module</b>	<p><b>Theory</b>            Unit 6 - Exploring emotions            Unit 7 - History of art therapy            Unit 8 - Creative therapies &amp; health</p> <p><b>Practical</b>            Sand Play - Tactile Therapy – sculpture – mandalas</p>	Sunscreen Hat Extra drinking water Sandplay toys: A collection of toys like farm animals, miniature figurines, dolls, furniture, etc, Bucket and spade.
<b>Module Four</b>	<p><b>Theory</b>            Unit 9 – Music and the brain            Unit 10 - Creative art therapies as emotional healing            Unit 11 - Creative art therapies for recovery &amp; rehabilitation</p> <p><b>Practical</b>            Music Therapy</p>	A3 Visual Art Diary Twistable Crayons Coloured Connector Pens Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Musical instruments

<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	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
<b>Module Six</b>	<b>Theory</b> Unit 15 – Sound Therapy and Vibrational Healing <b>Practical</b> Sound Therapy	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
<b>Module Seven</b>	<b>Theory</b> Unit 16 – The Creative Process and Holistic Counselling Skills <b>Practical</b> Dance and Movement Therapy	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters

<b>Module Eight</b>	<b>Theory</b> Unit 17 – The Creative Process and Holistic Counselling Skills- Part 2 <b>Practical</b> Dance and Movement Therapy – Part 2	2 Hole Punch Ballpoint Pens Ring Binder A4 Highlighters
<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	2 Hole Punch Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Highlighters
<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	2 Hole Punch Highlighters Ballpoint Pens Ring Binder A4 A4 Visual Art Diary Coloured Connector Pens Musical instruments
<b>Module Eleven</b>	<b>Theory</b> Unit 24 – Working with PTSD <b>Practical</b> 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

<b>Module Twelve</b>	<p><b>Theory</b> Unit 25 – Working with Anxiety Disorder Unit 26- Working with Grief and Loss Unit 27 Working with Depression</p> <p><b>Practical</b> Meditation/Mindfulness Meditation with Music and Movement</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Jumbo Oil Pastels Ring Binder A4 Cushion for meditation</p>
<b>Module Thirteen</b>	<p><b>Theory</b> Unit 28 – Working with Children</p> <p><b>Practical</b> Games – Movement – Roleplay – Art</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A large mixing bowl</p>
<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>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary Paintbrush Set Round Palette Primary Colour Acrylic Paint 60mL 5 Pack</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>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4</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>	<p>Your choice of art materials, paint and paper.</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>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4</p>

<b>Module Eighteen</b>	<p><b>Theory</b> Unit 42 -Marketing for creative arts therapists</p> <p><b>Practical</b> Sandplay - Sculpture</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 DAS Modelling Clay Terracotta Boxwood Clay Tool Set</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>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary Paintbrush Set Round Palette Primary Colour Acrylic Paint 60mL 5 Pack</p>
<b>Module Twenty</b>	<p><b>Theory</b> Unit 44 -Marketing for creative arts therapists</p> <p><b>Practical</b> Graduation</p>	<p>Highlighters 2 Hole Punch Ballpoint Pens Ring Binder A4 A3 Visual Art Diary A3 Visual Art Diary Some of the artwork you have created at home and during class to share with the class. A plate of food to share for your graduation lunch.</p>

\*Please be aware that this timetable may change, and you may be required to bring additional things to some classes. If this happens, your teacher will give you plenty of notice.