

CANADIAN INTERNATIONAL INSTITUTE OF ART THERAPY



ART PSYCHOTHERAPY DIPLOMA PROGRAM

REGULATORY BODIES

CANADIAN ART THERAPY ASSOCIATION (CATA)

CiiAT is recognized by the Canadian Art Therapy Association as an institute that meets all educational requirements. CiiAT Directors are actively involved with CATA and have jointly held several board Chair roles including Past Vice-President, Past Education Chair and Research Chair.

COLLEGE OF REGISTERED PSYCHOTHERAPISTS (CRPO)

The Art Psychotherapy Diploma (APD) program is recognized by the College of Registered Psychotherapists of Ontario (CRPO).

The process of CiiAT graduates applying to be registered members will be made easier by our program being on their list of recognized programs. Please note, individuals located outside of Ontario do not need to apply for registration.



PRIVATE TRAINING INSTITUTIONS BRANCH (PTIB)

Private training institutions in BC are regulated by the Private Training Institutions Branch of the Ministry of Advanced Education. The Ministry's mandate is to ensure institutions meet the requirements and standards for certifications, maintain a Private Training Institution Directory of all certified institutions and programs they provide, and provide student protection by overseeing the Student Tuition Protection Fund.

CiiAT – The Canadian International Institute of Art Therapy (a proprietorship of The Proulx Global Education and Community Foundation – a registered not-for-profit) is a Registered Institution with PTIB.



BEGIN YOUR CAREER AS AN ART PSYCHOTHERAPIST



INFORMATION ON ART PSYCHOTHERAPY DIPLOMA PROGRAM

ART PSYCHOTHERAPY DIPLOMA PROGRAM

The Art Psychotherapy Diploma Program is a dynamic, comprehensive, and academically rigorous program that nourishes creativity, encourages critical thinking, and welcomes unique perspectives.

Experiential and embodied learning fosters competence, flexibility, and professional skill development that enables art therapists to meet the complex demands of today's clients, including their physical and virtual environments.

This diploma program prepares students for a career as an art therapist/psychotherapist and is recognized by the College of Registered Psychotherapists (CRPO) and the Canadian Art Therapy Association (CATA), and is an approved program with the Private Training Institutions Branch of BC (PTIB).

LEARNING OUTCOMES

- Identify major relevant art therapy theories.
- Follow and implement the Canadian Art Therapy Association's Code of Ethics and Standards of Practice.
- Develop a thorough understanding of art media and its use in clinical art therapy.
- Recognize and summarize the symptoms experienced by people who have been diagnosed with a psychological disorder as defined in the current DSM with appropriate art therapy interventions.

GRADUATION REQUIREMENTS

- 1,200 academic and clinical instructional hours
- Minimum 90% on-camera attendance
- Obtain a minimum 70% (B-) in all assignments
- Complete clinical placement hours
- Pass all clinical competencies

**TUITION: \$26,460 - \$29,400 PAID IN MONTHLY
INSTALLMENTS**

DIPLOMA COURSES

EACH COURSE CONSISTS OF 50 HOURS OF SYNCHRONOUS AND ASYNCHRONOUS INSTRUCTIONAL HOURS.

ACADEMIC RELATED COURSES

History, Theories, and Approaches: In this course, students will explore the historical and theoretical underpinnings of Art Therapy. They will investigate theories from traditional psychotherapy and apply them to client-inspired artworks. Theories covered will include psychoanalytic, object-relations, humanistic, developmental, cognitive-behavioural, gestalt, and phenomenological theory. Through reading, lectures, videos, artmaking, and discussion with classmates and instructors, students will achieve a working knowledge of the similarities and differences between the various approaches and be able to recognize when and how to apply particular theories and approaches to serve their clients better.

Ethical, Legal, and Cultural Considerations: This course will educate students on the ethical considerations in art therapy that combine to form the basis of the practicing art therapist's values and beliefs. Students will gain a thorough understanding of the Canadian Art Therapy Association (CATA) Code of Ethics, evaluate the ethical dilemmas, and make clinical decisions based on art therapy ethical principles and legal requirements.

Disorders, Diagnoses, and Assessments: Through a series of readings, videos, case studies, discussions, and assignments, this course examines the relationship between art, psychopathology, creativity, and healing. The intent of the course is to provide the student with the opportunity to study the progressive development and application of art therapy with various client populations. Students will investigate and learn how to use art therapy with clients experiencing symptoms of the major diagnostic categories described in The Diagnostic and Statistical Manual of Mental Disorders (DSM 5) published by the American Psychiatric Association, which includes effective therapeutic goals and interventions.

DIPLOMA COURSES CONT.

ACADEMIC RELATED COURSES

Attachment-Informed Psychotherapy: This course provides a comprehensive overview of an attachment-informed art therapy model with a focus on dyadic work between children and caregivers, as well as adolescents and adults. Students will learn about the art therapy process as a vehicle for changing internal working models; creating a secure base in the therapeutic relationship with clients; formulating and processing relationship experiences; transference and countertransference; and working with different attachment styles or patterns, including insecure and conflicted.

Art Therapy with Families: This course provides an introduction to the use of art therapy with families, including a review of the philosophy and epistemology of family therapy, systemic thinking, and attachment theory. We will explore various applications and assessment techniques for family art therapy and trauma, addressing family roles and hierarchies, strategic theory, re-framing, and role-playing. We also investigate the complexities of culture in families and groups, and how this impacts the therapeutic relationship.

Studio Art Psychotherapy with Individuals: This studio-based course focuses on art therapy with individuals. Students will learn how to work in a one-on-one model from the intake process through assessment, treatment planning, intervention, and closure. With a focus on applying theory, various techniques, and key factors in clinical practice, students will explore the dynamic interplay between creativity and the expressive therapies continuum, gaining a deeper understanding of how artistic expression contributes to healing and self-discovery. Throughout the course, the pivotal role of the therapeutic relationship and the person-centered approach will be thoroughly examined, highlighting their crucial roles in the art therapy process.

DIPLOMA COURSES CONT.

ACADEMIC RELATED COURSES

Studio Art Psychotherapy with Dyads: This studio-based course focuses on art therapy with adult dyads/couples, exploring ways to improve communication and build intimacy within a relationship. Students have the opportunity to actively explore their self-reflective process and integrate their experience into current conceptual frameworks for clinical practice. Students will explore how art therapy techniques might be used to support the attachment theory taken by an emotionally focused approach to couples therapy. Students will blend their interpersonal art processes through instructor-led artmaking, with small group debriefing sessions and discussions focused on theory, technique, and clinical practice in art therapy with couples.

Studio Art Psychotherapy with Groups: This studio-based course focuses on art therapy with groups. Students will learn group dynamic theories and approaches, and examine how to adapt facilitation practices for closed-ended and open-ended group formats. Mandated and volunteer groups and community studios, commonly referred to as art hives, will also be discussed. Students will experiment with a variety of artmaking processes and materials and discuss their benefits in relation to a range of clinical presentations, including but not limited to depression, anxiety, eating disorders, trauma, and stress-related disorders.

DIPLOMA COURSES CONT.

ACADEMIC RELATED COURSES

Research and Arts-Based Methodologies: This course provides students with a deeper understanding of the components needed to plan, carry out, and complete an arts-based thesis; including selecting a topic, writing a research question, constructing and completing a literature review, choosing a methodology, selecting the method for disseminating the thesis findings and ethical considerations in research.

There will be a focus on critical thinking and further developing skills in understanding and analyzing research specific to art therapy. Research in art therapy is premised on a fundamental commitment to advancing knowledge and understanding of the usefulness, efficacy, and legitimacy of art therapy. It also aims to raise the profile of the profession of art therapy in general.

Thesis or Arts-Based Project: In this course, students are provided with the framework to focus on the integration of research skills that are relevant to art therapy practice and to build an awareness of the ethical aspects of research and development work. With their research question at the forefront, students will gather data, analyze their findings, and synthesize the results to culminate in their final presentation.

NOTE: Students with a Post-Masters degree can receive credit for both the Research and Thesis courses.

DIPLOMA COURSES CONT.

CLINICAL RELATED COURSES

Case Studies in Art Therapy: This course orients students to the value and structure of writing and presenting case studies that show a client's progress with a clinical team. Students gain an appreciation for the application of case studies in clinical settings as they learn to observe and succinctly present a client's therapeutic journey, including the intake process, assessment, identifying the presenting problem, developing the treatment goals, documenting the client's evolution through art images, and concluding summary.

Individual and Group Supervision: The focus of this course is for students to gain confidence and competence in working with clients in a therapeutic relationship. Throughout the course, a strong emphasis will be placed on confidential discussions of client sessions, the confidential handling of files, personal observations and assessments, and recognizing client growth and regression. Students will also explore nonverbal cues in the client's behaviour and artwork. Transference and countertransference will be examined as they pertain to clinical work. Supervisors will assess the clinical abilities of the student.

Professional and Clinical Practices: Throughout this course, students will explore how they can shape their future professional practice with consideration to their career preferences and regional considerations and governing bodies. They will also become familiar with setting up security and safety protocols within a clinical practice. This course will cover basic job application processes and marketing skills in preparation for graduation and future clinical work.

DIPLOMA COURSES CONT.

CLINICAL RELATED COURSES

Clinical Interventions: Throughout this self-directed course, students will practice, adapt, and implement symptom and age-appropriate interventions for virtual and face-to-face clinical settings and for both individual and group work. Through mock sessions and observation, students will learn to work with a variety of materials and become familiar with their inherent symbolism, meaning, metaphor, and sensory qualities.

Through the Lens: Authentic Art Therapy Sessions: The focus of this course is to enhance students' observational skills in a clinical setting. Students will navigate the therapeutic process from intake to review through an authentic unscripted video series of real art therapy sessions lead by an experienced art therapist. Through detailed analysis of the sessions involving note-taking, they will explore the effects of different art therapy interventions and learn how to witness, observe, analyze a client's behaviour, the therapist's response, and the choice of intervention while exploring adaptations and alternative processes for various client populations and symptomologies.

The Reality of Virtual Art Therapy: In this course, students will explore the application of technology and its effect on art therapy practices. Students will become familiar with current platforms and equipment for telehealth; how to manage a virtual practice, including safety protocols; and how to ensure regional compliance from governing bodies for their practice. They will also learn how to appropriately create, handle, and store clinical files, including charts, intakes, reviews, and closure forms.

DIPLOMA COURSES CONT.

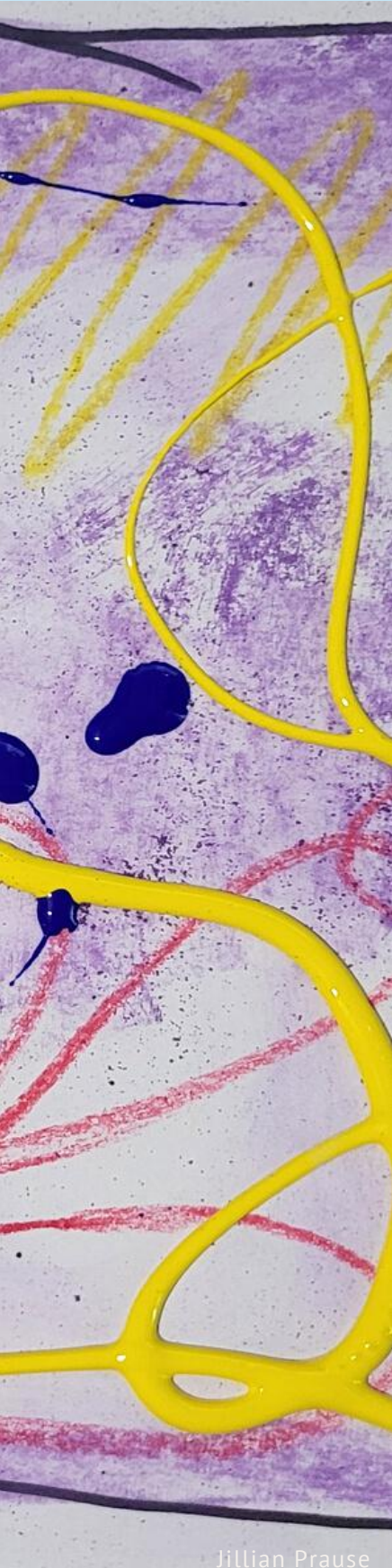
CLINICAL RELATED COURSES

Mind, Body, and Media: Throughout this course, students will explore how the use of media helps clients express emotions beyond words. With a focus on somatic experiencing—the body’s tendency to hold memories and trauma—students will gain a deeper understanding of the connection and disconnect of mind and body when various interventions are expressed in art therapy. Causes and treatment approaches to addressing somatic disconnection are also explored.

Clinical Placement: Clinical Placement is the cornerstone of the Art Psychotherapy Diploma Program as graduates practice as mental health professionals in Canada. Art therapy, as with other social work and counselling professions, requires significant fieldwork to solidify the foundations of professional practice. Students will become familiar with current clinical practices through observation, analysis, practice, and review. The skills and knowledge they gain through clinical placement will situate them for professional work in art therapy. Activities conducted during the Clinical Placement meet the Canadian Art Therapy Association (CATA) requirements and our clinical regulatory body, the College of Registered Psychotherapists of Ontario (CRPO).

Students will be placed at a facility aligned with their long-term career goals. Placements may include mental health centres, hospitals with in-patient or out-patient programs, wellness clinics, private and public schools, counselling agencies, seniors’ facilities, and virtual clinics. Students take the knowledge and skills gained in theoretical and clinical coursework and apply them directly to various client populations and diagnoses.

Students in Clinical Placement are supervised, assessed, and evaluated by a site supervisor and a Registered Art Therapist school supervisor.



Jillian Prause

APPLICATION PROCESS

Step 1: Gather your documents for your application.

Requirements to apply:

- An undergraduate degree in Social Sciences, the Arts or a related field (the undergraduate degree requirement may be met through a documented Equivalency Assessment)
- Three psychology courses such as *Art of Psychology, Introduction to Psychology, Child and Adolescent Development, Human Development, Abnormal Psychology, Theories of Personality, Developmental Psychology, History of Psychology, and Counseling Skills. Note: CiiAT's Art of Psychology course is ideal as a prerequisite to the Art Psychotherapy Diploma. (ciiat.org/art-of-psychology)
- A minimum of two years of education completed in English
- A current resume and contact information for two professional references
- Your undergraduate degree and other relevant certificates or degrees and related transcripts
- A portfolio of 10 pieces of artwork showcasing a variety of media and techniques. Do **not** include more than one piece of photography

Step 2: Go to ciiat.org/DiplomaApplication Fill in all relevant information, then click “add to cart”

Step 3: Review your cart and click on “Proceed to Checkout”.

Step 4: Register for an account or login if you have an existing account on the ciiat.org website.

Step 5: Using the secure checkout, pay your non-refundable \$150 application fee.

Step 6: Once your application has been received at CiiAT, you will receive a calendar link to book your on-camera interview.

Step 7: After your interview you will receive a Notice of Acceptance, Decline, or Recommendation.

NOTE: You will need to respond to your acceptance within 5 business days to secure your place.

Step 8: You will receive instructions to sign your enrollment contract and set up your tuition payments.

YOUR JOURNEY TO BECOMING AN ART PSYCHOTHERAPIST CAN NOW BEGIN.
CONGRATULATIONS!

The institute reserves the right to admit or deny admission to any applicant based on the professional judgment of the executive and clinical directors and administration involved in the admission process.



ART OF PSYCHOLOGY CERTIFICATE PROGRAM

The Art of Psychology program is an ideal pre-requisite for the Art Psychotherapy Diploma program, which offers a foundation in psychology through a therapeutic arts lens.

Participants will begin their journey with an introduction to psychology and therapeutic arts, then explore various considerations for therapeutic arts throughout the human developmental stages and transitions of life. The program concludes with the integration of the benefits of therapeutic arts for improving mental health and emotional well-being.

Learning Outcomes:

- Students will be able to identify current psychological and art-based theories and approaches
- Students will recognize indications of psychological dysregulation
- Students will demonstrate an awareness of the relationship between therapeutic arts and psychology

The program is offered entirely self-directed for your convenience.

Admission requirements: This program is available to the general public with an interest in therapeutic arts. There is a minimum age requirement of 19 years.

TUITION: \$975

TITLE: ART OF PSYCHOLOGY

CREDENTIAL: CERTIFICATE OF COMPLETION

TUITION: \$975

DELIVERY: LIVE ONLINE (ON-CAMERA)

INSTRUCTIONAL HOURS: 24 HOURS SELF-DIRECTED

TOTAL HOMEWORK: 4-6 HOURS

TOTAL TIME COMMITMENT: 28-30 HOURS



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