

# CANADIAN INTERNATIONAL INSTITUTE OF ART THERAPY



PROSPECTUS FOR POST-GRADUATE STUDIES &  
PROFESSIONAL DEVELOPMENT COURSES

02

# CIAT- PRONOUNCED 'SEE-AT'

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## 04

## OUR MISSION

TO PROVIDE QUALITY ART  
PSYCHOTHERAPY EDUCATION AND  
ACCESSIBLE CLINICAL SERVICES.

At the Canadian International Institute of Art Therapy (CiiAT), our mission is to lead and innovate in the field of art therapy education and clinical services. As a proud branch of the Proulx Global Education and Community Foundation, we are dedicated to providing an accredited, comprehensive post-graduate Art Psychotherapy Diploma program. This program is crafted to align with current, inclusive educational theories and practical clinical placement, guiding our graduates to prestigious professional designations within the field of art therapy.

We are committed to fostering fulfilling career opportunities for our graduates, preparing them for impactful roles in hospitals, schools, community centers, and private practices. Further, we extend our educational reach through a range of professional development courses and creative organizational development events, catering to both mental health professionals and diverse teams beyond the mental health field.

Central to our mission is the integration of a global perspective in our curriculum, ensuring every course we offer enhances cultural awareness and fluency. We strive to blend theoretical knowledge with practical application, providing accessible classes in both in-person and advanced virtual formats. Through these efforts, supported by grants, community partnerships, and private donations, we aim to spread awareness of the healing effects of art therapy and train professionals to excel in this practice, reaching clients of all ages and stages of life in our Virtual Art Therapy Clinic.

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## 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 previous Chair roles including Vice-President, 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.



# 06

## **PRIVATE TRAINING INSTITUTIONS REGULATORY UNIT (PTIRU)**

Private Training Institutions Regulatory Unit (PTIRU) in British Columbia within the Ministry of Post-Secondary Education and Future Skills is mandated 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 Designated Institution with PTIRU.





**OUR STUDENTS CREATE A  
GLOBAL COMMUNITY.**

**OUR STUDENTS CURRENTLY REPRESENT 34 COUNTRIES AND 10 CANADIAN PROVINCES.**

Barbados, Belgium, Brazil, Cayman Islands, China, Cyprus, Dubai (United Arab Emirates), Germany, Greece, Grenada, India, Iran, Israel, Jamaica, Kuwait, Malaysia, Mexico, Namibia, Netherlands, New Zealand, Pakistan, Saudi Arabia, Singapore, South Africa, South Korea, Taiwan, Thailand, United Kingdom, and Vietnam

Canadian provinces and territories, including British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Nova Scotia, Yukon, and the Northwest Territories.

CiiAT headquarters are located in Victoria, British Columbia, Canada. We acknowledge and thank the Lkwungen Peoples, also known as the Songhees and Esquimalt First Nations communities, for allowing us to live, work, and play on their lands.

# CIIAT IS LEADING THE WAY IN VIRTUAL ART THERAPY

## VIRTUAL LEARNING

We strongly believe in accessible education for everyone. We offer virtual professional development as well as virtual post-graduate studies, along with an option for in-person or virtual clinical placement.

Our virtual classrooms are conducted in real-time, which allows students to interact with their instructors and classmates from wherever there is reliable internet access. Assignments and documents are made available through our online Learning Management System.

CiiAT strives to be a community of equity and inclusion by welcoming students from many backgrounds and diverse cultures, creating space for all voices to be heard through the virtual space.

## OUR PURPOSE

The Canadian International Institute of Art Therapy is dedicated to the belief that the creative process is healing and life-enhancing. Its mission is to introduce art therapy training programs in Canada and other countries.

We focus on training qualified culturally sensitive and responsive art therapists and therapeutic arts practitioners.

The primary purpose of the Canadian International Institute of Art Therapy is to offer an art therapy training program that meets the requirements of the [Canadian Art Therapy Association](#).



# PROGRAMS

*follow your art.*

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## WHICH PROGRAM IS BEST FOR ME?

### START YOUR NEW CAREER.

#### **Become an art therapist.**

If you are looking to start your career as an art psychotherapist, go to page 15 to learn about our Art Psychotherapy Diploma Program.

Art psychotherapists use art psychotherapy techniques, interventions, and clinical approaches to help clients work towards their goals and overcome obstacles, issues, and trauma. They are employed in hospitals, clinics, schools, private practice, and other community and clinical environments.

Our Art Psychotherapy Diploma Program is recognized by the Canadian Art Therapy Association and the College of Registered Psychotherapists of Ontario.


### UNLOCK PROFESSIONAL DEVELOPMENT.

#### **Add therapeutic arts skills to your professional toolbox.**

Our Therapeutic Arts Series of courses cover a range of topics and therapeutic arts techniques, ideal for teachers, counsellors, social workers, early childhood educators, and anyone working in a medical or community setting.

The therapeutic arts involve the process of art creation to create a safe space for self-reflection. Therapeutic arts practitioners engage with individuals and groups with the understanding of their limited scope of practice and know when to refer an individual to an art psychotherapist.

Visit [ciiat.org](http://ciiat.org) to register for public enrollment, which is available year-round—or email [info@ciiat.org](mailto:info@ciiat.org) to discuss tailored programs for organizational and team training opportunities.



# BEGIN YOUR CAREER AS AN **ART PSYCHOTHERAPIST**

# ABOUT THE ART PSYCHOTHERAPY DIPLOMA PROGRAM

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## ART PSYCHOTHERAPY DIPLOMA (APD)

The Art Psychotherapy Diploma 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 of Ontario (CRPO) and the Canadian Art Therapy Association (CATA), and is an approved program with the Private Training Institutions Regulatory Unit of BC (PTIRU).

### 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

- 1,310 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**

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## DIPLOMA COURSES

*Each course consists 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

### 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.

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## DIPLOMA COURSES

### 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

## 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.

***Students with a Master's degree can receive credit for both the Research and Thesis courses.***



# DIPLOMA COURSES

## 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.

**Introduction to Supervision and Clinical Placement:** The focus of this course is for students to gain confidence and competence in working with clients in a therapeutic relationship. Across three comprehensive sections, students will progressively develop the foundational, practical, and professional skills required for effective clinical art therapy practice. 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

### 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

## 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 clinical supervisor provided by the school.***

# 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 Introduction to Psychology, Child and Adolescent Development, Human Development, Abnormal Psychology, Theories of Personality, Developmental Psychology, History of Psychology, and Counseling Skills.
- Completion of three (3) years of full-time secondary (grades 8–12) or post-secondary education in English in a country where English is one of the principal languages. If the applicant has not met this requirement, they must provide proof of their English proficiency through a recognized standardized language test or assessment, achieving at least the minimum overall score specified on our website with verified proof of completion.
- 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

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Step 2: Go to [ciiat.org/shop/courses/diploma/apd/art-psychotherapy-diploma-application/](https://www.ciiat.org/shop/courses/diploma/apd/art-psychotherapy-diploma-application/)

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.

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.

*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.*

**YOUR JOURNEY TO BECOMING AN ART  
PSYCHOTHERAPIST BEGINS.**

# ART OF PSYCHOLOGY

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The **Art of Psychology** course 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: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 24 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

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THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.



# PROFESSIONAL DEVELOPMENT IN THE THERAPEUTIC ARTS

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ABOUT THE  
THERAPEUTIC ARTS SERIES  
PROGRAMS AND COURSES

The **Therapeutic Arts Series** consists of a certification program and six specialized short courses, ideal for personal and professional development for individuals and teams looking for continuing education in mental health, emotional wellness, and creativity.

- Therapeutic Arts Practitioner
- Rethinking Relationships
- Navigating Neurodiversity
- Trauma-Informed Practices
- Creating with Nature
- Attached for Life
- Passion Purpose Profit

These courses guide the participants through an experiential and exploratory process of self-discovery and personal growth while building the knowledge, confidence, and skills needed to safely facilitate therapeutic arts sessions with individuals and groups.

Although the courses in this series can be taken in any order, the Therapeutic Arts Practitioner Certification (TAPC) is recommended as a foundation for those new to the field.



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## **THERAPEUTIC ARTS SERIES FOR INDIVIDUALS AND ORGANIZATIONS**

This series is designed for individuals and organizations.

Teams of six or more will receive tailored material to better suit their clients' unique needs and their team's targeted learning outcomes.

### **ADMISSION AND COMPLETION REQUIREMENTS**

Participants must meet a minimum age requirement of 19 years and have a minimum of two years of experience in education completed in English.

Students must achieve a minimum grade of 70% and an overall attendance rate of 90%, and all assignments must be completed to complete the courses.

***This series does not qualify graduates to use the professional and regulated title of Art Therapist or Art Psychotherapist.***

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**PRACTITIONER CERTIFICATION**

**THERAPEUTIC ARTS**

**CERTIFICATE PROGRAM**

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The **Therapeutic Arts Practitioner Certification** is a professional development program. It consists of four courses designed to lead the participant through an experiential and exploratory process of self-discovery and personal growth while building confidence and skills to safely facilitate therapeutic arts sessions with individuals and groups.

Courses are taken in order as each course builds upon the knowledge and experience gained in the preceding course.

Throughout this program, participants will learn the importance of the scope of practice, confidentiality, and creating a safe therapeutic space – virtually or in person. Additionally, participants will learn about the legal and ethical considerations for working in the therapeutic arts space.

Each course develops skills in therapeutic questioning, applying the appropriate use of media and creative interventions, and considerations for working with individuals and groups in open or closed formats.

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**CREDENTIAL:** CERTIFICATE

**DELIVERY:** LIVE ONLINE

**INSTRUCTIONAL HOURS:** 48 HOURS  
32 INSTRUCTOR LED & 16 SELF-DIRECTED

**HOMEWORK HOURS:** 8 - 10 HOURS

**TUITION:** \$2,780  
PAYABLE IN 4 MONTHLY INSTALLMENTS

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THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

# 27 THERAPEUTIC ARTS PRACTITIONER CERTIFICATION

## GENERAL LEARNING OUTCOMES

- Become familiar with the ethical use of therapeutic arts
- Demonstrate an understanding of when the client should be referred to an art psychotherapist
- Differentiate regulations and requirements between the art therapy practice and the therapeutic arts practice
- Apply and practice basic techniques and therapeutic arts interventions across a variety of client populations within the outlined scope of practice
- Learn the art of deep listening and therapeutic questioning
- Deepen awareness of media, creative expression, and play
- Understand the benefits and limitations of therapeutic arts as a modality for mental wellbeing
- Learn strategies for building a healthy therapeutic relationship
- Comprehend the importance of process over product
- Practice working with symbolism and metaphors through art
- Gain an appreciation for the use of traditional and non-traditional forms of media

## ENTRY AND COMPLETION REQUIREMENTS

Participants must meet a minimum age requirement of 19 years.

Completion of 3 years of full-time secondary education (Grades 8-12), or 2 years if the Grades are 10, 11, or 12, have been successfully completed in English in a country where English is one of the principal languages. If the applicant has not met this requirement, they must provide proof of their English proficiency through a recognized standardized language test or assessment listed on our website as acceptable.

Students must achieve a minimum grade of 70% and an overall attendance rate of 90%, and all assignments must be completed to complete the courses.

***This is a professional development course and will not certify you as an art therapist.***

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**RETHINKING RELATIONSHIPS****CERTIFICATE COURSE**

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**Rethinking Relationships** is a professional development course that examines the complexities of personal and professional relationships through a therapeutic arts lens. It also explores the role of the therapeutic arts as a modality for deepening healthy connections in adult relationships.

Participants will learn the importance of one's relationship with self, the impact of family of origin, internal working models, the role of conflict for growth, boundary setting, how to create emotional safety in relationships, and building connection through healthy boundaries. Participants will also learn how to utilize artmaking as a modality for exploring personal states of mind and for improving and creating healthy relationships.

Learning Outcomes:

- Demonstrate an understanding of scope of practice and when the client should be referred to an art psychotherapist
- Understand the foundation that a relationship with self creates
- Learn about the impact of the family of origin
- Create emotional safety in relationships and build connection through understanding
- Analyze internal working models as a self-reflective tool
- Understand the impact of historic relationships on current professional and personal adult relationships
- Recognize the role of conflict and boundary setting in healthy relationship building

Admission requirements: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 18 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

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**Navigating Neurodiversity** is a professional development course with a primary focus on autism spectrum disorder (ASD), providing knowledge and skills that are transferable to clients with other neurological and developmental diagnoses.

Throughout this course participants will be introduced to key concepts, terminology, and explore considerations for the use of media as a sensory and communication tool. Participants will learn to adapt interventions and materials to their clients' specific needs.

This course applies the principles of therapeutic arts with the innate belief that creating and art making processes can provide emotional and sensory regulation for neurodiverse clients.

Learning Outcomes:

- Demonstrate an understanding of when the client should be referred to an art psychotherapist
- Examine the spectrum of neurodiversity from a person-oriented lens
- Recognize the complexities of the neurodiverse population
- Design arts-based interventions to use for sensory seeking or sensory avoidant needs
- Understand tactile and sensory triggers, and regulation processes
- Explore potential considerations that can be put in place for working with this population
- Create and adapt arts techniques for the specific needs of the client
- Understand the outlined theories and techniques best used when working with a client who identifies as neurodiverse

Admission requirements: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 18 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

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**Trauma Informed Practice** is a professional development course designed for participants working in a non-clinical capacity. Central to this course is an in-depth look at the scope of practice, limitations of practice, and the importance of intake and referral processes. With the prevalence and pervasiveness of trauma, this course will provide a framework for working with clients through safety, choice, collaboration, trustworthiness, and empowerment.

Using therapeutic arts as a modality for exploration and expression beyond words, participants will recognize the importance of using the artmaking process and media to provide a sense of self, foster trust in the therapeutic relationship, and collaboratively work with their clients to discover creative techniques to use outside of the session to self-soothe and regulate in professional and personal settings.

Learning Outcomes:

- Demonstrate an understanding of when a client should be referred to an art psychotherapist
- Recognize the prevalence of trauma and the pervasive impacts
- Understand the signs and behaviours related to trauma
- Identify one's own triggers and how to manage them effectively while working in a therapeutic arts capacity
- Facilitate therapeutic arts interventions for self-regulation and soothing
- Build trust in a healthy therapeutic relationship with clients who have experienced trauma

Admission requirements: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 18 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

# TRAUMA-INFORMED PRACTICES CERTIFICATE PROGRAM

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**Attached for Life** is a professional development course adapted from an art psychotherapy context that explores attachment theory through a therapeutic arts lens.

This course provides a comprehensive overview of an attachment informed model focused on dyadic work with children and their caregivers. Through a blend of theoretical studies and experiential processes, participants will reflect upon their own attachment styles and patterns as they understand the impact on relationships and interactions professionally and personally.

The course will build from the foundation of attachment theory, brain development, and dynamics of dyadic to working with different attachment styles, including insecure and conflicted.

Learning Outcomes:

- Demonstrate understanding of when clients should be referred to an art psychotherapist
- Examine the differences in attachment styles and principles of being attachment-informed
- Learn the various considerations of child-adult dyadic relationships in a therapeutic setting
- Adapt and create artmaking supplies and interventions to be developmentally appropriate for dyadic work

Admission requirements: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 18 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

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**Creating with Nature** is a professional development course focusing on the environment as an important therapeutic space. This course will discuss how and when to incorporate elements of the natural world into the studio and the therapeutic environment. Participants will learn nature-based interventions for supporting various client populations by increasing their framework for working outdoors and in alternative spaces.

Participants will examine techniques, challenges, ethical and practical considerations for introducing non-studio spaces to their clients. Additionally, this course will allow participants to explore the role of symbolism, metaphor, and imagery in working with nature as the media. Through these learnings, participants will understand how to incorporate the use of nature-based materials to foster the therapeutic relationship.

Learning Outcomes:

- Demonstrate an understanding of when the client should be referred to an art therapist
- Interpret the theory and practice of nature-based therapeutic arts
- Create and adapt therapeutic arts techniques to a non-studio setting and incorporate natural materials in the studio
- Examine the ethical and practical considerations for working with clients in an outdoor setting

Admission requirements: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 18 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

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**Passion, Purpose, Profit** is a professional development course for the creative and therapeutic practitioner who wants to take their passion and purpose from within and turn it into an achievable plan for a successful business.

This course will explore each participant's innate passion and purpose through self-reflection, topics related to governing bodies and regional regulations, and the ethics involved in therapeutic arts. Participants will gain entrepreneurial knowledge, focusing on practical skills around establishing a small business.

By the end of the course, participants will have a creative business plan that outlines their potential client population, business costs, session delivery method, marketing, and more. Participants will develop best practices to feel confident entering the therapeutic arts space as part of their business model.

Learning Outcomes:

- Outline a business plan for the creative practitioner
- Comprehend the potential ethical considerations in the therapeutic arts space
- Determine their appropriate governing and regulatory bodies in their area
- Understand their individual passion and purpose
- Determine their desired client population
- Prepare to create targeted, engaging marketing for their practice
- Explore self-reflective activities to uncover potential business ideas
- Leverage individual strengths to find ideal client populations and session delivery methods
- Demonstrate understanding of when clients should be referred to an art psychotherapist

Admission requirements: Minimum age requirement of 19 years.

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**CREDENTIAL:** CERTIFICATE OF COMPLETION

**DELIVERY:** SELF-DIRECTED ONLINE FORMAT

**INSTRUCTIONAL HOURS:** 18 HOURS

**HOMEWORK HOURS:** 4 - 6 HOURS

**TUITION:** \$975

THIS IS A PROFESSIONAL DEVELOPMENT COURSE AND WILL NOT CERTIFY YOU AS AN ART THERAPIST.

# CONTACT

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