

CANADIAN INTERNATIONAL INSTITUTE OF ART THERAPY



# THERAPEUTIC ARTS SERIES

**ciiat**  
Art Therapy



CiiAT is a not-for-profit society committed to providing engaging, comprehensive and in-depth art psychotherapy education, art therapy clinical services, professional development courses, and community programs promoting mental health.

## *Our Purpose*

The Canadian International Institute of Art Therapy is dedicated to the belief that the creative process is healing and life-enhancing. We focus on training qualified, culturally sensitive, 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 (CATA), The Private Training Institutions Regulatory Unit (PTIRU) within the System Integrity Branch (SIB) of the Ministry of Post-Secondary Education and Future Skills in British Columbia and the College of Registered Psychotherapists of Ontario (CRPO).

## *Our Mission*

To spread awareness of the healing effects of art therapy and to help train professionals in the practice, introducing art therapy training programs in Canada and other countries around the world, a global perspective is at the core of our curriculum. We strongly believe in accessible education for everyone, combining theory and practice in our accessible classes. Our virtual classrooms are conducted in real time through a teleconferencing program that allows you to interact with your instructors and fellow classmates from the comfort of your own home. Assignments and documents can be easily accessed through Moodle, our online learning platform.

Our students are curious, culturally-diverse, and passionate. They know a career in the realm of art therapy is more than just a job – it is a lifetime of learning and creativity, of exploration and the unknown, and of guiding others to where they want to be.

# PRIVATE GROUPS & FLEXIBILITY *For Your Organization*

Private groups of therapeutic arts training for your company, workplace, and more.

Incorporating therapeutic art skills and knowledge for staff working with individuals can help build therapeutic rapport with participants and support the development of self-regulation through creative expression. Utilizing therapeutic arts with participants can take shape in many ways, such as; solo sessions, drop-in groups, open studio groups, themed group sessions or workshops, impromptu solo or dyad/triad sessions, etc. Therapeutic arts allow for the development of peer-led drop-in groups, community resilience, strengthening the sense of self, and empowering participants by building a strong continuity of care unique to each individual.

As part of the Therapeutic Arts Practitioner Certification (TAPC), CiiAT offers private cohorts that cater to an individual group's specific needs and desired application of the therapeutic arts. We've found that individuals and groups in arts-based education, bodywork, coaching, hospitals, nursing homes, community health centres, shelters, prisons, early childhood programs, specialized schools, and more benefit from training in therapeutic arts.

Depending on the size of the group, we offer discounts, tailored course content and materials, and flexible scheduling. We would be happy to put together a cohort for your group if you have enough members (8+), but if not, we can add you to an existing cohort.

The therapeutic arts have countless applications, and we want to ensure our students receive the best training possible to implement in their organizations. To better serve our private cohorts, we consider the organization's mission and how they'll integrate therapeutic arts into their practice to tailor the program to meet the needs of the group.

# ART THERAPY *vs.* THERAPEUTIC ARTS

## WHAT IS THE DIFFERENCE BETWEEN ART THERAPY AND THERAPEUTIC ARTS?

Both art therapy and the therapeutic arts have numerous benefits relating to well-being, mental health, stress reduction, self-expression, and more. The main difference between the two is: anyone can learn and use therapeutic arts in their personal and professional lives, whereas art therapy can only be ethically practiced in Canada by a professional or registered art therapist. Art therapists use therapeutic art and art therapy techniques, interventions, and clinical approaches to help clients work toward their goals and overcome obstacles, issues, and work-through trauma.

Therapeutic arts often rely on the artistic process and create a safe space for self-reflection. The defining characteristic of therapeutic art vs. art therapy is the scope of practice. Art therapists undergo over two years of training, including a practicum component, increasing their competence and scope of practice when working with clients with specific mental wellness goals.

On the other hand, businesses may integrate therapeutic arts to help relieve employee stress through calming art activities, or build team engagement. However, they can not use these activities to engage with clients or create treatment plans. If someone is struggling with their mental health or seeking therapy options, they should connect with a healthcare professional, like a registered art therapist. With all this said, therapeutic arts are invaluable and act as a resource for individuals to engage with creative processes in a restorative and therapeutic manner.

# THERAPEUTIC ARTS PRACTITIONER CERTIFICATION

The Therapeutic Arts Practitioner Certification is a professional development program that 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.

Throughout this program, participants will learn the importance of 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 module 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.

## MODULE 1: INTRODUCTION TO THERAPEUTIC ARTS

In this first module, participants will explore the basic principles of the therapeutic arts through tactile and sensory art-making within a theoretical framework. Topics that will be explored include confidentiality, symbolism as metaphor, process versus product, somatics, therapeutic questioning, and creating a sense of safety. Furthermore, participants will learn to coach and guide clients in personal growth and greater emotional and mental well-being through art making.

## MODULE 2: THE MEDIA CONTINUUM

In module two, participants will experiment with the fundamental properties of traditional and non-traditional art supplies. Through mark-making and sculpting, participants will interpret their somatic and creative connections with a variety of media, from controlled to fluid, two-dimensional, three-dimensional, single-session, or multi-session projects.

## MODULE 3: GROUP AND COMMUNITY ARTS

Module three focuses on key considerations of facilitating both open and closed groups. Topics to be explored include thematic or population grouping, various group sizes, as well as open studio and art hives. Furthermore, participants will explore building community engagement and awareness through the use of therapeutic art-making. Participants will come to understand how the art-making process can simultaneously provide collaboration and cohesion for a group while supporting individual expression and personal growth.

## MODULE 4: MINDFULNESS AND CONTEMPLATION IN THE ARTS

This final module focuses on self-care practices for the client and practitioner, using mindfulness and contemplative processes during and post-session. Participants will learn how to incorporate mindfulness and contemplation into their art interventions in a therapeutic setting. Further, they will examine how such practices can be the main focus of individual or group sessions for the clients who are seeking to be more present or practice inner reflection.

# THERAPEUTIC ARTS PRACTITIONER CERTIFICATION

## 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

## GENERAL PROGRAM DETAILS

- Course Length: 16 weeks
- Delivery: Online
- Format: Synchronous and asynchronous components
- Credential: Certificate
- Title: Therapeutic Arts Practitioner
- Cost: \$2780 (\$695/month)
- Maximum Students: 12 per cohort
- Amount of Homework: 2 hrs/week
- Minimum 90% on-camera attendance
- Admission requirements: 19 years of age and 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, achieving at least the minimum overall score specified on our website.

If you are looking for professional development for your team  
or workplace and looking for special pricing, cohorts, etc.

EMAIL [INFO@CIAT.ORG](mailto:INFO@CIAT.ORG)

Please note: Taking the Therapeutic Arts Practitioner Certification will not certify you as an art therapist.

# PASSION, PURPOSE, PROFIT

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

## GENERAL PROGRAM DETAILS

- Admission requirements: 19 years of age.
- Delivery: Online
- Format: Self-directed
- Instructional hours: 18 hours
- Amount of Homework: 4 - 6 hours
- Credential: Certificate of completion
- Cost: \$695

# RETHINKING RELATIONSHIPS

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.

Throughout this course, participants embark on a reflective journey that progressively explores the building blocks of human connections. Participants will also understand 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
- Recognise the role of conflict and boundary setting in healthy relationship building

## GENERAL PROGRAM DETAILS

- Admission requirements: 19 years of age.
- Delivery: Online
- Format: Self-directed
- Instructional hours: 18 hours
- Amount of Homework: 4 - 6 hours
- Credential: Certificate of completion
- Cost: \$695

# TRAUMA INFORMED PRACTICES

Trauma Informed Practices 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

## GENERAL PROGRAM DETAILS

- Admission requirements: 19 years of age.
- Delivery: Online
- Format: Self-directed
- Instructional hours: 18 hours
- Amount of Homework: 4 - 6 hours
- Credential: Certificate of completion
- Cost: \$695

# NAVIGATING NEURODIVERSITY

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

## GENERAL PROGRAM DETAILS

- Admission requirements: 19 years of age.
- Delivery: Online
- Format: Self-directed
- Instructional hours: 18 hours
- Amount of Homework: 4 - 6 hours
- Credential: Certificate of completion
- Cost: \$695

# CREATING WITH NATURE

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

## GENERAL PROGRAM DETAILS

- Admission requirements: 19 years of age.
- Delivery: Online
- Format: Self-directed
- Instructional hours: 18 hours
- Amount of Homework: 4 - 6 hours
- Credential: Certificate of completion
- Cost: \$695

# Options designed FOR YOUR GROUP

## PARTNERSHIP OPTIONS

Empower your team with innovative therapeutic arts training. CiiAT is a globally recognized leader in art therapy education and training, offering expertise that inspires transformation in individuals and organizations alike.

## RECORDED PRESENTATION ON THERAPEUTIC ARTS

A dynamic 1-hour presentation that explores the power of therapeutic arts in fostering emotional well-being and personal growth.

- Format: Pre-recorded or recorded live for your team
- Investment: \$1,200 CAD

## CUSTOMIZED WORKSHOPS OR EVENTS

Engage your team in an interactive and immersive experience with our expert facilitators. Delivered in person or virtually, these workshops are tailored to your goals and focus on applying therapeutic arts in practice.

- Duration: Half-day or full-day options
- Investment: Starting at \$2,000 CAD plus expenses (if applicable)

## PRIVATE COHORT GROUP DISCOUNTS

Provide your team with access to CiiAT's live online programs, designed to inspire and educate. Enroll 6-8 members as a private cohort and enjoy exclusive savings.

- Discount: 10% off standard tuition
- Benefits: A personalized learning experience for your group



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*let's get in touch*

[info@ciiat.org](mailto:info@ciiat.org)

[t-arts@ciiat.org](mailto:t-arts@ciiat.org)

1-250-419-7628

[ciiat.org](http://ciiat.org)