



## Certificate of Art and Creative Therapies

### ENROL & START TODAY

\* Ts&Cs apply

- ✓ Unlimited Support
- ✓ 12 Months Access

### TOTAL COST

**\$599.00**

The Certificate of Art and Creative Therapies is an online course that explores how creative practices can support emotional, psychological and physical wellbeing. You'll discover how visual arts, music, movement, writing, crafts and other creative therapies can promote self-expression, resilience, healing and personal growth across a range of health, education and community settings.

## Course Description

Explore the transformative power of art and creative therapies. If you are involved in counselling, community service, health, or education, this course will empower you to promote healing and personal development through various creative outlets.

The Certificate of Art and Creative Therapies is a professional development course that examines the therapeutic process, encompassing music, writing, dance, reminiscence, visual arts, and crafts, to facilitate emotional expression, healing, and personal growth.

In this creative arts therapy course, you'll learn about art's role in trauma recovery, building self-awareness, and enhancing resilience through creative engagement. You'll also learn about writing, music and movement as tools for well-being, emphasising techniques like journalling, poetry, sound healing, music and movement-based therapies for emotional release.

You will also learn to plan and conduct group sessions, adapt therapies to meet diverse cultural and emotional needs and maintain professional boundaries while practising inclusivity and respect.

On completion of this course, you will feel confident to design creative therapy programs, evaluate their impact, and develop tools for professional growth.

Printed learning materials may be available free to print for this course. Requests can be made by contacting us.

## Study Hours

Estimated duration **50 Hours**

## Course Delivery and Start

Start anytime, self-paced and 100% online

## Assessment

Assessment will be comprised of written exercises, including short-answer questions, reflective tasks, short reports and/or projects. There are no examinations or due dates for assessment. As a result, you can complete training in your own time and at your own pace with the assistance of unlimited tutor support.

## Career Outcomes

- Counsellors
- Teachers
- Creative Therapists
- Art Therapists
- Therapists
- Parents

# Course Structure

## **Unit 1 – Introduction to Art and Creative Therapies**

- Introduction to art and creative therapies
- Principles of art and creative therapies
- Benefits of art and creative therapies
- Applications of art and creative therapies
- Emotional expression and regulation
- History of art therapy
- Cultural influences on art therapy

## **Unit 2 – Creativity and Emotional Expression**

- Creativity and emotions
- Processing emotions
- Emotional regulation
- Self-awareness through creativity
- Creativity as a tool for resilience
- Therapeutic process
- Engaging the mind and the body
- Art and trauma
- Engaging the brain for healing
- Processing and releasing emotions
- Reframing through creativity
- Building resilience and coping skills

## **Unit 3 – Visual Arts and Crafts**

- Visual arts as therapy
- Drawing therapy
- Painting therapy
- Papercraft therapy
- Scrapbooking therapy
- Collage therapy
- Self-expression through visual arts
- Visual art therapy in action

# Course Structure

## **Unit 4 – Writing for Wellbeing**

- Journaling therapy
- Writing and emotional release
- Writing and self-awareness
- Gratitude journaling
- Poetry therapy
- Creative emotional expression
- Reframing experiences
- Building connection
- Mindfulness and flow
- Storytelling and personal growth
- Understanding personal narratives
- Reframing challenges
- Self-awareness and identity
- Guided writing exercises

## **Unit 5 – Music and Sound in Creative Therapy**

- Introduction to music therapy
- Applications of music therapy
- Why music therapy works
- Sound healing
- Sound healing techniques
- Applications and benefits of sound healing
- The power of rhythm
- The emotional power of song
- Soundscapes for emotional immersion
- Practical activities in music therapy

## **Unit 6 – Movement-Based Creative Therapies**

- Introduction to dance and movement therapy
- Benefits of dance and movement therapy
- Body awareness

# Course Structure

## **Unit 6 – Movement-Based Creative Therapies cont.**

- How emotions manifest in the body
- Using movement for emotional expression
- Non-verbal communication through movement
- Releasing stored emotions
- Trauma and movement
- Techniques for emotional expression

## **Unit 7 – Group Facilitation in Creative Therapies**

- Planning group sessions
- Conducting group sessions
- Closing the session
- Encouraging participation
- Managing group dynamics
- Adapting activities to diverse needs

## **Unit 8 – Cultural Awareness and Sensitivity**

- Cultural awareness and sensitivity
- Understanding cultural influences
- Culture and creativity
- The role of culture in therapy
- Adapting creative and therapeutic approaches
- Culturally informed approaches
- Understanding diversity in needs
- Adapting for emotional needs
- Respectful and inclusive practices
- Creating a respectful environment
- Practising inclusivity
- Collaboration and connection
- Addressing challenges respectfully

# Course Structure

## Unit 9 – Ethics and Professional Boundaries

- Ethical principles in creative therapies
- Client consent
- Client confidentiality
- Practical strategies
- Self-care and boundaries
- Emotional transference

## Unit 10 – Application and Reflection

- Designing a creative therapy program
- Personal reflection
- Professional growth
- Tools and techniques for reflection
- Evaluating creative therapy sessions
- Improving evaluation practices



# Testimonials

[View All Testimonials](#)

**It was an amazing experience overall.**

*Zehra - Sydney, NSW | Certificate of Art and Creative Therapies*

**Excellent hands-on course. Appreciated the check ins with the tutors. Thank you. Would recommend to others.**

*Susan - Margate, QLD | Certificate of Art and Creative Therapies*

**I enjoyed the self-paced learning structure, which allowed me to study at my own convenience. The assessment templates and questions were clear and well organised, making it easy to understand the material and learn independently. Overall, the course supported a smooth and accessible self-learning experience.**

*Bianca - Elsternwick, VIC | Certificate of Art and Creative Therapies*

**I loved this experience. I learnt so much by doing this course, and I always knew I had support there if I needed it. Thank you so much.**

*Melita - SA | Certificate of Art and Creative Therapies*

**Great course, with lots of great information to use practically in work placement. Thank you.**

*Ellen - Dulong, QLD | Certificate of Art and Creative Therapies*

**I enjoyed the course experience at AOC, found it informative with an easy approach and pace to studying that made it successful in my learning journey.**

*Susie - Caroline Springs, VIC | Certificate of Art and Creative Therapies*

**I found the course work easy to understand and follow. I found the course work interesting and insightful, this will be a great help for me working with children.**

*Julie - Glen Waverley, VIC | Certificate of Art and Creative Therapies*

**The Certificate of Art and Creative Therapy was well-structured, informative, and practical. The course content was relevant to my work, and the flexibility allowed me to study at my own pace. The tutors were responsive and supportive whenever I had questions. I feel more confident in applying creative therapy techniques in my professional practice.**

*Hamid - Macleod, VIC | Certificate of Art and Creative Therapies*

**I thoroughly enjoyed the applied component of the assignments. The e.learning was fascinating and encouraged me to work more with creative art therapies in the future. Thank you also for the positive feedback on my assignments.**

*Simonette - NSW | Certificate of Art and Creative Therapies*

## Graduation

A **Certificate of Attainment** and **Statement of Results** will be issued upon successful completion of this course.

## How to Enrol

All enrolments are completed through our course pages. Simply visit your chosen course page to get started. You will be guided through the enrolment process step by step.

If you have any questions or need help choosing the right course, our team is available during business hours to assist.

[Browse Courses](#)

## Enrolling Staff or a Team

Staff can be enrolled directly through your chosen course page, using the same process as any individual enrolment.

There's no limit to how many team members you can enrol, whether you're adding one person or training across your organisation.

For employer support, team training enquiries, or additional information, visit our website or [contact us](#) directly.

[For Businesses and Organisations](#)

## Payment Options

We offer flexible payment options, including credit card, Afterpay, bank transfer, BPAY, and payment plans.

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