

CANADIAN INTERNATIONAL INSTITUTE OF ART THERAPY



# THERAPEUTIC ARTS

**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 Ministry of Advanced Education (PTIB) 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.

*Follow your art. Let it lead you to healing.*



# 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, ministry and coaching, hospitals, nursing homes, community health centres, shelters, prisons, early childhood programs, special 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.

To apply or learn more, contact our team at [office@ciiat.org](mailto:office@ciiat.org)





# 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 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 health 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

## 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

For our traditional TAPC cohorts, students can expect:

Course Length: 16 weeks\*

Delivery: Online

Credential: Certificate

Title: Therapeutic Arts Practitioner

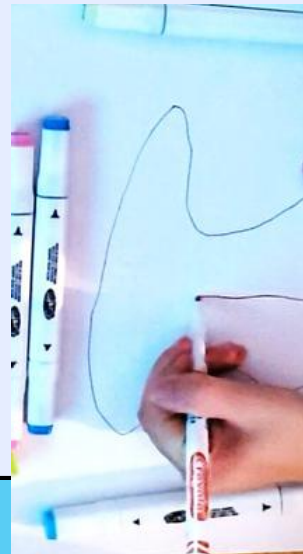
Cost: \$2780 (\$695/month)\*

Maximum Students: 12 per cohort\*

Amount of Homework: 2 hrs/week\*

Minimum 90% on-camera attendance

\*For private groups, these details are subject to change.



Please note: Taking the Therapeutic Arts Practitioner Certification will not certify you as an art therapist. The program offers practical techniques and creative methods to enrich your existing organization and practice. If you're already using art in your professional life, TAPC will help you better understand the healing power of the artistic process.

If you wish to expand your knowledge of therapeutic arts and become a mental health professional, CiiAT also offers an Art Psychotherapy Diploma (APD). Check out our website for more information at [ciiat.org](http://ciiat.org).



# Options designed

## FOR YOUR GROUP

### PARTNERSHIP OPTIONS



#### Option 1 - Online: minimum group of 6 participants

Course length: 40 hours of instruction over 16 weeks

Delivery method: online working with the cohort's schedule and based on instructor availability

Tailored materials to fit specific client populations of child and youth, in solo sessions and groups

Result: Therapeutic Arts Practitioner Certificate

Instructors: Art Psychotherapist and Therapeutic Arts Practitioners with relevant experience

Total tuition: One contract, one payee: \$15,000 for 6 participants, any additional participants: \$2500 each

#### Option 2 - In-Person\* or Online, minimum of 6 participants

Course length: 40 hours of instruction (condensed/adjusted if in-person)

Delivery method: Choice of in-person or online: working with the cohort's schedule and based on instructor availability

Tailored materials to fit specific client populations of child and youth, in solo sessions and groups

An additional 10 follow-up group supervision/consultation sessions

Result: Therapeutic Arts Practitioner Certificate

Instructors: Art Psychotherapist and Therapeutic Arts Practitioners with relevant experience

Total tuition: One contract, one payee: \$16,000 for 6 participants, any additional participants: \$2500 each

\*In-person instruction would require additional travel and accommodation expenses



# 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
- Analyse 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

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

**TUITION: \$975**

TITLE: RETHINKING RELATIONSHIPS  
CREDENTIAL: CERTIFICATE OF COMPLETION  
TUITION: \$975  
DELIVERY: LIVE ONLINE (ON-CAMERA)  
INSTRUCTIONAL HOURS: 18 HOURS  
(12 INSTRUCTOR-LED AND 6 SELF-DIRECTED)  
TOTAL HOMEWORK: 4-6 HOURS  
TOTAL TIME COMMITMENT: 22-24 HOURS

# 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

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

**TUITION: \$975**

TITLE: NAVIGATING NEURODIVERSITY

CREDENTIAL: CERTIFICATE OF COMPLETION

TUITION: \$975

DELIVERY: LIVE ONLINE (ON-CAMERA)

INSTRUCTIONAL HOURS: 18 HOURS

(12 INSTRUCTOR-LED AND 6 SELF-DIRECTED)

TOTAL HOMEWORK: 4-6 HOURS

TOTAL TIME COMMITMENT: 22-24 HOURS



# TRAUMA INFORMED PRACTICES

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

## 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

**TUITION: \$975**

TITLE: TRAUMA INFORMED PRACTICES  
CREDENTIAL: CERTIFICATE OF COMPLETION  
TUITION: \$975  
DELIVERY: LIVE ONLINE (ON-CAMERA)  
INSTRUCTIONAL HOURS: 18 HOURS  
(12 INSTRUCTOR-LED AND 6 SELF-DIRECTED)  
TOTAL HOMEWORK: 4-6 HOURS  
TOTAL TIME COMMITMENT: 22-24 HOURS



# ATTACHED FOR LIFE

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

**TUITION: \$975**

TITLE: ATTACHED FOR LIFE

CREDENTIAL: CERTIFICATE OF COMPLETION

TUITION: \$975

DELIVERY: LIVE ONLINE (ON-CAMERA)

INSTRUCTIONAL HOURS: 18 HOURS

(12 INSTRUCTOR-LED AND 6 SELF-DIRECTED)

TOTAL HOMEWORK: 4-6 HOURS

TOTAL TIME COMMITMENT: 22-24 HOURS

# 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

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

**TUITION: \$975**

TITLE: CREATING WITH NATURE  
CREDENTIAL: CERTIFICATE OF COMPLETION  
TUITION: \$975  
DELIVERY: LIVE ONLINE (ON-CAMERA)  
INSTRUCTIONAL HOURS: 18 HOURS  
(12 INSTRUCTOR-LED AND 6 SELF-DIRECTED)  
TOTAL HOMEWORK: 4-6 HOURS  
TOTAL TIME COMMITMENT: 22-24 HOURS

# 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

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

**TUITION: \$975**

TITLE: PASSION, PURPOSE, PROFIT

CREDENTIAL: CERTIFICATE OF COMPLETION

TUITION: \$975

DELIVERY: LIVE ONLINE (ON-CAMERA)

INSTRUCTIONAL HOURS: 18 HOURS

(12 INSTRUCTOR-LED AND 6 SELF-DIRECTED)

TOTAL HOMEWORK: 4-6 HOURS

TOTAL TIME COMMITMENT: 22-24 HOURS

# CANADIAN INTERNATIONAL INSTITUTE OF ART THERAPY

*let's get in touch*

+1-250-419-7628

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

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

