



IKON INSTITUTE
OF AUSTRALIA

GRADUATE DIPLOMA OF ARTS PSYCHOTHERAPY



IKON is Australia's leading, specialist provider of therapeutic and human services training and is dedicated to advancing knowledge and understanding in humanistic studies through vocational and higher education, leadership and practice.

The IKON Institute aims to produce graduates who are enabled to continually develop their own potential, and whose skills, knowledge and therapeutic client-centred practice contribute to the creation of an international community of people and practitioners committed to social change, community building and individual healing.

At IKON, you'll gain more than a nationally recognised qualification, you'll gain a rewarding career where you can make a positive difference in your life and the lives of others.

What is Arts Psychotherapy?

Arts Psychotherapy is a form of therapy that aims to support and improve mental health outcomes through the use of art and contemporary psychotherapy processes.

Various art media is used as non-verbal communication to facilitate the externalisation of thoughts and feelings that might otherwise remain unexpressed and access a deep level of self-exploration, understanding and healing for those with mental health challenges and those seeking self development.

Arts Psychotherapy differs from traditional art in that the focus is not aesthetic merit – the process is just as important as any finished product – scribbles and random marks are of equal importance as complete images.

Graduate Opportunities and Employment Pathways

Arts Psychotherapy is becoming increasingly well known, respected and supported by evidence, leading to more employment opportunities for graduates.

Employment pathways include: private practice, hospitals, aged care facilities, youth services, disability services, correctional services, mental health services and drug and alcohol treatment programs.

Students with a prior undergraduate degree or a VET qualification who enrol in and complete the Graduate Diploma of Arts Psychotherapy will be equipped to practice as professional arts psychotherapists and/or incorporate Arts Psychotherapy into their existing vocation.

Professional Recognition

The course meets the Australian Qualification Framework (AQF) guidelines and satisfies the requirements for student membership with ACATA. Graduates are also eligible to join the Australian Association of Holistic and Transpersonal Counsellors (AHTC) and work in industry or as private practitioners. This qualification is also accredited with the Australian Counselling Association.

GRADUATE DIPLOMA OF ARTS PSYCHOTHERAPY

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| Topic 1: | Introduction to Arts Psychotherapy |
| Topic 2: | Media and Therapeutic Qualities |
| Topic 3: | Modalities and Therapeutic Qualities |
| Topic 4: | Externalised Models and Therapeutic Qualities |
| Topic 5: | Models of Psychotherapy |
| Topic 6: | Counselling Skills in Arts Psychotherapy |
| Topic 7: | Integrated and Multidisciplinary Practice |
| Topic 8: | Supervised Clinical Practice |
| Topic 9: | Professional Practice and Practicum |

Course Name: Arts Psychotherapy

Qualification: Graduate Diploma of Arts Psychotherapy (10505NAT)

Study Location: SA, QLD, WA, VIC & NSW

Course Duration: 12 months

Course Duration

12 months (760 nominal hours). The 100 hour practicum can be completed in the same year as the course topics or in the following year, depending on the student's circumstances and their negotiated placement with the workplace organisation(s).

Entry Requirements

A relevant undergraduate degree or higher qualification in Counselling, Psychotherapy, Psychology, Social Work, Social Science or discipline deemed appropriate by the Head of Creative Therapies, awarded no more than 10 years prior to commencement of course.

A VET Diploma or Advanced Diploma in Counselling or Art Therapy or a related qualification, awarded no more than 10 years prior to commencement of course, and deemed appropriate by the Head of Creative Therapies.

A minimum of 3 years previous experience in a counselling environment in a job role involving the self directed application of knowledge with substantial depth in some areas, the exercise of independent judgment and decision making, and a range of technical and other skills as deemed appropriate by the Head of Creative Therapies.

Applicants are also required to submit a 500 word essay which is to include their perceived justifications for using art in therapy. Upon receipt the applicant will be contacted and invited to attend an interview with members of the Creative Therapies Teaching Faculty.

Delivery Format

The course is delivered through a combination of facilitated class based delivery and practical tutorial sessions. Students are required to attend one day and one 3 hour evening tutorial per week.

Students should allow for a minimum of 6 hours per week of self directed learning. A 5 day block will be scheduled towards the end of the course for an intensive period of supervised clinical practice.

Given the experiential nature of the course content, and the importance of building a rapport with colleagues, it is not possible to complete this course through distance education.

Recognition of Prior Learning (RPL)

RPL is a process whereby knowledge and skills you already have may be recognised, irrespective of where or how they were acquired. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course. Please contact the IKON Institute if you require information on the RPL application process and associated fees.

Tuition Fees

Please contact IKON to confirm the current tuition fees or visit our website www.ikoninstitute.edu.au

Payment Options

This qualification is not currently on the eligible student loans list. Alternative payment methods include;

1. Monthly / Periodic payments through Direct Debit
2. Full upfront payment
3. Payment through an external student loan (i.e. with a financial institution)



TOPIC 1

Introduction to Arts Psychotherapy

In this topic, students will examine the history and theories of creativity, and historical and contemporary models of Art Therapy. A simple introduction to Art and the brain, and Art in diagnosis will be provided.

Students will also be introduced to the basic processing model for Art Therapy, accessing the unconscious, phenomenology and the amazing power of metaphor.

Qualities of therapists, including those that are not 'teachable' will be examined. Students will identify and take responsibility for work that is required of them to develop the necessary traits for success as an Arts Psychotherapist.

TOPIC 2

Media and Therapeutic Qualities

Students will explore the qualities and applicability of media with reference to Flow, Effort, Rigidity, and Construction/Deconstruction.

Students will engage in Art and the Body and bilateral Art Therapy work. Skills in Art Dialoging will also be developed. Personal reflection, providing and receiving observational critique, and facilitation skills will be an essential component of this topic.

TOPIC 3

Modalities and Therapeutic Qualities

Students will explore word based Arts modalities and the applicability in Art Psychotherapy, (e.g. Storytelling, Poetry), the symbolic world, ritual as an integral part of the Art Psychotherapy process and sculpture.

Personal reflection, providing and receiving observational critique, and facilitation skills will be an essential component of this topic.

TOPIC 4

Externalised Models and Therapeutic Qualities

Students will explore body based models and the applicability in therapy including Drama, Music, Movement, Dance, Satir Sculpting and Sand Play. These models will be integrated within an Arts Psychotherapy approach.

Personal reflection, providing and receiving observational critique, and facilitation skills will be an essential component of this topic.

TOPIC 5

Models of Psychotherapy

A variety of therapeutic supports will be explored during this topic including Narrative Therapy, Mindfulness, CBT, DBT, Transactional Analysis and behaviorist approaches. These models will then be developed within an Arts Psychotherapy approach.

TOPIC 6

Counselling Skills in Arts Psychotherapy

In this topic students will engage in integrating Art Psychotherapy skills alongside a solid verbal counselling model. Students will engage in role-play and simulated Arts Psychotherapy sessions. Students will be required to engage in further sessions outside of class and observation and feedback will be a critical component of developing excellence in Arts Psychotherapy skills.

Personal reflection, providing and receiving observational critique, and facilitation skills will be an essential component of this topic.

TOPIC 7

Integrated and Multidisciplinary Practice

Students will develop skills in facilitating Group work and working in multicultural settings, with people with disabilities, mental health challenges, in aged care, and with children.

Each student will undertake program planning with strong Arts Psychotherapy foundations, both individually and in groups.

TOPIC 8

Supervised Clinical Practice

This topic will require students to prepare, market and engage in a series of observed and supported Arts Psychotherapy sessions, with individuals and groups. Debriefing will happen immediately following the sessions and all students will be involved as therapists and as observers. The pattern for this topic alters with a one day class and then a long break of several weeks for students to prepare for the clinic week, (a full 5 day program), followed by one tutorial.

This topic aims to prepare students for engaging with excellence in the next topic's Arts Psychotherapy practicum.

The topic includes, identifying and resolving OH&S issues, ethical concerns, transference, countertransference and projective defenses, self-care and evaluation.

Personal reflection, providing and receiving observational critique, and facilitation skills will be an essential component of this topic.

TOPIC 9

Professional Practice and Practicum (100 hours)

Students will be encouraged to complete practicum on the days for which class would usually be scheduled, (although this can be negotiated), and personal and group supervision will occur during the scheduled tutorial time. Practicum will be supported by ongoing contact with trainers and students can engage in placements across a variety of settings and client needs.

Personal reflection, providing and receiving observational critique, and facilitation skills will be an essential component of this topic.

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I enjoyed the open style of learning. The facilitators generated lots of discussion and made everyone feel comfortable sharing opinions and asking questions.

Jessie Bennies

IKON Student

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Kingsley Knott

IKON Graduate

My (considerable) experience with the IKON Institute over several years equips me to make the following commendation. Technically, the material offered is cutting edge, best practice, and completely client-centred.

Professionally, all staff are highly skilled, highly motivated and committed to improving their knowledge and skills bases.

Personally, I know them to be individuals of high integrity, with extraordinary commitment to helping their fellow humans find depth, richness and meaning in their lives.