



IKON INSTITUTE  
OF AUSTRALIA

# ADVANCED DIPLOMA OF TRANSPERSONAL ART THERAPY



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 Art Therapy?

Art Therapy is one of the most popular, innovative forms of psychotherapy being used today. It offers the opportunity for expression and communication of thoughts, feelings and experiences through the creative modalities of art media and symbolism, often directly accessing the unconscious to facilitate healing and self-awareness.

Clients do not need to have any experience or skill in art making – the process is not about creating aesthetic images, but about effecting change and growth through artistic expression in a safe and supportive environment. It is widely used for helping people with depression, relationship and identity issues, poor self esteem, fears, concerns, unhelpful behaviours or personal crisis and other mental health challenges.

Art Therapists are trained in a range of art processes including painting, drawing, writing, clay, collage, construction and sand play, as well as the psychology of mark-making and symbolism, psychological theories, verbal counselling skills and therapeutic practice.

Transpersonal Art Therapy acknowledges that we have a spiritual or intuitive realm of being that is beyond the personality self. Transpersonal Art Therapists aim to integrate this important aspect of a person's inner life within the therapeutic context.

## Advanced Diploma of Transpersonal Art Therapy

IKON Institute is the only accredited Art Therapy provider in South Australia and the largest national provider. This course combines the theory and practice used in Art Therapy within a transpersonal framework. Students will experience a rich, exciting, intense, yet playful journey into the tapestry of the authentic self as they move into and beyond mainstream mental health ideas, and into the deeper dimensions of self realisation, the core of transpersonal work.

By the end of the course students will have developed a greater sense of self awareness and purpose, and will have the creative tools and art therapy skills required to assist others to recognise and move towards their highest potential.

Students with a prior undergraduate degree or a VET qualification may wish to consider the Graduate Diploma of Arts Psychotherapy.

# ADVANCED DIPLOMA OF TRANSPERSONAL ART THERAPY

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| Module 1:  | Foundations of Transpersonal Art Therapy  |
| Module 2:  | Foundations of Visionary Practice: The spectrum of Consciousness                |
| Module 3:  | Paradigms of Art Therapy  |
| Module 4:  | Symbol, Myth, and Healing in Art Therapy  |
| Module 5:  | Healing Across the Life Cycle   |
| Module 6:  | Foundations of Mental Health  |
| Module 7:  | Transpersonal Art Therapy Approaches to Mental Health                           |
| Module 8:  | Transpersonal Art Therapy Counselling skills 1                                  |
| Module 9:  | Transpersonal Art Therapy Counselling Skills 2                                  |
| Module 10: | Essential Professional Practice Skills in Transpersonal Art Therapy             |
| Module 11: | Contemporary Ethico-legal and Best Practice Issues in Transpersonal Art Therapy |
| Module 12: | Placement and Clinical Case Analysis and Management                             |

## Course Duration

We offer two delivery formats. Please check if your preferred delivery format is available in your state. Modules 1-11 are coursework, and module 12 is a 100 hour work/field placement in an approved organisation with training supervision. Placement is undertaken at the conclusion of the coursework modules and is in addition to the advised course duration.

## Online Learning

All IKON courses have a strong 'face to face' presence, to ensure the quality of learning is not compromised, allowing our students to learn to work with people from people, together with the support of their peers. This course has a blended delivery format - allowing learning to take place via off-site online sessions which typically include short video lectures, readings and interactive assessments, therefore allowing the in class time to be devoted to exercises, project discussions and the practicing of skills.

## Delivery Format 1 - Duration 12 months

Modules 1-11 are 4 weeks in duration. In weeks 1 & 2, students attend 2 consecutive days per week, each week. Weeks 3 & 4 consist of self directed learning, allowing students to complete readings and assessments. There is one optional 2 hour, online support session in weeks 3 or 4, of each module.

## Delivery Format 2 - Duration 24 months

Modules 1-11 are 6 weeks in duration. In weeks 2 & 4, students attend 2 days per week. Weeks 1, 3, 5 & 6 consist of self directed learning, allowing students to complete readings and assessments. There will be one optional, 2 hour online support session in weeks 5 or 6, of each module.

## Student Support

IKON offers comprehensive student support including a student counsellor to support your learning needs. In addition, our dedicated placement officer provides student support, advice and guidance through the lifecycle of your work/field placement.

## 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](http://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)



**Course Name:** Art Therapy

**Qualification:** Advanced Diploma of  
Transpersonal Art Therapy (52699WA)

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

**Course Duration:** 12 months or 24 months

## MODULE 1

### Foundations of Transpersonal Art Therapy

- Transpersonal paradigm
- History of art in healing: an overview
- History of art therapy and foundations of transpersonal art therapy
- Art and social movements
- Exploration of the properties of art media and their application to different practice contexts
- Personal ethics
- Introduction to phenomenology: application of different perspectives

## MODULE 2

### Foundations of Visionary Practice: the Spectrum of Consciousness

- History of transpersonal concepts, theory, research and practice from 19th century to the present
- Analysis of major healing paradigms in psychotherapy and counselling, including the contribution of transpersonal methodologies
- Exploration of consciousness through psychobiology, religious, psycho-spiritual and philosophical systems
- Understanding the nature of healing [versus curing]
- Visionary practice approaches to art therapy

## MODULE 3

### Paradigms of Transpersonal Art Therapy

- The nature of healing
- Health, illness, disease and curing
- Existential-phenomenological factors in therapy
- Humanistic paradigm of therapeutic practice
- Focusing oriented art therapy
- Application of client-centred skills
- Self-realisation, authenticity and art
- Temanos – the sacred space

## MODULE 4

### Symbol, Myth and Healing in Art Therapy

- Structure and process in the human psyche
- Mapping the psyche through art
- Mask work and related archetypal work
- Art and dreams
- Considering the psyche through art

## MODULE 5

### Healing Across the Life-Cycle

- A transpersonal view of life transitions
- Exploring the lifecycle and the specific challenges associated with specific developmental phases
- Life transitions and life crises in Art Therapy
- Cycles of life and death
- Ritual and myth explorations
- Physiological perspectives
- Flight of the soul
- Exploring life transitions through the myth of Demeter and Persephone

## MODULE 6

### Foundations of Mental Health

- Major paradigms of mental illness
- Mainstream approaches to mental health and human experience
- Critical appraisal of approaches to mental health concepts
- Alternative pathways for understanding and managing mental illness
- Neuroscience as a basis for understanding mental health
- Art therapy as trauma informed care
- The limits to Art Therapy in mental health arenas: Professional and ethical boundaries

## MODULE 7

### Transpersonal Art Therapy Approaches to Mental Health

- Phenomenological approach to mental health
- The notions of spiritual emergence and crisis
- Creativity and mental health/Art as medicine
- Mental illness in the context of the journey of the soul
- Alternate perspectives on psychological disorders
- Transpersonal approaches to issues concerning life, death and self-realisation
- Mental health and creativity: Art, genius and the symbolic world

## MODULE 8

### Transpersonal Art Therapy Counselling Skills 1: Micro Skills

- Art as self-expression and communication
- Art: moving beyond the spoken word
- Symbolism in interpersonal relations
- Fundamentals of effective communication in counselling practice
- Basic counselling techniques
- Boundaries and self care

## MODULE 9

### Transpersonal Art Therapy Counselling Skills 2: Practical Applications

- Phenomenological art therapy processes
- Transpersonal Counselling: self-realisation as primary outcome
- State-specific techniques in Counselling
- Extended empathy and encounter in Transpersonal art therapy
- Transpersonal Art therapy resources and exchange

## MODULE 10

### Essential Professional Practice Skills in Transpersonal Art Therapy

- Presentation and evaluation of major practice paradigms in Art Therapy
- Developing a personal practice style
- Major concepts and theories concerning Art Therapy practice
- Art Therapy groupwork
- Transpersonal models in Art Therapy practice
- Use of story in Transpersonal Art Therapy
- Case studies and practical work

"Art Therapies offer a unique opportunity for our clients to express their journey using a broader, often more meaningful, medium than the standard "talking about it". Through the expert training of an IKON student these people are safely guided to find outlets for their thoughts and feelings- many of which are as poignant as the soul can go. " Sara, Nurse Practitioner, Paediatric Palliative Care.

## MODULE 11

### Contemporary Ethico-Legal & Best Practice Issues in Transpersonal Art Therapy

- Contemporary Art Therapy practice in Australia
- Supervision models
- Relationships with other professions and professionals
- Duty of care legislation
- Ethical parameters of practice
- Professional indemnity, public liability and other legal issues

## MODULE 12

### Placement and Clinical Case Analysis and Management

100 hour placement in an appropriate agency for acquisition of experience and skills concerned with agency structure, service delivery protocols, and legislative framework incorporating the following:

- Experience in direct service delivery to individuals and/or groups and/or communities
- Supervision by appropriate agency personnel
- Participation in supervision groups through IKON
- Analysis of placement work in terms of a written report

### Graduate Opportunities

Art Therapy graduates normally work in organisations that provide psychological therapies or support. Art Therapy is rapidly becoming a recognised profession and graduates are now working as part of mental health teams within institutions as well as setting up their own practices. It can also be nested within other roles and used as an additional therapeutic tool in traditional helping professions such as social work, nursing and counselling.

Art Therapy is applicable to a broad range of areas such as children and youth services, Aboriginal health, mental health, teaching, correctional services, community art, aged care, homelessness and domestic violence support services, paediatric and palliative care.