



IKON INSTITUTE  
OF AUSTRALIA

# THE BACHELOR 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 multi-faceted treatment approach and as such the overall treatment aims are specifically created in response to the individual client needs at any given time.

Arts Psychotherapy uses creative modalities, including visual arts, drama, and dance/movement within a therapeutic relationship to improve and inform physical, mental and emotional well-being.

## Course Overview

The Bachelor of Arts Psychotherapy is designed to provide graduates with a broad and coherent body of knowledge relating to the field of psychotherapy, with specific emphasis on the underlying principles and concepts of Arts Psychotherapy.

The foundational subjects will provide a solid grounding for other specialised modalities including dramatherapy, and dance/movement therapy, studied at a post graduate level.

The Bachelor of Arts Psychotherapy includes a professional placement totaling 480 hours. The degree will provide you with the practical skills and theoretical foundation you need to integrate Arts Psychotherapy into your existing vocation or as a private practitioner.

## What will I learn?

Areas of study include the ability to engage, support and assist clients through the use of both verbal and non-verbal therapeutic techniques;

- to establish and facilitate positive psychological changes
- to increase their ability to regulate emotions and develop distress tolerance
- to improve interpersonal effectiveness, develop insight, self-efficacy, assertiveness and social skills
- to increase self-expression and pro-social communication with those who may struggle to access primarily cognitive or verbal based therapies
- to improve and maintain their health and well being

# THE BACHELOR OF ARTS PSYCHOTHERAPY

## Course Sequencing and Structure

Year / Trimester	Subject	
Year 1, Trimester 1	Foundations in Arts Psychotherapy	<b>Course Name:</b> Arts Psychotherapy <b>Qualification:</b> Bachelor of Arts Psychotherapy (CRS1400328) <b>Study Location:</b> SA, QLD, WA, VIC & NSW <b>Course Duration:</b> 3 Years
	Qualities of Art Making and Media	
	Integrative Psychotherapy in Practice 1	
Year 1, Trimester 2	Arts Therapy and Multi-Modal Approaches	
	Arts Modalities in Therapy 1 (Materials)	
	Integrative Systems of Health and Wellbeing	
Year 1, Trimester 3	Arts Modalities in Therapy 2 (Modalities)	
	Ethics and Politics in Psychotherapy	
	Foundations of Professional Competency	
Year 2, Trimester 1	Introduction to Mental Health: Wellbeing and Distress	
	Creativity and Mental Health	
	Arts Psychotherapy in Practice 2: Groups	
Year 2, Trimester 2	Life Span Development	
	Arts Psychotherapy in Practice : Specific Populations	
	Understanding Systems in Psychotherapy	
Year 2, Trimester 3	Practicum 1 (120 hours)	
	Clinical Supervision 1	
	Practicum 2 (120 hours)	
Year 3, Trimester 1	Fundamentals of Research and Evaluation	
	Art and Social Action	
	Psychotherapy in Practice	
Year 3, Trimester 2	Practicum 3 (120 hours)	
	Clinical Supervision 2 and Self-Care	
	Practicum 4 (120 hours)	

### Course Duration

3 years full time.

### Study Modes

On-campus.

### Units

24 units plus a 480-hour placement.

### Delivery Format

Each trimester is 13 weeks in duration, consisting of 12 teaching weeks and 1 week of self directed learning. Students will attend 1 full day and 1 half day per week during each teaching week. There are 3 subjects per trimester, with 3 trimesters in years 1 & 2, and 2 trimesters in year 3 allowing for completion of assessments and clinical placement.

Year 1, 3 trimesters of 13 weeks each

Year 2, 3 trimesters of 13 weeks each

Year 3, 2 trimesters of 13 weeks each plus completion of assessments and clinical placement.

Students should allow for 13 hours of self directed study each week to practice skills and complete assessments.

### Delivery Methods

Course delivery will be through a combination of facilitated classroom training, out of class self directed learning and on-the-job placement.

## Learn with people to work with people

Face to face delivery is an important part of receiving quality training when learning to help others. IKON's specialised trainers will support you during your studies and expose you to a variety of approaches and experiences to help you develop your full potential and feel confident and career-ready upon completion of the course.

## Entry Requirements

You must be at least 19 years of age at course commencement and you must meet one of the following requirements:

- Minimum ATAR 65 or equivalent
- Completion of a Certificate IV, Diploma, Advanced Diploma or Associate Degree
- Partial completion of a Bachelor's degree and
- Complete a Counselling Applicant Screening Questionnaire.

If you are aged 21 years or over:

- Application will be through completion of a course enrolment form.

## Recognition of Prior Learning

Students may apply for recognition of prior learning and exemptions from some units of study, where an equivalence of earlier learning and achievement can be established. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course. Please contact the IKON Institute for further information on the RPL application process and associated fees.

## Tuition Fees

Please contact the IKON Institute for the current tuition fees and payment options, or visit the IKON website at [www.ikoninstitute.edu.au](http://www.ikoninstitute.edu.au)

## Graduate Pathways

The Bachelor of Arts Psychotherapy will cater for:

- Students with no prior learning in Arts Psychotherapy.
- Students who have completed an accredited Art Therapy Diploma or Advanced Diploma and wish to further expand their knowledge in this area.

Currently, students enter the Art Therapy tertiary stream via undergraduate courses in health sciences, or arts, or they enrol directly into a Masters Art Therapy program.

The Bachelor of Arts Psychotherapy provides students with a clear pathway, directly engaging in Arts Psychotherapy for the entirety of their training, and providing a sound undergraduate

foundation upon which to build further, higher level training.

In conjunction with the IKON Diploma / Advanced Diploma and Post Graduate Diploma, the Bachelor of Arts Psychotherapy provides a progressing academic training pathway that offers individuals a structured method to become an accredited arts psychotherapist.

Students are eligible for ACATA and / or ANZATA membership – at a Student level. Upon reaching a minimum of 2 years experience / 300 client contact hours and 30 hours of supervision with a Registered Arts Therapist, Graduates are then eligible for ACATA membership at a Graduate level.

\* Graduates are eligible to become professional members of PACFA.

## Graduate Opportunities

The course aims to develop graduates who will be able to work appropriately and professionally in therapeutic settings in both the public and private sectors.

Graduates may find employment in a range of community services settings, and/or in self-employed capacity, running their own business.

Graduates may also meet the required standards for postgraduate studies.

Arts in health has strong international qualitative and quantitative evidence base to support its efficacy. There is growing international research between art psychotherapists and arts in health professionals to provide a collaborative international art psychotherapy evidence base.





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TO SEE IN THE WORLD.**

## SUBJECT SUMMARIES

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### Foundations in Arts Psychotherapy

In this subject you will explore the historical development of arts psychotherapy, the formation of the profession and gain an understanding of the range and context that arts psychotherapists work within. You will learn how arts psychotherapy connects to theories of communication, creativity, phenomenology and metaphor. You will focus on developing basic arts psychotherapy skills, including externalising and psychologically processing creative expression, alongside forming effective self-care skills.

### Qualities of Art Making and Media

Throughout this subject there is a strong emphasis on studio-based art practice, which will enable you to gain a systematic understanding of the practical qualities of both 2D and 3D art materials. Through self-exploration and work in small groups you will learn the physical qualities of art materials and the emotional states that material may bring about in students and clients. Additionally you will learn how contemporary art practice relates to arts psychotherapy practice.

### Integrative Psychotherapy in Practice 1

In this subject students will be introduced to the historical context of psychotherapy and learn the foundational knowledge and skills required to facilitate effective psychotherapy. This subject has a strong emphasis on skills-based learning and will focus on the areas of communication, therapeutic relationship building and transference / counter-transference issues. Students will utilise experiential methods, including role-play to develop the basic concepts, techniques and practical skills required in the fields of psychotherapy.

### Arts Therapy and Multi-Modal Approaches

During this subject students will learn how different psychological frameworks are incorporated into arts psychotherapy. Students will become skilled in arts specific approaches and in blending arts therapy with a range of relevant psychotherapy frameworks in order to identify the safest and most effective treatment for clients.

### Arts Modalities in Therapy 1 (Materials)

In this subject students will acquire and develop a range of specific 2D and 3D visual art skills and gain competency in offering a basic experience of these to clients. Students will gain a comprehensive understanding of the qualities that art materials possess and learn to select and match appropriate art materials to specific client issues. Students will learn relevant underpinning materials theory and explore how semiotics is relevant to arts psychotherapy.

### Foundations of Professional Competency

In this subject students will explore their personal resources as a means to develop awareness and understanding of therapeutic practices. Students will reflect on the influence of family, culture, life experience, professional history and other contextual influences including current role and work place. Students will focus on both verbal and non-verbal levels of communication and conscious and non-conscious dimensions of relating. A strong focus on empathy and self-exploration will be incorporated in this learning.

### Arts Modalities in Therapy 2 (Modalities)

The focus of this subject will be for students to acquire and develop a range of drama, music, and movement skills and learn

how these methods of expression can be utilised with clients. This subject will explore how creative techniques such as storytelling, play, relaxation and sand-play can be brought into therapy. Student learning will be consolidated through the process of completing a case conceptualisation.

## Art and Social Action

In this subject students will explore the interplay between community arts, outsider arts, arts and health and arts psychotherapy. Students will examine the motives, benefits and disadvantages of politically and socially challenging forms of artistic expression such as graffiti, tattoos and comics. Throughout this subject there will be a strong focus on students developing cultural, psychosocial and disability awareness and exploring how they react personally to themes of diversity.

## Introduction to Mental Health: Wellbeing and Distress

In this subject students will learn to distinguish between abnormal and normal behavior and examine how the conceptions of abnormal behavior have changed and progressed over the years. Students will focus on the historical emergence of systems of diagnosis (DSM / ICD10), and their justifications, and criticisms. Students will learn to identify important terms and major categories of the current classification systems in psychopathology. This subject also involves the examination of the relationship between culture-specific beliefs and psychological disorders, in an effort to develop an understanding of how abnormal behavior is responded to across cultures.

## Creativity and Mental Health

In this subject students will explore the protective and problem solving qualities of creative expression on an individual's mental health. Students will consider how creativity impacts on child development, maturation and chronological neuronal changes. Students will examine historical and contemporary case studies focusing on the psychology of artists and consider a relationship between creative ability and an individual's state of mental health.

## Arts Psychotherapy in Practice 1: Individuals

In preparation for practicum, this subject will provide students with the underpinning theory and practical skills necessary to begin working with clients. This subject is highly skills based and students will have the opportunity to plan, implement, practice and refine arts psychotherapy techniques suitable for individual work. Students will also learn the role of and methods of assessment in arts psychotherapy.

## Integrative Systems of Health and Wellbeing

This subject focuses on developing competence in understanding and integrating contemporary and classical views on the nature of health and wellbeing. Students will explore current debate and practices concerned with the complex mind-body relationship, consciousness, states of consciousness and therapeutic interventions within psychotherapy, medicine, psychiatry, philosophy, behavioral and cognitive science, neurosciences and ethnomedicine.

## Practicum 1 (120 hours)

Supervised therapeutic work with clients as a 'therapist in training' is an essential part of the Bachelor of Arts Psychotherapy. This subject will enable students to develop safe and professional practice within a placement setting. This subject will focus on arts psychotherapy with individuals and practicum placement opportunities will be drawn from a variety of settings, including the opportunity for students to work with adults and children.

## Clinical Supervision 1

As practicum subjects prepare students with placements that parallel the clinical situations they are likely to encounter in their professional lives, it is crucial that students fully understand the role of supervision and engage with the process. Through participating in small supervision groups students will learn the theory, practice and benefits of taking part in supervision.

## Life Span Development

This subject will introduce students to central issues, theories, and methods in the study of developmental psychology and life span development. An overview is provided of abnormal development alongside the important developmental stages that human beings pass through: birth, infancy, adolescence, adulthood, seniority, dying and death.

## Understanding Systems in Psychotherapy

This subject explores interpersonal systems that are relevant in psychotherapy. Students will learn to recognise the stages and process of group development and work constructively with the dynamics of social groups and organisations. The scope of the subject will examine the historical context of both family and couples therapy, identify the seminal theorists and compare their approaches to individual therapy.

## Psychotherapy in Practice

This subject consolidates students understanding of professional practice. Emphasis is placed on preparing students for safe practice, and will consider professional issues associated with: risk, working with individuals, couples and families, cultural groups, organisations, and the community; specific practice settings; individual and team-based service models; professional communication; and implications of private practice and business issues. Students will develop an understanding of the responsibilities that they and their supervisor have within the supervisee-supervisor relationship.

## Arts Psychotherapy in Practice 2: Groups

In preparation for practicum, this subject will provide students with the underpinning theory and practical skills necessary to begin facilitating arts psychotherapy group work. This subject is highly skills based and students will have the opportunity to plan and practice their group facilitation skills and gain feedback from group members.

## Ethics and Politics in Psychotherapy

This subject has as its focus the knowledge and skills required to practice as a psychotherapist within the designated professional ethical, legal and professional standards as set down by the peak accrediting bodies within the field of psychotherapy/arts psychotherapy. The subject requires the student to examine case studies, professional situations and duty of care issues in contemporary therapy practice.

There is emphasis on the personal and professional competencies and attributes required to practice ethically and legally as a therapist including self-reflection of the practitioner's own values, limitations and developmental histories. Skill development includes understanding of how to work with confidentiality, informed consent, themes of power, remote therapy and practice boundaries.

## Practicum 2 (120 hours)

This subject aims to extend the development of safe and professional practice as an arts psychotherapist within a placement setting. The Practicum 2 placement is usually in a different setting to Practicum 1, broaden experience of working on a 1:1 basis with different client groups and within a different organisational context.

## Fundamentals of Research and Evaluation

This subject provides students with a basic understanding of a wide range of research methods in psychotherapy. This module covers basic conceptual and practical issues in research design, and quantitative and qualitative methods of research. Students will develop a basic understanding of the role of empirical evidence and learn to reflect on, review and audit their professional practice.

## Practicum 3 (120 hours)

This subject will enable students to develop safe and professional practice within a placement situation and will focus on arts psychotherapy in a group setting. Students will learn to apply theory in practice, having the opportunity to utilise knowledge regarding group dynamics and process into their practicum experience and developing group facilitation skills.

## Clinical Supervision 2 and Self-Care

This subject focuses on students further developing the skills to be highly reflective practitioners. There is a strong emphasis on students establishing effective self-supervision and self-care techniques into their practice. Through participating in small supervision groups students will learn to reflect on both their own and their colleagues' clinical work and to incorporate both research and experiential learning into future practice.

## Practicum 4 (120 hours)

This subject will enable students to extend the development of safe and professional practice as an arts psychotherapist within a placement setting. This subject focuses on practicing and further developing group arts psychotherapy facilitation skills. An aspect of this placement will be to further develop ending techniques in a group setting. The Practicum 4 placement is usually in a different setting from the Practicum 3; Group subject, in order to broaden the students' experience with different client groups and within a different organisational context.