



## DIPLOMA AND ASSOCIATE DEGREE OF ARTS PSYCHOTHERAPY



### Award

094685K

Bachelor of Arts Psychotherapy  
(CRS1400328)



### Student Support

Small Class sizes for optimal support and learning. Student Support Officers available on campus.



### English Language Entry requirements

Achieving an IELTS entry score of 6.0 overall with minimum 6.0 in all bands.



### Campus Locations

Adelaide, Sydney, Melbourne, Brisbane.

### What is Arts Psychotherapy?

Arts psychotherapists use creative, arts-based processes with individuals, couples, families, groups or communities, to facilitate self expression, communication, self awareness and personal development in the pursuit of improved health and wellbeing. Arts psychotherapists work in a broad range of settings including private practice, mental health, aged care, education, addiction services, and community services. Arts psychotherapy is effective in working with diverse groups of clients of all age groups, abilities, and with a range of issues; it is particularly effective in engaging people who may struggle to participate in more traditional 'talking therapies' such as children, adolescents, people suffering from trauma, those with disabilities, language difficulties or those from other cultural backgrounds. The experience of expressing oneself through creative activity has been found to assist in the promotion of physical, emotional, cognitive and social integration and functioning. The consequent insights and personal understandings can be instrumental in facilitating change.

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The Ikon Institute of Australia is a private higher education, international education and vocational education provider, leading education in mental health and wellbeing. The Ikon Institute of Australia provides quality education in creative therapies, psychotherapy, counselling and community services. With course offerings across all these areas, Ikon supports the learning of students at campuses across Australia, in a multitude of ways.

# COURSE STRUCTURE AND EXIT POINTS

## THE BACHELOR OF ARTS PSYCHOTHERAPY

### Course Sequencing and Structure

Year / Trimester	Subject
Year 1, Trimester 1	Foundations in Arts Psychotherapy
	Qualities of Art Making and Media
	Integrative Systems of Health and Wellbeing 1
Year 1, Trimester 2	Arts Modalities in Therapy 1 (Materials)
	Integrative Psychotherapy in Practice 1
	Arts Therapy - Inter-modal Approach
Year 1, Trimester 3	Arts Modalities in Therapy 2 (Modalities)
	Ethics and Politics in Psychotherapy
	Foundations of Professional Competency
<b>EXIT Point for Diploma Arts Psychotherapy</b>	
Year 2, Trimester 1	Arts Psychotherapy in Practice: Groups
	Introduction to Mental Health: Wellbeing and Distress
	Creativity and Mental Health
Year 2, Trimester 2	<b>ELECTIVE: Elective options:</b>
	Creative Art Modalities – Introduction to Drama Therapy
	Psychotherapy with Different Client Populations – Psychotherapy with Young People
	Social Ecology – Eco-psychotherapy
	Transpersonal Theory and Practice - Dreams and Symbols in Psychotherapy
	Understanding Systems in Psychotherapy
	Life Span Development
Year 2, Trimester 3	Clinical Supervision 1
	Practicum 1 (120 hours)
	Practicum 2 (120 hours)
<b>EXIT POINT FOR ASSOCIATE DEGREE in Arts Psychotherapy</b>	

### Learn with people to work with people

At Ikon we all learn together. A feature of this course is the focus on experiential small group learning; this enables students to develop and practice their skills and knowledge in a safe supportive environment. Ikon's academic staff are all highly qualified, experienced and involved in current arts psychotherapy practice; this ensures that the academic content is relevant, current, practical, and engaging. Our specialised academics 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 18 years of age at course commencement and you must meet one of the following requirements:

- Minimum ATAR 65 or equivalent, or;
- Completion of a Certificate IV, Diploma, Advanced Diploma or Associate Degree, or;
- Partial completion of a Bachelor's degree.

If you are aged 21 years or over:

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

\*All applicants are subject to an interview and will need to complete an Applicant Screening Questionnaire.

### Recognition of Prior Learning (RPL)

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 each study trimester.

Please contact the Ikon Institute for further information on the RPL application process and associated fees.

### Tuition Fees

Diploma of Arts Psychotherapy: \$20,925 (AUD)

Associate Degree of Arts Psychotherapy: \$41,850 (AUD)

### International Students

Entry Requirements: Minimum of 18 years of age.

IELTS entry score overall of at least 6.0, with a minimum 6.0 in all four bands, or equivalent alternative test.

All applicants are subject to an interview prior to acceptance into the course.