



BECOME A CERTIFIED ART THERAPY PRACTITIONER

FIVE-LEVEL ONLINE DIPLOMA

STARTS 23RD JULY 2025

**CALM CREATIVE BACKGROUND (PAINT, HANDS
WITH CLAY, JOURNAL WITH SKETCHES)**



TRANSFORM ART INTO HEALING

01

**100- HOUR STRUCTURED
ONLINE DIPLOMA**

02

**DESIGNED FOR ASPIRING &
PRACTICING THERAPISTS**

03

**BUILD THERAPEUTIC SKILL
FROM THEORY TO SUPERVISED
PRACTICE**

04

***BASED ON CBT, DBT,
MINDFULNESS & TRAUMA-
INFORMED METHODS***



LEARN, CREATE, PRACTICE



-  **HISTORY, ETHICS & TOOLS
OF ART THERAPY**
-  **EMOTIONAL EXPLORATION
THROUGH ARTISTIC EXPRESSION**
-  **CLINICAL APPLICATIONS FOR
DISORDERS**
-  **INTEGRATION WITH
PSYCHOTHERAPY METHODS**
-  **REAL CLIENT WORK +
SUPERVISION**

FLEXIBLE YET RIGOROUS

- Time: 8:30 PM – 9:30 PM | Mon–Fri
- Duration: 23 July – 8 October 2025
- Complete practicum by: 15 December 2025
- Weekly case activities, reflection work & peer reviews

5 TRANSFORMATIVE LEVELS

LEVEL 1: FOUNDATIONS (TOOLS, ETHICS, TECHNIQUES)

LEVEL 2: EMOTIONAL FLUENCY THROUGH ART

LEVEL 3: DISORDERS & DIAGNOSIS VIA VISUALS

LEVEL 4: ADVANCED MODALITIES & GROUP THERAPY

LEVEL 5: PRACTICUM: REAL CLIENTS + REPORTS

LEVEL 1 – FOUNDATIONS OF ART THERAPY (20 HOURS)



Objective: To introduce learners to the foundational principles, tools, ethics, and core practices of art therapy.

Key Topics Covered:

- **History & Evolution:** Explore the timeline from Jung, Margaret Naumburg, and Edith Kramer to modern art therapy applications.
- **Theories in Art Therapy:** Understand psychoanalytic, humanistic, Gestalt, and developmental influences.
- **Art Tools & Media:** Hands-on experience with materials like crayons, clay, pastels, watercolor, and mixed media.
- **Client Safety & Ethics:** Emphasis on confidentiality, consent, setting boundaries, and trauma-sensitive practices.
- **Types of Art Interventions:** Learn the differences between non-directive, semi-structured, and structured art methods.
- **Introductory Techniques:** Practice with scribble art, mandalas, symbol sketching.
- **Case Studies & Observation:** Use vignettes to develop observational skills and basic analysis.

LEVEL 1 – FOUNDATIONS OF ART THERAPY (20 HOURS)



Activities:

- Visual timeline creation
- Chart of psychoanalytic, humanistic, gestalt roots
- Hands-on with crayons, paint, clay
- Discussion+ boundary drawing
- Matching activities to cases
- Guided activity & journal
- Mini case reflections
- Symbol interpretation games
- Workbook practice
- Peer quiz + self-reflection

Outcome: By the end of Level 1, participants will have a foundational understanding of art therapy tools, approaches, and ethical practice through visual and experiential learning.



LEVEL 2 - EXPLORING EMOTIONS THROUGH ART (20 HOURS)

Objective: To build emotional awareness, recognition, and expression through structured and creative art practices.

Key Topics Covered:

- **Color & Emotion Mapping:** Use of emotion wheels and symbolic color associations to visualize feelings.
- **Facial & Body Expression Drawing:** Translate emotional cues into visual formats.
- **Mood Collages & Emotional Timelines:** Engage in activities that chart life events and emotional development.
- **Self-Identity Work:** Exercises like half-face mirror drawing to reflect on identity.
- **3D Art for Emotions:** Create sculptures that express internal emotional states.
- **Empathy-Building Art:** Reflective drawing with partners to build emotional resonance.
- **Case Studies in Emotion:** Analyze artwork from clients dealing with grief, anxiety, or sadness.



LEVEL 2 - EXPLORING EMOTIONS THROUGH ART (20 HOURS)



Activities:

- Emotion wheel with colors
- sketching emotion faces
- cut-out therapy
- draw life-based timeline
- half-face mirror exercise
- use clay or materials
- review art form anxious, grieving, clients
- Partner reflective drawing
- emotional inventory worksheet
- present emotional artwork
- thematic review

Outcome: Learners will enhance their emotional fluency, understand symbolic representation, and gain skills for working with emotionally sensitive populations.

LEVEL 3 - DISORDERS & DIAGNOSIS THROUGH ART (20 HOURS)



Objective: To train learners in using art to identify and work with various psychological conditions and mental health diagnoses.

Key Topics Covered:

- **Art & DSM-5 Disorders:** Visual correlation between symptoms and artwork (e.g., symbols for psychosis, lack of color for depression).
- **Condition-Specific Tools:**
 - **Anxiety:** Worry webs, chaotic lines
 - **Depression:** Monochromatic imagery, flat affect
 - **Trauma:** Safe space drawings
 - **Autism/ADHD:** Abstract forms and sensory art
 - **Eating Disorders:** Body mapping techniques
- **Age-Specific Adaptations:** Geriatric vs. child/adolescent art therapy approaches.
- **Diagnostic Art Charts:** Use art to track symptom development and improvement.

LEVEL 3 - DISORDERS & DIAGNOSIS THROUGH ART (20 HOURS)



Activities:

- Symbol spotting in client art
- "Worry Web" drawing
- Color absence analysis
- Draw your safe place
- Abstract structure challenge
- Body map activity
- "Voices" in visuals
- Memory lane board
- Game-based art
- Symptom tracking chart
- Peer presentations

Outcome: Gain the ability to interpret artwork diagnostically, customize therapeutic activities based on client profiles, and integrate creative symptom tracking.





LEVEL 4 - ADVANCED INTEGRATION WITH PSYCHOTHERAPY (20 HOURS)



Objective: To integrate art therapy with psychotherapeutic modalities like CBT, DBT, mindfulness, and cultural sensitivity for deeper client work.

Key Topics Covered:

- **CBT + Art:** Drawing core beliefs, cognitive distortions, and visual reframing.
 - **DBT + Art:** Distress tolerance mandalas, emotional regulation through collage.
 - **Mindfulness-Based Art:** Breath-and-draw techniques, zentangles, mindful sketching.
 - **Narrative Therapy through Comics:** Hero's journey illustrations, life storyboards.
 - **Cultural Sensitivity in Art:** Inclusive prompts using race, gender, faith-based symbolism.
 - **Long-Term Planning:** Goal setting, therapy arc mapping, personal journal books.
 - **Group Art Facilitation:** Lead mock sessions, practice dynamics and feedback.
 - **Advanced Ethics & Supervision:** Handling transference, confidentiality in shared art.
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LEVEL 4 - ADVANCED INTEGRATION WITH PSYCHOTHERAPY (20 HOURS)



Activities:

- Belief drawing exercise
- Distress tolerance mandala
- Draw-a-breath activity
- Hero's journey illustration
- Diveristy collage
- Archetype card deck
- Personal journal book
- Practice leading mock group
- Template creation
- Role-play analysis
- Capstone prep

Outcome: Become capable of blending traditional therapy techniques with creative approaches, lead groups, and manage diverse client needs responsibly.





LEVEL 5 – PRACTICUM & CLIENT THERAPY (20 HOURS)

Objective: To apply all learned skills in supervised real-world therapy sessions, culminating in a full practitioner qualification.

Key Topics Covered:

- **Orientation & Ethics Briefing:** Understand client safety, documentation, and consent.
- **Live Client Sessions:** Conduct 10 supervised therapy sessions with assigned clients.
- **Session Documentation:** Use templates to track client progress, artwork, and interventions.
- **Supervision Meetings:** Reflect on client work, receive expert feedback.
- **Case Report Writing:** Submit a comprehensive report with session summaries and reflections.
- **Peer Case Conference:** Present anonymized case to peers and faculty.
- **Final Review:** Viva voce, supervisor evaluation, and certification award.
- **Outcome:** Participants will graduate with hands-on therapy experience, a professional diploma, and practitioner readiness backed by ethical and therapeutic competence.





EVIDENCE-BASED MODALITIES

CBT THROUGH
BELIEF
SKETCHING

DBT WITH
DISTRESS
MANDALAS

MINDFULNESS
THROUGH
BREATH-DRAW

NARRATIVE
THERAPY VIA
COMICS

CULTURAL
SENSITIVITY IN
VISUAL
METAPHORS



SUPERVISED LIVE CLIENT WORK

***10 CLIENT
SESSIONS
(ASSIGNED BY
TEAM)***

***PEER CASE
CONFERENCE***

***FINAL VIVA
FOR
CERTIFICATION***

***REPORT
WRITING &
THERAPIST
PORTFOLIO***

***CAPSTONE
THERAPY PLAN***





5 Level Certificates

Final Practitioner Diploma

Supervised Therapy Completion Letter

Letter of Recommendation (Top Performers)

Access to global Art Therapy Resource Kit

***YOUR
ACHIEVEMENTS***



WHY THIS DIPLOMA STANDS OUT


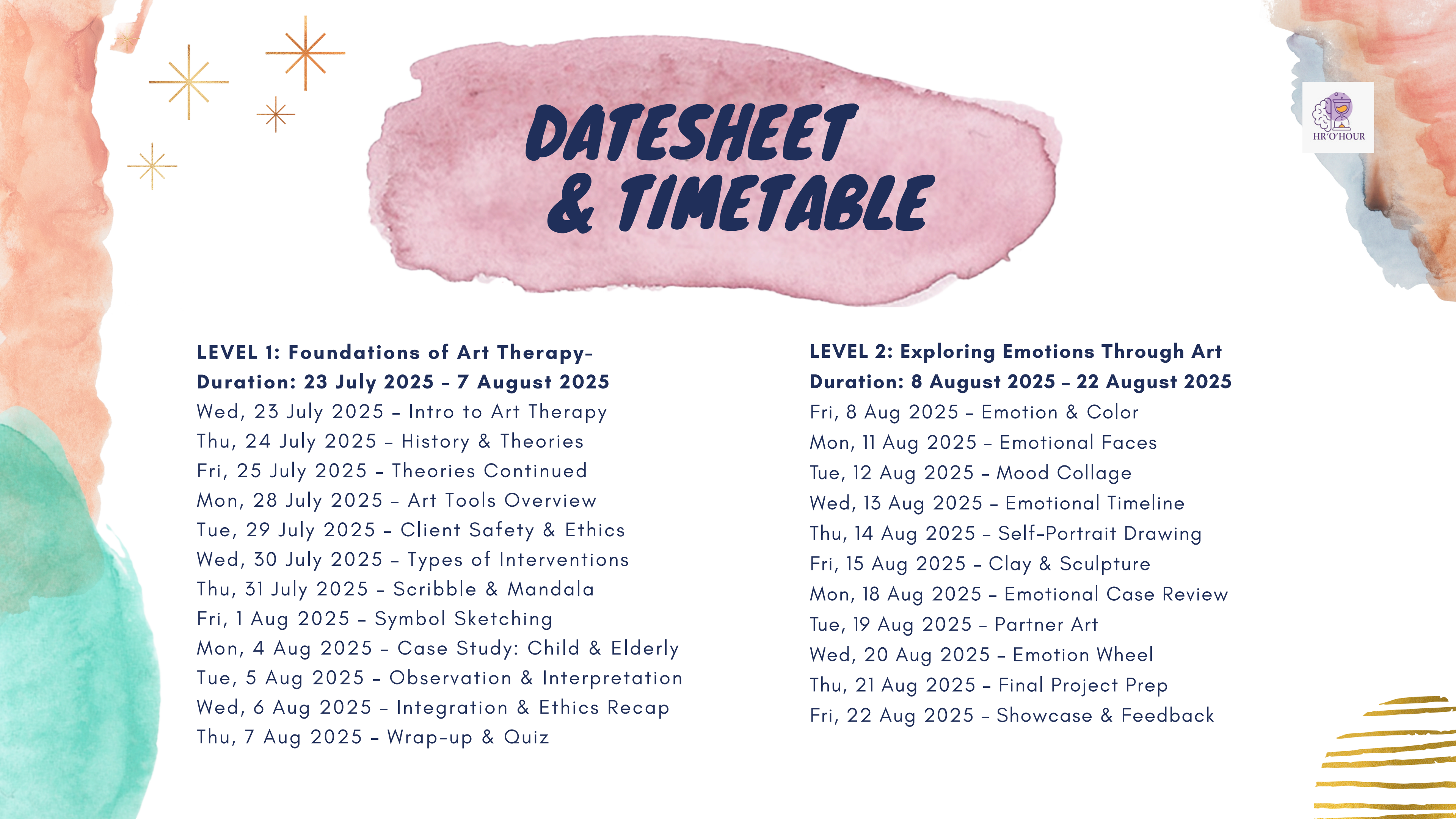
YOU GET:

- Live client work
- Daily hands-on sessions
- Lifetime access to community

BUILT BY:

- Clinical & academic therapists
- Global-standard curriculum





DATESHEET & TIMETABLE

LEVEL 1: Foundations of Art Therapy-

Duration: 23 July 2025 – 7 August 2025

Wed, 23 July 2025 – Intro to Art Therapy
Thu, 24 July 2025 – History & Theories
Fri, 25 July 2025 – Theories Continued
Mon, 28 July 2025 – Art Tools Overview
Tue, 29 July 2025 – Client Safety & Ethics
Wed, 30 July 2025 – Types of Interventions
Thu, 31 July 2025 – Scribble & Mandala
Fri, 1 Aug 2025 – Symbol Sketching
Mon, 4 Aug 2025 – Case Study: Child & Elderly
Tue, 5 Aug 2025 – Observation & Interpretation
Wed, 6 Aug 2025 – Integration & Ethics Recap
Thu, 7 Aug 2025 – Wrap-up & Quiz

LEVEL 2: Exploring Emotions Through Art

Duration: 8 August 2025 – 22 August 2025

Fri, 8 Aug 2025 – Emotion & Color
Mon, 11 Aug 2025 – Emotional Faces
Tue, 12 Aug 2025 – Mood Collage
Wed, 13 Aug 2025 – Emotional Timeline
Thu, 14 Aug 2025 – Self-Portrait Drawing
Fri, 15 Aug 2025 – Clay & Sculpture
Mon, 18 Aug 2025 – Emotional Case Review
Tue, 19 Aug 2025 – Partner Art
Wed, 20 Aug 2025 – Emotion Wheel
Thu, 21 Aug 2025 – Final Project Prep
Fri, 22 Aug 2025 – Showcase & Feedback

DATESHEET & TIMETABLE

LEVEL 3: Disorders & Diagnosis Through Art Therapy

Duration: 25 August 2025 – 8 September 2025

Mon, 25 Aug 2025 – Art & DSM-5

Tue, 26 Aug 2025 – Anxiety Representation

Wed, 27 Aug 2025 – Depressive Patterns

Thu, 28 Aug 2025 – Trauma & Safe Spaces

Fri, 29 Aug 2025 – Neurodivergent Art

Mon, 1 Sept 2025 – Body Mapping

Tue, 2 Sept 2025 – Art & Psychosis

Wed, 3 Sept 2025 – Geriatric & Child Differences

Thu, 4 Sept 2025 – Tracking Symptoms

Fri, 5 Sept 2025 – Case Study Analysis

Mon, 8 Sept 2025 – Diagnostic Review & Reflections



DATESHEET & TIMETABLE

LEVEL 4: Advanced Techniques & Integration

Duration: 9 September 2025 – 23 September 2025

Tue, 9 Sept 2025 – CBT + Art

Wed, 10 Sept 2025 – DBT + Art

Thu, 11 Sept 2025 – Mindfulness & Art

Fri, 12 Sept 2025 – Storytelling & Comics

Mon, 15 Sept 2025 – Cultural Sensitivity

Tue, 16 Sept 2025 – Long-Term Planning

Wed, 17 Sept 2025 – Group Art Therapy

Thu, 18 Sept 2025 – Creative Evaluation

Fri, 19 Sept 2025 – Advanced Ethics

Mon, 22 Sept 2025 – Capstone Planning

Tue, 23 Sept 2025 – Capstone Review

LEVEL 5: Practicum & Client Therapy

Duration: 24 September 2025 – 8 October 2025

Wed, 24 Sept 2025 – Practicum Briefing

Thu, 25 Sept 2025 – Client Matching & Prep

Fri, 26 Sept 2025 – Live Session 1

Mon, 29 Sept 2025 – Live Session 2

Tue, 30 Sept 2025 – Live Session 3

Wed, 1 Oct 2025 – Live Session 4

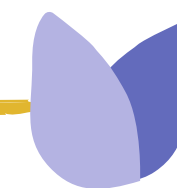
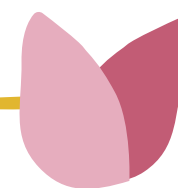
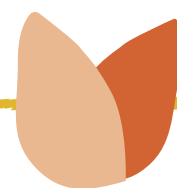
Thu, 2 Oct 2025 – Live Session 5

Fri, 3 Oct 2025 – Live Session 6
Mon, 6 Oct 2025 – Supervision Round

Tue, 7 Oct 2025 – Case Report & Portfolio

Wed, 8 Oct 2025 – Peer Conference & Certification

SAVE THE DATES



START DATE:

23 July 2025

END DATE (LIVE CLASSES):

8 October 2025

FINAL SUBMISSION (PRACTICUM):

15 December 2025

TIMING:

*8:30PM- 9:30PM
Mon-Fri*



PRICING

4500 FOR 5 LEVELS

