

Art Therapy Diploma

Art therapy provides a creative, person-centred approach to address emotional and psychological difficulties through art with a firm basis in psychodynamic theory and developmental psychology.

A Diploma at the WHEAT Institute is an intensive program spanning the course of two summer intensives, online coursework, practicum experience and ongoing supervision. Graduates will have the training required to register as professional members of CATA.



COURSEWORK:

Art Therapy Counselling Skills and Techniques
Art Therapy Assessment & Field Research
Working with Trauma
Dream Weaver: Jungian Based Expressive Arts Therapy
Treating Trauma in Children and Adolescents
Art Therapy Studio - Documentation
Somatic Approaches and Focus Centred Expressive Arts Therapy
Assessment and Expressive Therapies Continuum
Art and Expressive Arts Therapy History and Theory
Ethical & Legal Issues in Art and Expressive Arts Therapy
Online Counselling
Cultural Awareness and Intersectionality in the Therapeutic Arts
Responding to Mental Health Issues through an Arts-Based Lens
Entrepreneurship and Professional Practice
Indigenous Language (choice between Cree or Anishinaabemowin)
nehiyawewin, the land and life as art
Special Populations

- Art Therapy to Address Addictions
- Art Therapy with Children, Youth, and Families
- Art Therapy with Groups
- Art Therapy with Seniors

Thesis / Final Project
Practicum Experience
Supervision - combination of individual, dyadic, and group
Training Group Sessions
Learning Support with a Tutor (20 hours available)
Electives (maximum 2 of your choice)



Dual Diploma

Combine Art and Expressive Arts Therapy programs to receive our **DUAL DIPLOMA!**

Expressive Arts Certificate

This 220 hour certificate offers an experiential exploration of the therapeutic use of the arts for School Counselors, Resource Teachers, Clinicians, Therapists, Clergy, and Artists. Courses are offered on weekends and can be registered as drop-in classes.

COURSEWORK:

Expressive Arts Studios I, II & III
Practicum Skills: Expressive Arts Applications and Expressive Arts Therapy Skills
Expressive Arts Personal and Professional Practice

- The Art of Mindfulness
- Poetry and Transformation
- Creative Drama
- Movement: Being Butoh Body
- Music and Your Expressive Arts Practice

Online Drop-in Courses

- nehiyawewin (Cree) and Anishinaabemowin
- Developing Counselling Skills from an Indigenous Worldview
- nehiyawewin, the land and life as art
- Dream Weaver: Weaving Jungian Therapy and Dream Work into Expressive Arts Therapy
- Treating Trauma in Children and Adolescents
- ReAwakening Ancestral Resiliency through Eco-Arts
- Arts as Social Action
- And more!

Expressive Arts Therapy Diploma

Expressive Arts therapists and practitioners amplify wellness and address emotional and psychological difficulties through the therapeutic, multi-modal use of visual art, movement, drama, music, and poetry.

Graduates will have the training to begin the registration process as Therapist or Consultant Educator / Practitioner with OEATA or IEATA.

COURSEWORK:

Expressive Arts Studio I, II & III
Principles and Practice: Self as Instrument Core Expressive Arts I & II
Dream Weaver: Jungian Based Expressive Arts Therapy
Treating Trauma in Children and Adolescents
Practicum Skills
Online Counselling
Ethical & Legal Issues in Art and Expressive Arts Therapy
Cultural Awareness and Intersectionality in the Therapeutic Arts
Art and Expressive Arts Therapy History and Theory
Responding to Mental Health Issues through an Arts-Based Lens
Entrepreneurship and Professional Practice
Indigenous Language (choice between Cree or Anishinaabemowin)
nehiyawewin, the land and life as art
Understanding Character Style: Developmental and Abnormal Psychology
Expressive Arts Personal and Professional Practice

- The Art of Mindfulness
- Poetry & Transformation
- Creative Drama
- Movement: Being Butoh Body
- Tune In: Music for Health and Well-Being

Thesis / Final Project
Practicum Experience
Supervision - combination of individual, dyadic, and group
Training Group Sessions
Learning Support with a Tutor (20 hours available)

Indigenous faculty are available to support select research topics.

Learning to listen,
in colour.

See our schedule online at wheatinstitute.com

Dual Diploma Program

Students will complete all of our compulsory courses in this combined program to receive diplomas in both Art and Expressive Arts Therapy and register as both Art Therapists and Expressive Arts Therapists or Consultant Educators / Practitioners.



INDIGENOUS LANGUAGE

Join us in deepening your understanding of Indigenous values and worldview through acquisition of the language. Learn to speak nēhiyawēwin (Cree) or Anishinaabemowin (Ojibway) with us! Open to the public. Register per term of 10 classes, held online Tuesday evenings. Classes launch in September and January. Join our Storytelling class on Monday evenings!



We can deliver a program in your rural or remote community! Visit wheatinstitute.com for more details



Canada's First Fully Indigenized Art and Expressive Arts Therapy Programs

We welcome you to join us, to journey together, with qualified and experienced Indigenous art therapists, expressive arts healers, artists and Elders, following a shared life-enhancing vision to integrate the arts into our healing practices and circles.

Available programs include the Indigenized Art Therapy Diploma, Indigenized Expressive Arts Therapy Diploma, Indigenized Dual Diploma in Art Therapy and Expressive Arts, and the Indigenized Expressive Arts Certificate.

Register now

for Online Drop-in classes and Summer Diploma programs!

Registration open to May 31, 2022



WINNIPEG HOLISTIC
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Wheat

ART & EXPRESSIVE ARTS THERAPY TRAINING On the Prairies

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Join us

Summer
2022