

# Explore our Programming

## Art Therapy Diploma

With clear awareness of two-eyed seeing and intersectional identities, our Art Therapy program provides a creative, transformative, and embodied approach to address psychological, social, emotional, spiritual and somatic hopes and challenges and support community enrichment.

## Expressive Arts Therapy Diploma

Expressive Arts Therapists create a change-making container to support individual and collective wellbeing through the safe, unique, and holistic interplay of creative process and arts modalities. Visual art, movement, drama, music, ritual, film, written and spoken word are explored through a combination of theoretical and experiential underpinnings and processes.

## Dual Art & Expressive Arts Therapy

The combined use of art and expressive arts therapy principles and practice provides greater flexibility to adapt to the creative strengths and preferences of the client. Our Dual Art & Expressive Arts Therapy Diploma provides students a unique and timely opportunity to train in both art and expressive arts therapy, as we navigate diverse global challenges and complex intersections of identity through a social justice lens.

## Expressive Arts Certificate

Our Expressive Arts Certificate program supports professionals who work full-time to explore the foundations of inter-modal expressive arts in combination with a deeper dive into the therapeutic use of music, movement, drama, poetry, film, and mindfulness. This work has been applied in schools, assisted living residences, ministry, social service agencies, land-based work, and beyond.

## School Based Creative Arts

Designed to amplify wellness and success for students and school - based teams in demanding roles (classroom teachers, EA's, student services teachers, administration, and clinicians), this program offers participants theoretical and experiential engagement and Expressive Arts principles through the modalities of film, drama, mindfulness, movement, music, visual art, poetry, and sensory-based play.

## Certificat avancé d'intervention en arts créatifs

Ce programme de formation s'adresse au personnel enseignant et à toutes personnes qui travaillent en milieu scolaire en français. Les personnes participant à cette formation pourront découvrir les outils basés sur les arts pour soutenir leur bien-être et celui de leurs élèves. 1er programme de ce genre offert en français au Manitoba.

# MÉTIS CREATIVE ARTS CERTIFICATE

Fiddling, Storytelling, Art-making,  
Felting, Film, Beading, and other  
Traditional Arts

1-Year Certificate Program begins August 2025

Three immersion courses on Lake Manitoba in the Métis town of St. Laurent, as well as a series of online offerings.

## CONTACT US

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- info@wheatinstitute.com
- Visit [wheatinstitute.com](http://wheatinstitute.com)



Visit [wheatinstitute.com](http://wheatinstitute.com) to learn more about our art and expressive arts therapy training opportunities and nature - based learning at

**Painted Sky Studio in  
St. Laurent, Manitoba**



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# Welcome

BIENVENUE  
ATAMISKÂTOWIN  
BOOZHOO  
PEE-PIIHTIKWEEK



**Winnipeg Holistic  
Expressive Arts  
Therapy Institute**

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*Painted Sky Studio is absolutely stunning, the people are so warm and welcoming, the land is powerful, the sky is breath-taking, and the lake is nourishing. 11 out of 10, I would recommend this experience to everyone I know!*

- Expressive Arts student on the summer 2023 immersion

We integrate holistic connections with history, nature, culture, theory, embodied learning, and Indigenous ways of knowing in our philosophy, curriculum, and practice. We uphold our commitment to excellence in education by working with the most knowledgeable and in-demand educators from across North America.

WHEAT Institute is the only art and expressive arts therapy training program in Canada to provide Indigenous language courses and a land - based Cree Culture Camp to support the TRC Calls to Action within its programming.



**" Thank you so much for opening up a world that is a perfect fit for me! I agree wholeheartedly that the Dual Diploma was the best choice [and] I am very thankful for this opportunity to learn more than I ever anticipated. "**

- 2022 Dual Art & Expressive Arts Therapy Diploma student



## Register Now

WHEAT provides holistic diploma and certificate programs in Art Therapy and Expressive Arts Therapy.

Through WHEAT's programs, students learn how the universal language of art invites healing, growth, and justice to emerge from even the smallest brushstrokes, movements, and words.

There are a limited number of seats available; seats will be reserved as applications are received.

Email [info@wheatinstitute.com](mailto:info@wheatinstitute.com) to book a free 30-minute consultation call with WHEAT Founding Director, Darci Adam, and begin your application.

Diploma programs launch in July.  
Certificate launches in July or October.

Small Class  
Sizes

Experienced  
Teachers

Arts Based  
Instruction

Land Based  
Learning

Safe  
Environment

Writing  
Support



## Learning to listen in, colour

At WHEAT we value the benefits of face - to - face programming and land - based experiences. We offer spring and summer immersion courses at Painted Sky Studio. Other courses are offered online from September - May.

Diploma students will complete practicum hours and receive ongoing individual / dyadic and group supervision support. Graduates will have the necessary training requirements to be recognized as arts therapists with CATA and OEATA.