



ANNUAL PERFORMANCE REPORT

20
25



March 2026



Director's Message	01
Program Overview	02
Current Student Enrollment by Program	04
Number of Graduates by Program	05
Employment Outcomes	06
Contact Information	08

The Winnipeg Holistic Expressive Arts Therapy Institute (WHEAT) and our in-person immersion site, Painted Sky Studio, are located on Treaty 1 Territory in Manitoba, which is on the ancestral lands of the Anishinaabeg, Anishinewuk, Dakota Oyate, Denesuline and Nehethowuk Nations, and the Homeland of the Red River Métis. We collaborate with sister school, kâniyâsihk culture camp, in Ministikwan Lake, Saskatchewan, on Treaty 6 Territory, to provide nêhiyawêwin language, ceremony, and traditional arts, culture, plant, and animal teachings.

We acknowledge the harms and mistakes of the past and respect the spirit and intent of Treaties and Treaty Making. We dedicate ourselves to working in partnership with First Nations, Inuit, and Métis people in the spirit of truth and reconciliation: working towards a future peaceful, equitable, and informed society.



Director's Message



Dear Stakeholders,

WHEAT Institute fills a void on the Canadian prairies as the first and only comprehensive art and expressive arts therapy training centre in the region. Honouring our location on Treaty 1 Territory, we provide training from a Two-Eyed Seeing model, incorporating Indigenous worldviews, languages, and land-based offerings as core to our pedagogy and offered by Indigenous instructors, supervisors and advisors in collaboration with their non-Indigenous allies, and relational, phenomenological, and person-centered, Western clinical practice. What began as a single professional development course, has evolved into a robust training centre, recognized by its graduates as heart-led and excelling in offering a decolonized, anti-racist, and anti-oppressive practice learning experience. It is with humility, determination and compassion that we continue to serve our community.

Darci Adam

Founding Director



Program Overview



WHEAT's diploma programs in Art and Expressive Arts Therapy, and certificates in the Creative and Expressive Arts, help students develop the skills, knowledge, and perspectives necessary to succeed as arts therapists and practitioners through arts-based learning - creating, reflecting, and connecting to support personal and social transformation.

As of March 2026, WHEAT offers:

Art Therapy Diploma

Expressive Arts Therapy Diploma

Dual Art and Expressive Arts Therapy Diploma

Dual Art and Expressive Arts Therapy Diploma with Metis Creative Arts Specialization

Creative and Expressive Arts Certificate: Foundations in Arts Therapies

Métis Creative Arts Certificate

School - Based Creative Arts Certificate

Les arts pour la paix et la guérison: Un pont vers l'avenir



About

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

Purpose

Within our core training in art and expressive arts therapy, students integrate holistic connections between theory, embodied learning, history, connection to nature, and Indigenous ways of knowing, being and doing. These priorities are threaded through our philosophy, curriculum, and practice. Using this integrated learning process, we endeavour to train arts therapists and practitioners to work with creativity, sensitivity, awareness and integrity.

Context

Within our art and expressive arts therapy training, we offer Indigenous language, storytelling, and arts media classes, both online and land-based, which reflect our commitment to the Indigenous resurgence and the 94 Calls to Action of the Truth and Reconciliation Commission. Our Two-Eyed seeing perspective allows full engagement with both Western clinical perspectives and Indigenous ways of knowing, being, and doing in the fostering of wellness and healing through the arts.



Current Student Enrollment by Program

PROGRAM	NUMBER OF STUDENTS ENROLLED AS OF FEBRUARY 28, 2026
Art Therapy Diploma	8
Expressive Arts Therapy Diploma	6
Dual Art and Expressive Arts Therapy Diploma	10
Dual Art and Expressive Arts Therapy Diploma with Métis Creative Arts Specialization	4
Creative and Expressive Arts Certificate	4
Métis Creative Arts Certificate	5
Les arts pour la paix et la guérison: Un pont vers l'avenir	6
TOTAL NUMBER OF STUDENTS	43



Number of Graduates by Program in 2025

PROGRAM	NUMBER OF GRADUATES ON FEBRUARY 20, 2026
Art Therapy Diploma	3
Expressive Arts Therapy Diploma	2
Dual Art and Expressive Arts Therapy Diploma	6
Rivers of Solidarity Dual Art and Expressive Arts Therapy Diploma	4
Expressive Arts Certificate	13
TOTAL NUMBER OF GRADUATES	28



Employment Outcomes

Our programs help students develop the skills, knowledge, and perspectives necessary to succeed as arts therapists and practitioners through arts-based learning, creating, reflecting, and connecting to support personal and social transformation.

Graduates of our Certificate programs are eligible to join the Ontario Expressive Arts Therapy Association (OEATA) as practitioners. Certificate students also have the option to ladder into our Expressive Arts Therapy Diploma or Dual Art & Expressive Arts Therapy Diploma programs if they wish to pursue careers as therapists.

Graduates of the Dual Art & Expressive Arts Therapy Diploma program are eligible to apply for professional membership with both the Canadian Art Therapy Association (CATA) and OEATA. They meet the educational requirements to practice as art and expressive arts therapists and may work toward registration as a Registered Canadian Art Therapist (RCAT). Art Therapy and Expressive Arts Therapy are recognized as valid forms of psychotherapy by the College of Registered Psychotherapists of Ontario (CRPO) and WHEAT students have been recognized as Registered Psychotherapists - Qualifying by the College.

In addition to deepening their existing therapeutic arts practice, WHEAT graduates have found employment in private practice, all levels of education, senior's care, and the health and wellness sector including hospitals, Addictions Foundation of Manitoba, Cancer Care Manitoba, Child and Family Services, post-secondary institutions, and community Art Hives.

Over 90% of our 2024 Diploma graduates are using their art and expressive arts therapy skills in professional settings, and many of our recent grads are practicing in private practices.



PROGRAM	NUMBER OF 2025 DIPLOMA GRADUATES EMPLOYED IN THEIR FIELD OF TRAINING AS OF FEBRUARY 28, 2026
Art Therapy Diploma	1
Expressive Arts Therapy Diploma	1
Dual Art and Expressive Arts Therapy Diploma	4
Rivers of Solidarity Dual Art and Expressive Arts Therapy Diploma	4



Contact Information



wheatinstitute.com



info@wheatinstitute.com



431-887-2787



Winnipeg, Manitoba