

What training do Creative Arts Therapists have?

In Australia, New Zealand and Asia, Certified and Registered Creative Arts Therapists have a specific Master's degree in Arts Therapy and over 750 hours of supervised clinical placement. They must undergo regular supervision and update their practice every year with professional development training.

Where can I find a Creative Arts Therapist?

Use the Find a Therapist function on our website www.anzacata.org



ANZACATA is the voice of all registered Creative Arts Therapists in Australia, New Zealand and Asia. We register professional Creative Arts Therapists; we approve training courses and we support members to maintain the highest standards of professional care. Go to our website to find a therapist in your area.

創意藝術治療

PO Box 2391, North Brighton,
VIC 3186, Australia
m. +61 (0) 480 211 092
e. administration@anzacata.org
www.anzacata.org



What is Creative Arts Therapy?

THE AUSTRALIAN, NEW ZEALAND AND ASIAN
CREATIVE ARTS THERAPIES ASSOCIATION



Creative Arts Therapy is a form of psychotherapy.

Creative Arts Therapists are mental health professionals who use art, media and the creative process (drawing, writing, sculpting, drama, clay, sand, dance and movement) to facilitate the exploration of feelings, improve self-awareness and reduce anxiety for clients.



Creative processes can be a way for clients to explore and express feelings that may be hard to put into words and to find new pathways to healing.

Registered Creative Arts Therapists are trained in both creative methods and also in psychological and psychotherapeutic methods to help clients better express themselves and to improve their wellbeing.

A Creative Arts Therapy session is very different to an art class or lesson. It can be done with individuals or in groups and no experience or expertise in art is needed.



Does Creative Arts Therapy help?

A recent report from **The World Health Organisation** (Health Evidence Network synthesis report 67, 2019) investigated arts based therapies from over 3000 studies and found **“a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan”.**

The report noted:

1. The overall evidence base shows a robust impact of the arts on both mental and physical health.



2. It is useful in the expression and exploration of difficult or complex problems.



3. It is cost effective, engages minority or marginalised groups, complements other therapies or medical interventions.



Who can benefit from Creative Arts Therapy?

Anyone can benefit from Creative Arts Therapy, including those experiencing:

- Developmental disorders and disabilities (e.g. ADD, ADHD, autism spectrum disorder)
- Depression, anxiety and mental health
- Grief and bereavement
- Eating disorders and self-harm
- Trauma or Post-Traumatic Stress Disorder (PTSD)
- Acquired Brain Injury (ABI)
- Aging and geriatric issues
- Addiction
- Relationship Issues