

YOUR VIEWS ON ARTS THERAPIES

The four Arts Therapies Professional Bodies (Art, Music, Drama and Dance Movement) are keen to receive direct feedback from people with mental health problems who have experienced one or more of the Arts Therapies or are currently engaged in these. They also want to hear from those who may have found it difficult or impossible to access Arts Therapies. They would value your views and comments. The survey will not take more than a few minutes to complete.

ABOUT YOU (PLEASE TICK BOXES)

AGE

16-29		30-39		40-49		50-59		60-69		70+	
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GENDER:	Male		Female	
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YOUR ETHNIC GROUP

White: British		Black or Black British: Caribbean	
White: Irish		Black or Black British: African	
White: Other		Any other Black Background	
Mixed: White & Black Caribbean		Asian or Asian British: Indian	
Mixed: White & Black African		Asian or Asian British: Pakistani	
Mixed: White & Asian		Asian or Asian British: Bangladeshi	
Any other mixed background		Any other Asian background	
Chinese		Any other ethnic group	

DO YOU KNOW WHETHER ANY OF THE ARTS THERAPIES ARE AVAILABLE AS A TREATMENT OPTION FOR YOU?

YES		NO		NOT SURE	
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HAVE YOU BEEN ABLE TO ACCESS ARTS THERAPIES? (IF 'NO', PLEASE TELL US WHY NOT IF YOU WISH, AT THE END OF THE QUESTIONNAIRE)

YES		NO	
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IF YOU HAVE BEEN ENGAGED IN ARTS THERAPIES, THIS PART IS ABOUT YOUR THERAPY

Did you self-refer or were you referred by a Professional?	Self		Professional	
Is this the only psychological therapy you have?	Yes		No	

How do you have your Arts Therapy?	Individual session	
(please specify art, music, dance movement, drama)	Group session	

PLEASE STATE WHAT OTHER THERAPY (IF ANY) YOU ARE HAVING/HAVE HAD:

Is your Art/Music/Drama Therapist a State Registered Practitioner (someone who practices as such should be on the Health Professions Council Register – www.hpc-uk.org NB: this does not apply to Dance Movement Therapists who are awaiting State Registration)				
YES		NO		Don't know
Length in therapy at this point?				
Frequency of sessions per month				
How many weeks or months of therapy are planned?				

HAS THIS THERAPY BEEN HELPFUL?

Not helpful		Not sure		Quite helpful	
Helpful		Very helpful			

HOW IMPORTANT A PART OF THIS THERAPY HAS THE ART / MUSIC / DRAMA OR DANCE MOVEMENT BEEN?

Unimportant		Not that important		Quite important	
Important		Very important			

WHEN ARTS THERAPIES WAS OFFERED TO YOU, WAS IT AT THE RIGHT TIME?

Yes		No – too late	
No - too early		Not sure	

ARE YOU AWARE OF ANY CHANGES ABOUT THE WAY YOU FEEL AS A RESULT OF HAVING HAD AN ARTS THERAPY?

Much worse		Worse		No change	
A little better		Better		Much better	

If you wish, please tell us in your own words what arts therapies have meant to you. Include any benefits and drawbacks. Write as much or as little as you wish, below and on the back of this form) – you don't have to give us contact details for you, but if you wish to do so, please do. If you agree, we would like to use your comments for education purposes and to promote Arts Therapies to people who may not understand how they can help. Could you tick the box below if you are happy for your comments to be published (we publish these anonymously).

Please return your completed survey to BAAT office:

BAAT, 24-27 White Lion Street, London N1 9PD

Thank you.