



*The British Association
of Art Therapists*

ART THERAPY INFORMATION

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The British Association of Art Therapists
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WHAT IS ART THERAPY?

Art Therapy is a form of psychotherapy that uses art media as its primary mode of communication. Clients who are referred to an art therapist need not have experience or skill in art. The art therapist is not primarily concerned with making an aesthetic or diagnostic assessment of the client's image. The overall aim of its practitioners is to enable a client to change and grow on a personal level through the use of art materials in a safe and facilitating environment.

The relationship between the therapist and the client is of central importance, but art therapy differs from other psychological therapies in that it is a three way process between the client, the therapist and the image or artefact. It offers the opportunity for expression and communication and can be particularly helpful to people who find it hard to express their thoughts and feelings verbally.

Art therapists have a considerable understanding of art processes, underpinned by a sound knowledge of therapeutic practice, and work with individuals and groups in a variety of residential and community based settings, for example: adult mental health, learning disabilities, child and family centres, palliative care and the prison service. The diversity of these areas of work is reflected in the number of special interest groups that have developed in affiliation with the British Association of Art Therapists. More detailed information about these specialist areas of practice can be obtained on request from the Association.

The art therapist's work is sometimes challenging and calls for skill and sensitivity. It follows that those who wish to pursue a career in art therapy should be mature, flexible people. The training course, which combines theoretical and experiential work, is for a Postgraduate Masters degree to be completed over two years full time or three years part time. Applicants should already have a degree in art, although other graduates with experience of working in health, education or social care are sometimes considered. Details of training and a list of training institutions are attached.

Art therapy is a diverse profession and it is important to ensure that those who practice it are maintaining the standards that we, as a professional body, uphold. Art therapists, along with drama and music therapists have been granted State Registration with the Health Professions Council (HPC). Membership of this body demands high standards of education and clinical practice and ensures public protection. To practice as an art therapist practitioners are bound by law to be registered with the HPC.

The British Association of Art Therapists (BAAT) is the professional organisation for art therapists in the United Kingdom and has its own Code of Ethics of Professional Practice. Comprising twenty regional groups and a European and International section, it maintains a comprehensive directory of qualified art therapists and works to promote art therapy in the UK.

FREQUENTLY ASKED QUESTIONS ABOUT TRAINING AS AN ART THERAPIST

1 Q Are there any colleges closer to me than the ones listed?

1A No, at present the attached list of eight establishments are the only ones in the UK that run the validated MA / MSc in Art Therapy course which is the mandatory qualification required to practice as an art therapist in the UK. There are no validated evening or distance learning courses.

2 Q What qualifications do I need to enable me to start training as an art therapist?

2A Applicants for Art Therapy training should normally be graduates in art and design but qualified teachers, social workers, psychologists and other professionals with a commitment to the practice of the visual arts are also considered. For further information you will need to contact the individual university directly.

3 Q The course fees are very expensive, how can I go about getting funding for my training?

3A Due to the large number of successful graduates in Art Therapy each year, there is currently no specific funding body that will give grants to those wishing to undertake the MA/MSc in Art Therapy. However, organisations that are known to provide funding, where they see appropriate, are listed in two publications (available at your local library) 'The Educational Grants Directory' and 'The Directory of Grant Making Trusts'.

4 Q What are the career prospects once I have completed my training?

4A Like any graduate, networking and persistence reap rewards. Do not be afraid to write and ring and ask if you can look round and visit. If there is a State Registered Art Therapist employed, ring and ask to visit. Making personal contact is important, because even if there is no present job available, people will remember you; leave your phone number so that you can be contacted and write and thank them for meeting you. Do not turn up unannounced to visit places you feel might present job opportunities.

Some State Registered Art Therapy posts are advertised through The British Association of Art Therapists, which circulates this information to members monthly. You may also find the Health and Social Services jobs page on Wednesdays in 'The Guardian' useful. In 'The Guardian' and your local paper, you may find a job specification which does not specifically describe a State Registered Art Therapist, but the specification describes the work you are able to do. For instance Social Services 'continuing needs' jobs, often give job specifications for 'Officers', which would be quite suitable for a State Registered Art Therapist, if the job requires group work and individual work. It is then up to you to convince your prospective employer why employing a State Registered Art Therapist will bring benefits to both the team and the clients. If you are thinking of working in your local hospital, send several stamped addressed envelopes to the personnel department, having firstly spoken to a person in the Human Resources Department. Take their name, and let them know what you are intending to do. Send the stamped addressed envelopes to them, with a covering note. They will in turn send you monthly job information sheets for however many stamped addressed envelopes you have sent them.

Much depends on the particular client group you decide to work with and the area in which you can live in. For instance the south of England and in particular the London area employs the greatest number of State Registered Art Therapists, and also the cities and surrounding areas where the art therapy training courses are run. However this does not mean that there is not employment to be found in the area in which you live.

Belonging to BAAT means that you are also able to join specialist groups who keep each other informed about possible job opportunities.

5 Q What practice areas do art therapists work in?

5A Art Therapists are employed in many different settings. These include:-

- child, adolescent, adult and older aged psychiatry

- secure hospitals
- departments dealing with head injuries and stroke victims
- departments dealing with disabilities which include learning, deafness, physical and mental impairment, autism and speech difficulties
- palliative care and bereavement projects
- forensic services
- psychotherapy departments
- drug and alcohol projects
- trauma units
- education
- mental health projects including drop in centres.

Employers include the National Health Service, private hospitals and organisations, the Prison Service, Social Services, Education services, charities and mental health projects.

6 Q I completed an equivalent art therapy training abroad. Can I work as an art therapist in the UK?

6 A Only those who have applied for and been granted State Registration by the Health Professions Council may work in the UK as an art therapist. Contact the HPC for an application form and guidance notes.

The Health Professions Council, Park House, 184 Kennington Park Road, London SE11 4BU Telephone: 020 7582 0866 Website: www.hpc-uk.org

Full membership of BAAT can be applied for when application to HPC has been granted.

7 Q Where can I find work experience as an assistant Art Therapist?

7 A Because art therapy is practised in confidential and sensitive settings it is often difficult to accommodate people who are wishing to get experience of working as an Art Therapist or wish to observe art therapy in action. We recommend that you approach the art therapy departments of local NHS trusts, Prison and Special Hospitals, special needs schools and hospices in your area to see if they can offer you any experience.

ASSOCIATE MEMBERSHIP

The British Association of Art Therapists is a dynamic organisation and art therapy is a growing profession. The Association welcomes members from outside the profession and can offer:

- Creative continuing professional development courses at discounted rates.
- Art therapy events in your area through our regional groups
- Special interest groups (for example: learning difficulties, race and culture, education, elderly care etc.) and their events

As an associate member you will also receive the '*International Journal of Art Therapy: Inscape*', and '*Newsbriefing*', the quarterly newsletter of the Association and a monthly e-bulletin if requested.

There are three categories of associate membership:

- Individual (not qualified Art Therapists)	(£70 per annum)
- Overseas (not qualified Art Therapists)	(£85 per annum)
- Corporate	(£140 per annum)

There is an application form at the back of this booklet.

COURSES AND SEMINARS AT BAAT

BAAT runs courses and seminars throughout the year. These include courses suitable for qualified art therapists, related professionals and also for the general public.

We also run a course aimed at those who are considering a career in art therapy. The one day *Introduction to Art Therapy* course consists of information about the practice of art therapy and the possible career routes into it, examples of art therapy casework and some one-to-one advice with one of the course leaders about the specific circumstances of each individual attending.

The BAAT now also runs **Art Therapy Foundation Courses** throughout the year, on a Tuesday or Thursday evening. For people who find weekly commitment difficult, a **one week Art Therapy Foundation course** also runs regularly. For further details, visit our website.

Associate members of the Association are eligible for discounted rates on courses

MEMBERSHIP APPLICATION FORM

ASSOCIATE AND CORPORATE MEMBERS



The British Association
of Art Therapists

24-27 White Lion Street
London, N1 9PD
020 7686 4216

INFORMATION FOR BAAT PURPOSES ONLY

Title Forename Initial

Surname

Home Address

Work Address

Home Tel:

Work Tel:

Mobile:

email:

Please indicate with a tick if you do not wish to receive our monthly bulletin by email

At which address do you wish to receive BAAT correspondence? Home Work
(Please choose one only)

Membership Category (tick as appropriate)

UK Associate £70.00

Overseas Associate £85.00

Corporate £140.00

Payment method (please tick): Cheque Direct Debit

Payment frequency (for Direct Debit only): Yearly / Quarterly (delete as appropriate)

If paying by cheque you must make a single annual payment Amount enclosed £

If paying by Direct Debit please complete the attached Direct Debit Mandate form. If you have an existing standing order in favour of BAAT, please make sure that you complete the section cancelling the standing order

Signature Date



The British Association
of Art Therapists Ltd



Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the whole form including official use box using a ball point pen and send it to:

The British Association of Art Therapists
24-27 White Lion Street
London
N1 9PD

Originator's Identification Number

6 8 6 8 9 6

Reference Number

0

FOR BAAT OFFICIAL USE ONLY
This is not part of the instruction to your Bank or Building Society.
PLEASE INSERT YOUR NAME AND ADDRESS IN THIS BOX

Name(s) of Account Holder(s)

Bank/Building Society account number

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Branch Sort Code

--	--	--	--	--	--

Name and full postal address of your Bank or Building Society

To: The Manager	Bank/Building Society
Address	
Postcode	

Instruction to your Bank or Building Society

Please pay The British Association of Art Therapists Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with The British Association of Art Therapists and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)
Date

DDI3

Banks and Building Societies may not accept Direct Debit Instructions from some types of account

This guarantee should be detached and retained by the Payer.

The Direct Debit Guarantee



- This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank and Building Society.
- If the amounts to be paid or the payment dates change The British Association of Art Therapists will notify you 21 working days in advance of your account being debited or as otherwise agreed.
- If an error is made by The British Association of Art Therapists or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.

QUALIFYING TRAINING COURSES FOR ART THERAPISTS IN THE UK

In order to work as an Art Therapist in the National Health Service and Social Services, it is mandatory to possess the post-graduate MA/MSc in Art Therapy or Art Psychotherapy. Applicants for art therapy training should normally be graduates in Art and Design but qualified teachers, social workers, psychologists and other professionals with a commitment to the practice of the visual arts are also considered.

PLEASE CONTACT THE RELEVANT ESTABLISHMENT FOR COURSE INFORMATION AND ENTRY REQUIREMENTS

BELFAST

Dr Caryl Sibbett
Programme Leader, MSc Art Psychotherapy
CENTRE FOR PSYCHOTHERAPY
Shimna House
Knockbracken Healthcare Park
Saintfield Road
Belfast, BT8 8BH

Admissions: Tel: +44 (0)28 9056 5768

Email: christine.williamson@belfasttrust.hscni.net

Websites: www.uel.ac.uk/ssmcs/programmes/postgraduate/index.htm www.belfasttrust.hscni.net/index.html

DERBY

Nicholas D. Stein,
Programme Leader, MA Art Therapy
UNIVERSITY OF DERBY
Faculty of Education, Health and Science, Britannia Mill, Mackworth Road, Derby DE22 3BL

Admissions: Tel: 01332 594058

Fax: 01332 597763

email: n.stein@derby.ac.uk

Website: <http://www.derby.ac.uk/therapeutic-arts-and-complementary-medicines>

EDINBURGH

Margaret Hill (Admissions Tutor)
Art Therapy Training Course
Department of Occupational Therapy and Art Therapy
QUEEN MARGARET UNIVERSITY COLLEGE

Leith Campus, Duke Street

Edinburgh EH6 8HF

Tel: 0131 317 3350

email: mhills@qmuc.ac.uk

Admissions: Tel: 0131 317 3239

website www.qmuc.ac.uk/courses/pg_artth.htm

HERTFORDSHIRE

Phillipa Brown
Department of Art Therapies
Faculty of Art and Design
UNIVERSITY OF HERTFORDSHIRE
College Lane, Hatfield, Hertfordshire AL10 9AB
Tel: 01707 285339

email: p.k.brown@herts.ac.uk

Admissions: Tel: 01707 284800

website: www.herts.ac.uk

LONDON

Terry Molloy
Unit of Psychotherapeutic Studies - PACE
GOLDSMITHS COLLEGE - UNIVERSITY OF LONDON
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Tel: 020 79197230
email: t.molloy@gold.ac.uk
website: www.goldsmiths.ac.uk

LONDON

Jonathan Isserow
Art Therapy Course Convenor, Arts and Play Therapies
Froebel College,
ROEHAMPTON UNIVERSITY
80 Roehampton Lane, London, SW15 5PU
Tel: 02083923118
Email: j.isserow@roehampton.ac.uk
Enquiries Office: **Roehampton University**, Roehampton Lane, London SW15 5PU
Tel: (0)20 8392 3232
email: enquiries@roehampton.ac.uk
website: <http://www.roehampton.ac.uk/pg/at/>

LONDON

THE INSTITUTE FOR ARTS IN THERAPY AND EDUCATION (IATE)
MA in Integrative Arts Psychotherapy
<http://www.artspsychotherapy.org/courses/masters/ma-integrative-arts.html>
Leading to UKCP & HPC Registration as an Art Psychotherapist (after Diploma in The Therapeutic & Educational Application of the Arts)
Monday attendance for 2 years, then once a month for the final qualifying year. Some weekend / additional components.
Course Director: Claire-Louise Leyland
2 – 18 Britannia Row, London N1 8PA
Tel: 020 7704 2534 Fax: 020 7704 0171
Email: info@artspsychotherapy.org

SHEFFIELD

Dr Chris Wood
Northern Programme for Art Psychotherapy
Sheffield Health and Social Care NHS Foundation Trust & Leeds Metropolitan University
Netherthorpe House, 101 Netherthorpe Road, Sheffield S3 7EZ
Telephone for applications: 0114 2264901 General enquires: 0114 2264900
Email for applicants: Northern.Programme@shsc.nhs.uk
Programme website: <http://www.sct.nhs.uk/northernprogrammeartps-80.asp>
Programme Administrators are available to answer the phone Monday, Tuesday and Wednesday mornings and also Thursday afternoons after 2.00 pm.
Administrative Telephone: 0114 2264900
email: Sue.Turton@shsc.nhs.uk

Deborah Gibson, Lecturer

Northern Programme for Art Psychotherapy
Leeds Metropolitan University and Sheffield Health and Social Care Trust,
Netherthorpe House, 101 Netherthorpe Road, Sheffield S3 7EZ
Applicants should call 0114 226 4901 or email Northern.Programme@SHSC.NHS.UK
Website: www.sct.nhs.uk/northernprogrammeartps-80.asp

ART THERAPY BIBLIOGRAPHY

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An illustrated account of the early pioneer stage of art therapy in a psychiatric hospital

CAMPBELL, J. (1988)

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An Introduction to art therapy in theory and practice

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Something Understood, Art Therapy in Cancer Care
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(Jessica Kingsley)

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Art, Psychotherapy & Psychosis
(Routledge)

LEVENS, M. (1995)

Eating disorders and Magical Control of the Body: Treatment through Art Therapy
(Routledge)

LIEBMANN, M. (1995)

Art Therapy with Offenders
(Jessica Kingsley)

PRATT, M. & WOOD, M., Eds. (1998)

Art as Therapy in Palliative Care
The Creative Response
(Routledge)

REES, M. (1998)

Drawing on Difference. Art Therapy with People who have Learning Difficulties
(Routledge)

SANDLE, D. (1998)

Development and Diversity,
New Applications in Art Therapy
(Free Association Books)

SCHAVERIEN, J. (1991)

The Revealing Image
(Routledge)

SCHAVERIEN, J. (2002)

The Dying Patient in Psychotherapy (Macmillan)

SIMON, R. (1992)

The Symbolism of Style
(Routledge)

SKAIFE, S. & HUET, V., Eds (1998)

Art Psychotherapy Groups: Between
Pictures and Words
(Routledge)

THOMSON, M. (1989, 1998)

On Art & Therapy
(Virago/Free Associations)

WALLER, D. & GILROY, A., Eds (1992)

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(Open University)

WALLER, D. (1991)

Becoming a Profession: History of Art
Therapy in Britain (1940-1982)
(Tavistock/Routledge)