

## ART THERAPY INFORMATION

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## WHAT IS ART THERAPY?

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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 good 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.

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 music and dramatherapists are state regulated with the Health and Care Professions Council (HCPC) ([www.hcpc-uk.org](http://www.hcpc-uk.org)). **In order to practise in the UK as an art therapist or art psychotherapist (both titles are protected by law), practitioners are legally bound to be registered with the HCPC.** Registration with the HCPC demands high standards of education and clinical practice and ensures public protection.

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 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

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

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

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

2 A 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?**

3 A 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?**

4 A 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. 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 Art Therapy posts are advertised through The British Association of Art Therapists, which circulates this information to members monthly. Some generic or related jobs advertised in national newspapers or online are also opened to art therapists, although not advertised specifically as art therapy posts. For instance Social Services 'continuing needs' jobs, often give job specifications for 'Officers', which would be quite suitable for an Art Therapist, if the job requires group work and individual work. It is then up to you to convince your prospective employer why employing an Art Therapist will bring benefits to both the team and the clients.

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 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.

**5 Q What practice areas do art therapists work in?**

**5 A** 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 and Care Professions Council (HCPC) may work in the UK as an art therapist. Contact the HCPC for an application form and guidance notes.

The Health and Care Professions Council  
Park House, 184 Kennington Park Road, London SE11 4BU

Telephone: Reception number: **+44 (0)845 300 6184**

Registration number: **+44(0)845 300 4472**

Website: [www.hcpc-uk.org](http://www.hcpc-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 Therapy assistant 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 (when these are open to people who are not art therapists)
- Art therapy events in your area through our regional groups
- Regular e.bulletins with news and events
- Access to the BAAT research library
- Access to the AHP Rewards scheme which offers discounts and cashback at major retailers

As an associate member you will also receive the 'International Journal of Art Therapy: Inscape' (published three times a year), and 'Newsbriefing', the bi-annual newsletter of the Association and a monthly e-bulletin if requested.

There are three categories of associate membership:

- Individual UK (not qualified Art Therapists)	(£95 per annum)
- Overseas (not qualified Art Therapists)	(£100 per annum)
- Corporate	(£170 per annum)

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

### **Data Protection Statement**

BAAT may hold information supplied by you on computer systems. We will only release information to third parties for communication to be made to you on BAAT's behalf.

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## **COURSES AND SEMINARS AT BAAT**

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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. **Delegates to the Foundation courses are eligible for a one year Associate Membership of the BAAT at a discounted rate of £35 (instead of £95).**

## MEMBERSHIP APPLICATION FORM - ASSOCIATE AND CORPORATE MEMBERS

### INFORMATION FOR BAAT PURPOSES ONLY

Title  Forename  Initial

Surname

#### Home Address

Home Tel:

Mobile:

E-mail:

#### Work Address

Work Tel:

Please indicate with a tick if you do not wish to receive our monthly e-bulletin

At which address do you wish to receive BAAT correspondence?

Home  Work   
(Please choose one only)

#### Membership Category (tick as appropriate)

UK Associate £95.00   
Overseas Associate £100.00   
Corporate £170.00

#### Payment option (tick as appropriate):

Please contact me to arrange payment by credit/debit card   
Please process my Direct Debit form enclosed

Signature:

Date:

## 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

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Reference Number to be completed by BAAT

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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	

Would you like to pay:

Quarterly

(unavailable for Unemployed and Trainee memberships)

Annually

**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)

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Date

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 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 10 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

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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 DIRECTLY

Validated courses are in the following locations (listed alphabetically):

Chester  
Derby  
Edinburgh  
Hatfield (Hertfordshire)  
London (Goldsmiths)  
London (Roehampton)  
London (IATE)  
Sheffield  
Wales (Newport)

#### CHESTER

**UNIVERSITY OF CHESTER**  
**MA Art Therapy**

**Programme Leader: Susan Young**  
Faculty of Health & Social Care

**UNIVERSITY OF CHESTER**  
Email: [susan.young@chester.ac.uk](mailto:susan.young@chester.ac.uk)  
Tel: 01244 512267  
[www.chester.ac.uk](http://www.chester.ac.uk)

#### DERBY

**UNIVERSITY OF DERBY**  
**MA Art Therapy**

**Programme Leader: Nicholas D. Stein**  
Faculty of Education, Health and Science, Britannia Mill Campus, Mackworth Road,  
Derby DE22 3BL

**Admissions:** Tel: 01332 594058  
Fax: 01332 597763



Email: [n.stein@derby.ac.uk](mailto:n.stein@derby.ac.uk)  
Website: <http://www.derby.ac.uk>

## **EDINBURGH**

**QUEEN MARGARET UNIVERSITY, EDINBURGH**  
**Admissions Tutor: Katrina Millhagen**

School of Health Sciences  
Queen Margaret University Drive, Musselburgh,  
East Lothian, EH21 6UU  
Occupational Therapy and Arts Therapies  
Tel. +44 (0)131 474 0000 extension 4124  
Email: [kmillhagen@qmu.ac.uk](mailto:kmillhagen@qmu.ac.uk)  
Website: [http://www.qmu.ac.uk/courses/PGCourse.cfm?c\\_id=241](http://www.qmu.ac.uk/courses/PGCourse.cfm?c_id=241)

## **HERTFORDSHIRE**

**UNIVERSITY OF HERTFORDSHIRE**  
**MA Art Therapy**  
**Programme Leader: Dr Hayley Berman (PhD)**

School of Creative Arts  
Hatfield AL10 9AB  
Hertfordshire  
Tel: 01707 285339  
Email: [h.berman@herts.ac.uk](mailto:h.berman@herts.ac.uk)  
**Admissions:** Tel: 01707 284800  
Website: [www.herts.ac.uk](http://www.herts.ac.uk)

## **LONDON**

**GOLDSMITHS, UNIVERSITY OF LONDON**  
**Programme Leader: Dr Jill Westwood**

Department of Social, Therapeutic and Community Studies (STaCS)  
Lewisham Way London SE14 6NW  
Tel: +44 (0) 20 7919 7230  
Email: [stacs@gold.ac.uk](mailto:stacs@gold.ac.uk)  
Website: [www.goldsmiths.ac.uk](http://www.goldsmiths.ac.uk)

## LONDON

**Programme Leader: Jonathan Isserow**

Director of Studies, Arts and Play Therapy Programmes,  
Convenor, Art Psychotherapy Programme.

**UNIVERSITY OF ROEHAMPTON**

Whitelands College, Holybourne Avenue, London, SW15 4JD.

Tel: +44 (0) 20 8392 3118 Email: [j.isserow@roehampton.ac.uk](mailto:j.isserow@roehampton.ac.uk)

Enquiries Office: **Roehampton University**, Roehampton Lane, London SW15 5PU

Tel: +44 (0) 20 8392 3232 email: [enquiries@roehampton.ac.uk](mailto:enquiries@roehampton.ac.uk)

Website: <http://www.roehampton.ac.uk/postgraduate-courses/art-psychotherapy/index.html>

## LONDON

**THE INSTITUTE FOR ARTS IN THERAPY AND EDUCATION (IATE)**

**MA in Integrative Arts Psychotherapy**

**MA in Integrative Child Psychotherapy**

**Course Director: Claire-Louise Leyland**

Leading to UKCP & HCPC Registration as an Art Psychotherapist (after Diploma in The  
Therapeutic & Educational Application of the Arts)

2 – 18 Britannia Row, London N1 8PA

Tel: 020 7704 2534 Fax: 020 7704 0171

Email: [info@artspsychotherapy.org](mailto:info@artspsychotherapy.org)

<http://www.artspsychotherapy.org/courses/masters/ma-integrative-arts.html>

## SHEFFIELD

**ART THERAPY NORTHERN PROGRAMME**

**MA Art Psychotherapy Practice**

**Programme Leader: Dr Chris Wood**

Sheffield Health and Social Care NHS Trust in partnership with Leeds Beckett University  
Netherthorpe House, 101 Netherthorpe Road, Sheffield S3 7EZ

Course Administrator: available each weekday morning on 0114 2264900 or email

[Sue.Turton@shsc.nhs.uk](mailto:Sue.Turton@shsc.nhs.uk) or [Chris.Wood@shsc.nhs.uk](mailto:Chris.Wood@shsc.nhs.uk)

Website: <http://www.shsc.nhs.uk/training-and-courses/art-therapy-northern-programme>

**WALES**

**UNIVERSITY OF SOUTH WALES**  
**Programme Leader: Blanka Hubena**

**University Information Centre**

Caerleon Campus, Lodge Road, Caerleon, Newport, South Wales, NP18 3QT

Tel: (01633) 432432 Fax: (01633) 432046

blanka.hubena@southwales.ac.uk

<http://courses.southwales.ac.uk/courses/ma-art-psychotherapy/>