

ART THERAPY INFORMATION

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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 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 Master's 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). **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

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?

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. 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 (HCPC)
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

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:

Publications and news updates

BAAT members now have access to the following BAAT publications:

- The International Journal of Art Therapy (IJAT): *Inscape* is produced quarterly and at present published online only because of COVID-19. IJAT continues to provide a high standard of peer-reviewed articles on Art Therapy and is now ranked within the top half of all Clinical Psychology and Rehabilitation journals for the first time in its history.
- Members also now have free access to the American Journal of Art Therapy
- The members' magazine *Newsbriefing* twice a year, published online only because of COVID-19.
- Regular email bulletins with news and events.

BAAT Continuing Professional Development (CPD) courses

The BAAT offers CPD/short courses and conferences at discounted rates for Associate members.

Upcoming courses and events can be found on the BAAT website: www.baat.org/Courses-Conferences

Please note: some BAAT courses is open to all who wish to attend, and some is for qualified and trainee art therapists and qualified creative therapists from around the world.

Free Zoom lectures/seminars

BAAT continues to provide (monthly) Zoom lectures on practice and professional issues which BAAT members can join for free. The BAAT free Zoom lectures are filmed and edited and the videos on e.g., working with children during COVID, Online Art Therapy, Taking Art Therapy Outdoors, Black Lives Matter etc. can be accessed in the members' area on the BAAT website.

Free Access to the BAAT research library

The BAAT research library has a selection of references on research articles, outcome measures, short training DVDs introducing research and evaluation as well as a library of all the early issues of *Inscape* from 1976 to 1993.

BAAT Forums www.baatforums.org

As an Associate member you have access to your regional group on the BAAT Forums, and we also have groups for European and International members.

Regional groups are an excellent way to network and can offer free or very low cost Continuing Professional Development (CPD) activities.

Regional group meetings are open to all BAAT members, including trainees and associates but at times, coordinators may decide to hold events for full members only.

The regional groups are coordinated by volunteer BAAT members and all participants are required to follow the BAAT governance for regional groups.

BAAT Rewards Scheme

This enables you access to discounts at major supermarkets and discount on car, home, travel insurance amongst other benefits which should help you offset a large part of your membership fee.

There are three categories of Associate membership:

- Individual UK	(£95 per annum)
- Overseas (Europe and International)	(£100 per annum)
- Corporate	(£170 per annum)

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.

COURSES AND SEMINARS AT BAAT

BAAT runs courses and seminars throughout the year. These include courses suitable for qualified art therapists, related professionals and 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 also runs the **One-week Art Therapy Foundation Courses** regularly throughout the year. For further details, visit our website: <https://www.baat.org/Courses-Conferences/Introduction-and-Foundation-Courses>

Delegates to the One-week Foundation courses are eligible for a one-year Associate Membership of the BAAT at a discounted rate of £35 (instead of £95/£100).

**ASSOCIATE AND CORPORATE
MEMBERSHIP APPLICATION FORM**

INFORMATION FOR BAAT PURPOSES ONLY

Title Forename Initial

Surname

Address

Home Tel:

Mobile:

E-mail:

Membership Category (tick as appropriate):

Individual UK	£95.00	<input type="checkbox"/>
Overseas (Europe/International)	£100.00	<input type="checkbox"/>
Corporate	£170.00	<input type="checkbox"/>

PAYMENT OPTIONS (tick as appropriate):

Please arrange payment by credit/debit card

Please process my Direct Debit form enclosed

Signature

Date:

Data Protection Statement

All data is held securely by the BAAT and will be treated confidentially and will not be disclosed to any third party, other than our publishers Taylor & Francis and Unite, who distribute respectively the International Journal of Art Therapy and Newsbriefing and this information is only used for each mailing, and not retained by Taylor & Francis and Unite.

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
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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

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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

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.

Your Signature(s)

Date

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 notify BAAT.

QUALIFYING TRAINING COURSES FOR ART THERAPISTS IN THE UK

In order to work legally as an Art Therapist, 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):

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

**BELFAST
UNIVERSITY OF ULSTER
MSc Art Therapy**

The MSc Art Therapy is a pre-registration clinical training course run by the Belfast School of Art and validated by Ulster University.

The course is based in Belfast School of Art, Belfast campus.

Course Director: Dr. Pamela Whitaker
p.whitaker@ulster.ac.uk

Website: <https://www.ulster.ac.uk/courses/202122/art-psychotherapy-27659>

**CHESTER
UNIVERSITY OF CHESTER**

Faculty of Health & Social Care
Riverside Campus

MA Art Therapy

Programme Leader: Susan Young

Email: susan.young@chester.ac.uk

Enquiries: enquiries@chester.ac.uk

Website: <https://www1.chester.ac.uk/study/postgraduate/art-therapy/201910>

DERBY

UNIVERSITY OF DERBY

Faculty of Education, Health and Science
Britannia Mill, Derby Campus

MA Art Therapy

Programme Leader: Kirsty McTaggart

Email: K.McTaggart@derby.ac.uk

Course enquiries – see website: <https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/art-therapy-ma/>

EDINBURGH

QUEEN MARGARET UNIVERSITY, EDINBURGH

School of Health Sciences
Occupational Therapy and Arts Therapies

MSc Art Psychotherapy (International)

Programme Leader: Adrienne McDermid-Thomas,

Email: AMcDermid-Thomas@qmu.ac.uk

Website: <https://www.qmu.ac.uk/study-here/postgraduate-study/2019-postgraduate-courses/msc-art-psychotherapy/>

HERTFORDSHIRE/HATFIELD

UNIVERSITY OF HERTFORDSHIRE

School of Creative Arts

MA Art Therapy

Programme Leader: Andrew Marshall -Tierney

Email: a.marshall-tierney@herts.ac.uk

Website: <https://www.herts.ac.uk/courses/ma-art-therapy>

LONDON

GOLDSMITHS

MA Art Psychotherapy

Programme Convenor: Dr Jill Westwood

Email: j.westwood@gold.ac.uk

Course enquiries – see website: <https://www.gold.ac.uk/pg/ma-art-psychotherapy/>

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

(University of East London award)

MA in Integrative Arts Psychotherapy

Course Director: Claire-Louise Leyland

Email: info@artspsychotherapy.org

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

LONDON**UNIVERSITY OF ROEHAMPTON****MA Art Psychotherapy**

Course Convenor: Jonathan Isserow

Email: j.isserow@roehampton.ac.uk

Enquiries Office - Roehampton University: email: enquiries@roehampton.ac.uk

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

SHEFFIELD**ART THERAPY NORTHERN PROGRAMME****MA Art Psychotherapy Practice**

Sheffield Health and Social Care NHS Trust in partnership with **Leeds Beckett University**

Programme Leader: Dr Chris Wood

Chris.Wood@shsc.nhs.uk

Course Administrator: Sue.Turton@shsc.nhs.uk

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

WALES**UNIVERSITY OF SOUTH WALES****MA Art Psychotherapy**

PART TIME – 3 Years

Programme Leader: Blanka Hubena

blanka.hubena@southwales.ac.uk

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