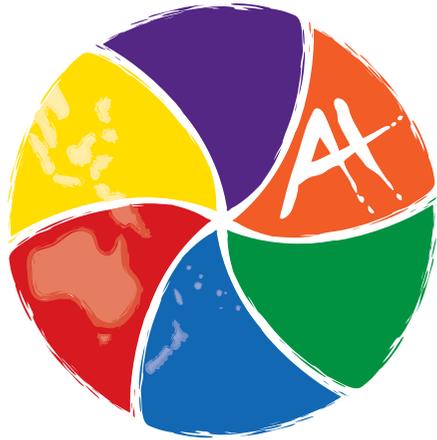


# Arts Therapy What is it?



Arts therapy uses creative processes, including art-making, drama, and dance/movement within a therapeutic relationship to improve and enhance physical, emotional and mental well-being. Arts therapy can be offered to people of all ages and abilities and embraces a variety of psychotherapy theoretical frameworks. The emphasis is on the process of creating and making meaning rather than on the end product. This type of therapy can be practised with individuals and with groups, families and communities. A registered arts therapist has completed a minimum of a two-year masters level programme and focuses on developing a confidential therapeutic relationship with clear boundaries and intentions.



## For more information

For more information about arts therapy in Australia, New Zealand and Singapore, please visit the Australian and New Zealand Arts Therapy Association website at [www.anzata.org](http://www.anzata.org).

This easy to navigate website provides information about:

- arts therapy and arts therapists
- the ANZATA code of ethics and complaints procedures
- training standards and providers
- evidence-based practice and research publications
- continuing professional development standards and opportunities
- upcoming events for the Australian, New Zealand and Singapore regions.

ANZATA organises regular conferences and symposia, issues a quarterly newsletter and publishes an annual peer-reviewed academic journal.

Non-members are welcome to visit the website, attend conferences and symposia, and subscribe to the journal.

## For ANZATA enquiries

For any other enquiries relating to professional aspects of ANZATA, membership or administrative matters, please contact our admin support:

Email: [enquiries@anzata.org](mailto:enquiries@anzata.org)  
PO Box 303 Glebe, NSW 2037, Australia



# What is Arts Therapy?



ANZATA

Australian and New Zealand Arts Therapy Association

## How does arts therapy work?

Arts therapy is based on the belief that the process of engaging creatively in drama, dance/movement or art-making within a therapeutic relationship supports changes in the one's inner and outer world. Arts therapists usually specialise in one of the creative modalities, however, they may utilise a combination of artistic expressions, depending on the intentions and experience of the person or people they are working with. Participants do not need to have prior experience of the creative modalities; the process of using creativity can help us to access our deeper unconscious thoughts and feelings and to express them non-verbally and symbolically in a form that makes them visible. The therapist supports the process of finding meaning in the creative expression/s and exploring ways to understand and integrate this growth.

## Advantages of arts therapy

- Sharing in a safe confidential nurturing environment
- Expression of feelings that may be difficult to verbalise
- Exploration of imagination and creativity
- Identification and clarification of issues and concerns
- Identification of blocks to emotional expression and personal growth
- Increase in intra- and inter-personal skills
- Processing of traumatic experiences
- Resolution of inner and outer conflicts
- Development of healthy coping skills
- Reduction of stress and anxiety
- Increase of self-compassion, self-esteem and confidence
- Improvement of communication skills
- Effective communication across cultures and social groups

# Arts Therapy



## How to find an arts therapist

Professionally qualified arts therapists are registered with the Australian and New Zealand Arts Therapy Association (ANZATA). To locate a registered arts therapist for yourself or for someone else, our online 'Find a Therapist' directory allows you to search by region, by creative modality and by reason for seeking assistance. Please go to [www.anzata.org/therapist-directory/](http://www.anzata.org/therapist-directory/).

ANZATA wishes to acknowledge the following artists who have supplied images used on this and other ANZATA publicity – Amanda Levey, Megan Shiell, Toril Pursell and Chen Ying Ying.

## Professional requirements of registered arts therapists

ANZATA recognises training for arts therapists from approved courses offered by Universities and Colleges in Australia, New Zealand and Singapore. These can be found on the 'Professional Training' page on the ANZATA website.

Recognised training is comprised of a minimum two-year masters degree with a component of 750 supervised clinical hours placement under qualified supervision. A professional member of ANZATA works under a code of ethics that addresses issues of safe practice for their clients which is mandatory in most employment situations. Graduates of these programmes are eligible for professional registration with ANZATA, entitling them to use the recognised post-nominal title AThR (registered arts therapist).

## History of ANZATA in Australasia and S.E. Asia

- 1940s** The birth of art therapy as a profession in Europe, the UK and the USA.
- 1987** Australian National Art Therapy Association (ANATA) was established.
- 2006** ANATA became ANZATA (Australian and New Zealand Art Therapy Association) and art therapy was recognised as a profession by ANZSCO (Australia and New Zealand Standard Classification of Occupations)
- 2007** The New South Wales state government wage award was granted to the profession.
- 2009** ANZATA membership opened to graduates of LASALLE College in Singapore, creating a pan-Pacific network in our region.
- 2011** An 's' was added to 'art' in ANZATA's title to reflect the many creative modalities that members utilise.
- 2012** ANZATA co-hosted the first collaborative event with other creative arts therapies organisations in Australia and New Zealand.