

What training do Creative Arts Therapists have?

In Australia, New Zealand and Asia, Certified and Registered Creative Arts Therapists have a specific Master's degree in Arts Therapy and over 750 hours of supervised clinical placement. They must undergo regular supervision and update their practice every year with professional development training.

Where can I find a Creative Arts Therapist?

Use the Find a Therapist function on our website www.anzacata.org to locate a therapist in your local area.



ANZACATA is the voice of all registered Creative Arts Therapists in Australia, New Zealand and Asia. We register professional Creative Arts Therapists, approve training courses and support members to maintain the highest standards of professional care.

Visit our website to find a therapist in your area.

創意藝術治療

PO Box 2391, North Brighton,
VIC 3186, Australia
e. administration@anzacata.org
www.anzacata.org



What is Creative Arts Therapy?

THE AUSTRALIAN, NEW ZEALAND AND ASIAN
CREATIVE ARTS THERAPIES ASSOCIATION



Creative Arts Therapy is a form of psychotherapy.

Creative Art Therapists are mental health professionals who use art, media and the creative process to facilitate the exploration of feelings, improve self-awareness and reduce anxiety for clients.



Creative processes include drawing, writing, sculpting, drama, clay, sand, dance and movement. They can be a way to find new pathways to healing, by allowing clients to explore and express feelings that may be hard to put into words.

Registered Creative Arts Therapists are trained in both creative methods and in psychological and psychotherapeutic methods. They help clients better express themselves and improve their wellbeing.



Does Creative Arts Therapy help?

A recent report from The World Health Organisation (Health Evidence Network synthesis report 67, 2019) investigated arts-based therapies from over 3000 studies. They found *"a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan."*



The report noted:

1.

There is significant positive impact of the arts on both mental and physical health.

2.

The arts play a valuable role in the expression and exploration of difficult or complex problems.



3.

It is cost effective, engages minority or marginalised groups, and complements other therapies or medical interventions.

Who can benefit from Creative Arts Therapy?

Anyone can benefit from Creative Arts Therapy, including those experiencing:

- Disability
- Neurodiversity
- Healing from trauma and abuse
- Family and relationship issues
- Grief and loss
- Struggles with work or school
- Mental health recovery (anxiety, depression)
- Life and identity transitions
- Organisational and community growth and health

