

What is Creative Arts Therapy?

Registered Creative Arts Therapists are university trained in both creative methods and also in psychological and psychotherapeutic methods to help clients better express themselves and to improve their wellbeing. Creative Arts Therapists are allied health and mental health professionals who use art, media and the creative process (drawing, writing, sculpting, drama, clay, sand, dance and movement) to facilitate the exploration of feelings, improve self-awareness and reduce anxiety for clients..

Registered with ANZACATA (Australian, New Zealand and Asian Creative Arts Therapy Association)

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, abide by a Code of Ethics and update their practice every year with professional development training..

The Evidence for the Efficacy of Arts Therapy

ANZACATA has prepared an easy-to-read document listing nearly 40 RCT, meta-analysis or systematic reviews of large-scale studies in Australia and internationally, demonstrating the efficacy of Arts Therapy for a range of physical and mental health conditions. It can be [found on our website](#)

Can Creative Arts Therapy be Funded under NDIS?

Yes! Creative Arts Therapy is funded under the NDIS. It must be undertaken by a practising Creative Arts Therapist, registered with ANZACATA. Professional (Masters trained) members of ANZACATA use the code below for all categories of participants and Tier level members (with recognised qualifications other than Masters) use code 15_056_0128_1_3 for self-managed or plan-managed participants.

The participant must have funding allocated for Capacity Building – Improved Daily Living Skills and it must be deemed 'reasonable and necessary'. The Therapist will work with the participant to make a plan, conduct sessions in accordance with the goals of the participant and report to the NDIA on progress with the participant in reaching their goals.

The NDIS Quality and Safeguards Commission has produced the [NDIS Practice Standards Verification Module](#) on September 2021. Art Therapy is described on p9. Art Therapy is also described and listed in the [current NDIS Pricing Guide](#) (after recent changes in Oct 2024).

Capacity Building – Improved Daily Living

Item Number	Item Name and Notes	Unit	NSW VIC QLD ACT	WA SA TAS NT	Remote	Very Remote
15_610_0128_1_3	Assessment Recommendation Therapy or Training - Art Therapist	Hour	\$193.99	\$193.99	\$271.59	\$290.99



ANZACATA

Australian, New Zealand and Asian Creative Arts Therapies Association

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