

## WHAT IS THE ISSUE?

*Art therapists are not viewed highly in academic circles and lack the proper resources to effectively maintain access and engagement for their clients.*

## SIGNIFICANCE OF ISSUE:

***“Hard to regulate our practice and be taken seriously in the medical field.”***



Photo by [Valerie Titova](#) on [Unsplash](#)

Art therapies have proven to provide patients with a non-verbal way to express emotions. Some benefits include promoting self-esteem and reducing anxiety, while also prompting social functioning and better overall mood. Art therapists struggle with a lack of resources, funding, time and effective research to continue to maintain access and engagement which benefits their clients. There is also little research into quantitative measures of the effects of therapies, which is often the standard used in psychological research fields. Art therapists, who are accredited through postgraduate studies, must stand for themselves in the medical field, and for those who benefit from art as therapy.



## 2-3 KEY USERS:

Alison is a part-time postgraduate student in a Masters of Mental Health to become an art therapist.

Tara is struggling with her mental health despite seeing a psychiatrist regularly. She wants to explore art therapy as a replacement.

Eric is an accredited art therapist in Melbourne with his own small practice, and in the Creative Art Therapy Australia (CATA) ArtSpeak Program.



## 2-3 POINT OF VIEW STATEMENTS:

Alison is concerned about how being an art therapist is being perceived and her future as a professional.

Tara is worried that she won't be able to afford the out-of-pocket expense of art therapy sessions as it's not subsidised.

Eric is worried that there is not enough understanding about art therapy as a profession, nor satisfactory government support to be able to accommodate the increased demand and interest for clients

**KEY IMAGES: (2-3 key images with annotation)**

Applications of Art Therapy

ART THERAPY CAN BE USED TO:

- IMPROVE COGNITION
- IMPROVE SENSORY-MOTOR FUNCTION
- CULTIVATE EMOTIONAL RESILIENCE
- FOSTER SELF-AWARENESS
- FOSTER SELF-ESTEEM
- PROMOTE INSIGHT
- ENHANCE SOCIAL SKILLS
- REDUCE CONFLICT

Source: The American Art Therapy Association



Applications of art therapy, sourced by the American Art Therapy Association. (Via [PositivePsychology.com](https://PositivePsychology.com))

**INDUSTRY SECTORS:**

- Mental health services & facilities
- Healthcare services & facilities
- National Disability Insurance Scheme (NDIS)
- Insurance services
- Local council/community services & facilities

**SOURCES OF INFORMATION:**

Beerse, M. E., Van Lith, T., Pickett, S. M., & Stanwood, G. D. (2020). Biobehavioral utility of mindfulness-based art therapy: Neurobiological underpinnings and mental health impacts. *Experimental Biology and Medicine*, 245(2), 122–130. <https://doi.org/10.1177/1535370219883634>

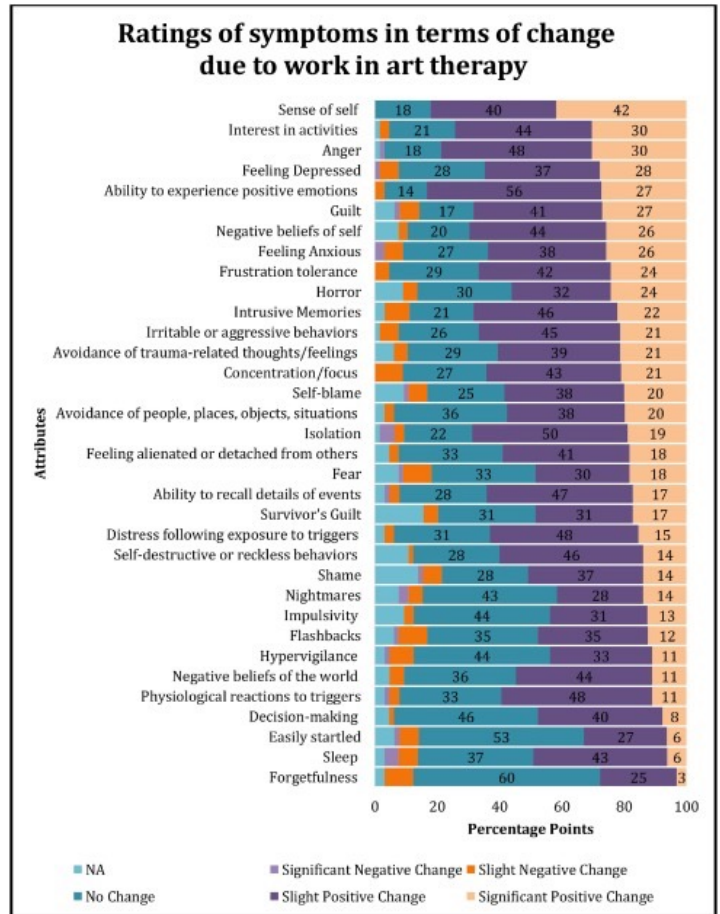
Caddy, L., Crawford, F., & Page, A. C. (2012). 'Painting a path to wellness': Correlations between participating in a creative activity group and improved measured mental health outcome. *Journal of Psychiatric and Mental Health Nursing*, 19(4), 327–333. <https://doi.org/10.1111/j.1365-2850.2011.01785.x>

Clements-Cortés, A., & Pascoe, H. (2020). Music and Music Therapy to Support Mental Health and Wellness. *Canadian Music Educator*, 62(1), 59–62

Creative art therapy Australia. (n.d.). Retrieved October 23, 2022, from <https://cata.org.au/>

Hadley, S. (2013). Dominant narratives: Complicity and the need for vigilance in the creative arts therapies. *The Arts in Psychotherapy*, 40(4), 373–381. <https://doi.org/10.1016/j.aip.2013.05.007>

Kaimal, G., Jones, J. P., Dieterich-Hartwell, R., Acharya, B., & Wang, X. (2019). Evaluation of long- and short-term art therapy interventions in an integrative care setting for military service members with post-traumatic stress and traumatic brain injury. *The Arts in Psychotherapy*, 62, 28–36. <https://doi.org/10.1016/j.aip.2018.10.003>



Responses of the impact of art therapy on symptoms of Post-traumatic Stress Disorder (PTSD) and traumatic brain injury (TBI), sourced by Kaimal et al., 2019. Major limitations in this study included non-standardisation of surveys, missing data points where participants did not complete or respond to a question, responses based on self reports of experiences rather than clinical symptoms, and the long-term nature of the study meant that there were different versions of the survey circulating. There were also potential biases from the art therapists who implemented the study. To evaluate quantitative data in the field, we would need to address limitations like these. (Via [ScienceDirect](https://www.sciencedirect.com))

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