



*The British Association  
of Art Therapists Ltd*

## ART THERAPY INFORMATION PACK

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## WHAT IS ART THERAPY?

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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 considerable 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. More detailed information about these specialist areas of practice can be obtained on request from the Association.

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 a Postgraduate Diploma 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 drama and music therapists have been granted State Registration with the Health Professions Council (HPC). Membership of this body demands high standards of education and clinical practice and ensures public protection. To practice as an art therapist practitioners are bound by law to be registered with the HPC.

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 twenty 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

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**1 Q Are there any colleges closer to me than the ones listed?**

1A No, at present the seven universities listed are the only establishments in the UK that run the validated MA/MSc in Art Therapy course which is the mandatory qualification required to practice as an art therapist in the UK. There are no validated evening or distance learning courses.

**2 Q What qualifications do I need to enable me to start training as an art therapist?**

2 A 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?**

3 A 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?**

4 A 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. If there is a State Registered Art Therapist employed, ring and ask to 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 State Registered Art Therapy posts are advertised through The British Association of Art Therapists, which circulates this information to members monthly. You may also find the Health and Social Services jobs page on Wednesdays in 'The Guardian' useful. In 'The Guardian' and your local paper, you may find a job specification which does not specifically describe a State Registered Art Therapist, but the specification describes the work you are able to do. For instance Social Services 'continuing needs' jobs, often give job specifications for 'Officers', which would be quite suitable for a State Registered Art Therapist, if the job requires group work and individual work. It is then up to you to convince your prospective employer why employing a State Registered Art Therapist will bring benefits to both the team and the clients. If you are thinking of working in your local hospital, send several stamped addressed envelopes to the personnel department, having firstly spoken to a person in the Human Resources Department. Take their name, and let them know what you are intending to do. Send the stamped addressed envelopes to them, with a covering note. They will in turn send you monthly job information sheets for however many stamped addressed envelopes you have sent them.

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 State Registered 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.

Belonging to BAAT means that you are also able to join specialist groups who keep each other informed about possible job opportunities.

**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 Professions Council may work in the UK as an art therapist. Contact the HPC for an application form and guidance notes.

The Health Professions Council, Park House, 184 Kennington Park Road, London SE11 4BU  
Telephone: 020 7582 0866 Website: [www.hpc-uk.org](http://www.hpc-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 Therapist 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

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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:

- Creative continuing professional development courses at discounted rates.
- Art therapy events in your area through our regional groups
- Special interest groups (for example: learning difficulties, race and culture, education, elderly care etc.) and their events

As an associate member you will also receive the '*International Journal of Art Therapy: Inscape*', and '*Newsbriefing*', the quarterly newsletter of the Association and a monthly e-bulletin if requested.

There are three categories of associate membership:

- |   |                  |
|---|------------------|
| - Individual (not qualified Art Therapists) | (£70 per annum)  |
| - Overseas (not qualified Art Therapists)   | (£85 per annum)  |
| - Corporate                                 | (£140 per annum) |

There is an application form at the back of this booklet.

## COURSES AND SEMINARS AT BAAT

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BAAT runs courses and seminars throughout the year. These include courses suitable for qualified art therapists, related professionals and also 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 now also runs **Art Therapy Foundation Courses** throughout the year, on a Tuesday or Thursday evening. For people who find weekly commitment difficult, a **one week Art Therapy Foundation course** also runs regularly. For further details, visit our website.

**Associate members of the Association are eligible for discounted rates on courses**

# MEMBERSHIP APPLICATION FORM

## ASSOCIATE AND CORPORATE MEMBERS



*The British Association  
of Art Therapists*

24-27 White Lion Street  
London, N1 9PD  
020 7686 4216

### INFORMATION FOR BAAT PURPOSES ONLY

Title  Forename  Initial   
Surname

#### Home Address

#### Work Address

Home Tel:

Work Tel:

Mobile:

E-mail:

Please indicate with a tick if you do not wish to receive our monthly bulletin by email

At which address do you wish to receive BAAT correspondence? Home  Work   
(Please choose one only)

### Membership Category (tick as appropriate)

UK Associate £70.00  
Overseas Associate £85.00  
Corporate £140.00

Payment method (please tick): Cheque  Direct Debit

Payment frequency (for Direct Debit only): Yearly / Quarterly (delete as appropriate)

If paying by cheque you must make a single annual payment Amount enclosed  £

*If paying by Direct Debit please complete the attached Direct Debit Mandate form. If you have an existing standing order in favour of BAAT, please make sure that you complete the section cancelling the standing order*

Signature

Date



## QUALIFYING TRAINING COURSES

In order to work as an Art Therapist in the National Health Service and Social Services, it is mandatory to possess the post-graduate Diploma 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**

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<p style="text-align: center;">Ms Caryl Sibbett            Graduate School of Education  <b>Queen's University Belfast</b>            69-71 University Street            Belfast, Northern Ireland BT7 1HL</p> <p style="text-align: center;">Tel: 028 9097 5923            e-mail: <a href="mailto:cpd.edu@qub.ac.uk">cpd.edu@qub.ac.uk</a>            Web site: <a href="http://www.qub.ac.uk">www.qub.ac.uk</a></p>	<p style="text-align: center;">Nicholas D. Stein,            School of Education, Health and Science,  <b>The University of Derby,</b>            Mickleover Campus,            Derby,            DE3 5GX.            Tel: 01332 592009            E-Mail: <a href="mailto:n.stein@derby.ac.uk">n.stein@derby.ac.uk</a>            Web Site: <a href="http://ibs.derby.ac.uk/therapeutic-arts">http://ibs.derby.ac.uk/therapeutic-arts</a></p>
<p style="text-align: center;">Art Therapy Training Course            Department of Occupational Therapy and Art Therapy  <b>Queen Margaret University College</b>            Leith Campus            Duke Street            Edinburgh EH6 8HF</p> <p style="text-align: center;">Tel: 0131 317 3239            Admissions for a prospectus, course leaflet and application form.            Web site: <a href="http://www.qmuc.ac.uk/courses/pg_artth.htm">www.qmuc.ac.uk/courses/pg_artth.htm</a></p> <p style="text-align: center;">To discuss an application please contact:            Margaret Hill (Admissions Tutor)            e-mail: <a href="mailto:mhills@qmuc.ac.uk">mhills@qmuc.ac.uk</a>            Tel: 0131 317 3350</p>	<p style="text-align: center;">Dr Chris Wood            Northern Programme for Art Psychotherapy  <b>Sheffield Care Trust and Leeds Metropolitan University</b>            Netherthorpe House            101 Netherthorpe Road            Sheffield S3 7EZ</p> <p style="text-align: center;">Enquiries about applications: 0114 2264901            General enquires: 0114 2264900            Course Administrator: Dean Middlebrook  <a href="mailto:dean.middlebrook@sct.nhs.uk">dean.middlebrook@sct.nhs.uk</a>            Website: <a href="http://www.sct.nhs.uk/arttherapy/html">http://www.sct.nhs.uk/arttherapy/html</a></p>
<p style="text-align: center;">Jonathan Isserow: Art Therapy Course Convenor            Arts and Play Therapies            Froebel College  <b>Roehampton University</b>            80 Roehampton Lane            London            SW15 5PU            Email: <a href="mailto:j.isserow@roehampton.ac.uk">j.isserow@roehampton.ac.uk</a>            Tel: 02083923118</p>	<p style="text-align: center;">Enquiries Office  <b>Roehampton University</b>            Roehampton Lane            London SW15 5PU</p> <p style="text-align: center;">Tel: (0)20 8392 3232            Email: <a href="mailto:enquiries@roehampton.ac.uk">enquiries@roehampton.ac.uk</a>            Website: <a href="http://www.roehampton.ac.uk/pg/at/">http://www.roehampton.ac.uk/pg/at/</a></p>

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