



Who Are Art Therapists?

Art therapists are master's-level professionals who hold a degree in art therapy or a related field. Educational requirements include: theories of art therapy, counseling, and psychotherapy; ethics and standards of practice; assessment and evaluation; individual, group, and family techniques; human and creative development; multicultural issues; research methods; and practicum experiences in clinical, community, and/or other settings. Art therapists are skilled in the application of a variety of art modalities (drawing, painting, sculpture, and other media) for assessment and treatment.

Art therapists are trained to work with people of all ages and impairments in a variety of settings, including hospitals, rehabilitation, psychiatric, medical, residential, educational, assisted living facilities, as well as in private practice.

Currently, art therapists are licensed in the following states: Kentucky, Mississippi, and New Mexico. Art therapists are licensed as creative arts therapists in New York. In addition, art therapists are included in licensure law for counselors in Pennsylvania, Massachusetts, and Texas.

Who Is Helped By Art Therapy

Art therapy is used with **children, adolescents, adults, older adults, groups, families, veterans, and people with chronic health issues** to assess and treat the following: anxiety, depression, and other mental and emotional problems; substance abuse and addictions; family and relationship issues; abuse and domestic violence; social and emotional difficulties related to disability and illness; trauma and loss; physical, cognitive, and neurological problems; and psychosocial difficulties related to medical illness.

What is Art Therapy?

Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem, self-awareness, and achieve insight.

About the American Art Therapy Association

The American Art Therapy Association, Inc. (AATA) is a nonprofit 501(c)(3) organization founded in 1969. The association represents a worldwide membership of more than 5,000 art therapist, mental health professionals, researchers, educators and students. The American Art Therapy Association promotes established standards for art therapy education, ethics and practice.

Art Therapy Credentialing

The American Art Therapy Association encourages educational, professional and ethical standards for its members. The Art Therapy Credentials Board, Inc. (ATCB), an independent organization, grants art therapy credentials based on educational attainment.

- Registration (ATR) is granted upon completion of graduate education and post-graduate supervised experience.
- Board Certification (ATR-BC) is granted to Registered Art Therapists who pass a written examination, and is maintained through continuing education.

For more information on art therapy with Veterans, please contact us at:

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