



## ABOUT ART THERAPY

Art therapy is a regulated, integrative mental health and human services profession.

Art therapy uniquely promotes the ability to unlock emotional expression by facilitating non-verbal as well as verbal communication.



Art therapists use art-making, the creative process, psychological theory, and knowledge of human experience when working with clients.

### WHO BENEFITS FROM ART THERAPY

**ANYONE CAN BENEFIT FROM ART THERAPY.** Art therapists work with individuals, families, and communities and enhance clients' mental, emotional, and physical well-being. People may seek art therapy services to address a variety of challenges, including: mood disorders such as anxiety and depression; communication and/or learning disorders such as Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD); neurological disorders such as Parkinson's or cerebral palsy; neurocognitive disorders such as dementia or Alzheimer's Disease (AD); Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI); as well as difficulties related to medical treatment; domestic abuse, natural disasters or other collective trauma; navigating identity or sexual orientation; displacement from home or country; and major life transitions.

### WHERE ART THERAPISTS WORK

Hospitals

Community clinics

Schools

Crisis centers

Veterans' clinics

Forensic institutions

Private practice

Senior communities

Psychiatric and rehabilitation facilities

Museums

### HOW TO FIND AN ART THERAPIST

#### WHEN SEEKING ART THERAPY SERVICES, CONSIDER:

**YOUR NEEDS** – Art therapists, similar to other mental health providers, may have a specialization or area of expertise.

**YOUR EXPECTATIONS** – You do not have to be artistically inclined to benefit from art therapy.

**THEIR QUALIFICATIONS** – Your practitioner should have (or be working toward) credentials specific to art therapy practice: an ATR (Registered Art Therapist) or ATR-BC (Board-Certified art therapist). Credentials can be verified via the Art Therapy Credentials Board's online [Credential Verification Search](#).

The American Art Therapy Association provides the [Art Therapist Locator](#), as a guide to finding an art therapist in your area.

#### National Office

The American Art Therapy Association  
4875 Eisenhower Ave. Suite 240  
Alexandria, VA 22304

### HOW TO BECOME AN ART THERAPIST

A minimum of a Master's degree is required for entry-level practice in art therapy. Program applicants must complete coursework in studio art and psychology at the undergraduate level. Currently, there are 35 AATA-Approved art therapy Master's programs.

**MASTER'S CURRICULUM INCLUDES:** training in history and theory of art therapy; materials and techniques of art therapy practice; creativity, symbolism, and metaphor; psychological and counseling theories; group counseling and psychotherapy, theories and techniques; psychopathology and diagnosis; assessment procedures; research methods; human growth and personality development; helping relationships and applications; social and cultural foundations; professional ethics; practicum/internship; thesis/culminating project; and various specialization topics (marital and family art therapy; trauma; addictions, etc.).

#### Phone

888-290-0878 | 703-548-5860

Visit [arttherapy.org](http://arttherapy.org) or email [info@arttherapy.org](mailto:info@arttherapy.org)