

NATIONAL COALITION OF CREATIVE ARTS THERAPIES ASSOCIATIONS

Celebrating 25 years of Coalition Building

Fact Sheet on the Creative Arts Therapies

Overview of Creative Arts Therapies

Creative Arts Therapists are human service professionals who use arts modalities and creative processes for the purpose of ameliorating disability and illness and optimizing health and wellness. There are more than 15,000 Creative Arts Therapists practicing in the United States and around the world. Creative Arts Therapy organizations have been active in this country for over 50 years, and NCCATA, founded in 1979, is now celebrating its 25th anniversary. The Creative Arts Therapies include Art Therapy, Dance/Movement Therapy, Drama Therapy, Music Therapy, Poetry Therapy, and Psychodrama.

The Creative Arts Therapies Make a Difference for People With...

Mental Health Needs... Creative Arts Therapies can make the difference between resistance and relationship through the creation of non-threatening group and individual arts experiences for the exploration of feelings, self-esteem, and personal insight.

Alzheimer's Disease... Creative Arts Therapies can make the difference between demoralization and dignity, with arts experiences from the person's past to trigger short and long term memory, decrease agitation, and enhance reality orientation.

Chronic Illness... Creative Arts Therapies can make the difference between chronic pain and comfort, through planned arts experiences to diminish the experience of pain and to facilitate needed relaxation.

Head Injuries... Creative Arts Therapies can make the difference between isolation and interaction, through groups using arts experience to facilitate cognitive retraining, self-expression, communication and socialization.

Substance Abuse Problems... Creative Arts Therapies can make the difference between denial and determination through art based techniques to confront barriers to the recovery process.

Physical Disabilities... Creative Arts Therapies can make the difference between frustration and fulfillment, through the design of arts experiences to promote rehabilitative goals and motivation.

Developmental Disabilities... Creative Arts Therapies can make the difference between passivity and productivity, through structured experiences that teach cognitive, motor, and daily living skills as well as provide the opportunity to experience success in the arts.

Creative Arts Therapies Address Major Societal Issues

Cutting edge applications of the creative arts therapies are being increasingly used to address the most complex current societal issues, including...

School Violence Prevention
Substance Abuse Prevention
Breast Cancer Treatment
Treatment of Trauma
Alzheimer's Disease Treatment
Domestic Violence Prevention
Eating Disorders
Crisis Intervention

Work Settings for Creative Arts Therapists

Adult Day Treatment Centers and Community Mental Health Centers
Community Residences and Halfway Houses
Shelters for the Homeless

Correctional and Forensic Facilities
Disaster Relief Centers
Drug and Alcohol Programs

Early Intervention Programs and Neonatal Nurseries
General Hospitals
Home Health Agencies

Hospices
Nursing Homes and Senior Centers

Outpatient Clinics
Psychiatric Units and Hospitals
Rehabilitation Facilities

Schools
Wellness Centers

Qualifications of Creative Arts Therapists

Each Creative Arts Therapy discipline has its own set of professional standards and requisite qualifications, and are, as a group, highly skilled, credentialed professionals having completed extensive course work and clinical training. New York and Wisconsin have recently passed legislation for the direct licensing of creative arts therapists, and in Pennsylvania they are eligible to be licensed as counselors.

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www.nccata.org

NCCATA MEMBER ASSOCIATIONS

American Art Therapy Association (AATA)

www.arttherapy.org

American Dance Therapy Association (ADTA)

www.adta.org

National Association for Drama Therapy (NADT)

www.nadt.org

American Music Therapy Association (AMTA)

www.musictherapy.org

National Association for Poetry Therapy (NAPT)

www.poetrytherapy.org

**American Society of Group Psychotherapy
& Psychodrama (ASGPP)**

www.asgpp.org