



ABOUT CATA-ACAT

We are the Canadian voice of Art Therapy. We bring together art therapists to raise standards and advance the profession.


Our mission is to bring together art therapists and connect members, host a national convention in a different region of Canada annually, support the creation of provincial chapters, and sponsor regional events and workshops.

CATA-ACAT also works tirelessly to raise professional standards in the interest of public safety and trust by upholding ethical and educational standards for professional accreditation and designation for art therapists, publishing a tri-annual newsletter and bi annual academic journal, supporting and encouraging scientific and arts based research, and providing education and awareness of art therapy to Canadians.

CONTACT US

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Parksville, BC V9P 2G7

canadianarttherapy.org

 @CATAarttherapy

 @cata_art

CATA-ACAT FACT SHEET

What is Art Therapy?

Art therapy combines creative processes and psychotherapy, facilitating self-exploration and understanding. Using imagery, colour and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate.

History of Art Therapy in Canada

The Canadian Art Therapy Association or l'Association Canadienne d'Art Thérapie (CATA-ACAT) was founded in 1977 by Martin A. Fischer, a psychotherapist practicing art therapy. The original objective was to unite and promote the emerging profession of art therapy in Canada.

There are certain qualifications required of art therapists. In Canada and the United States, art therapists must have at minimum a graduate degree or graduate diploma in art therapy before identifying themselves within the profession. This graduate level education includes supervised clinical practicum (700 hours for Canadian art therapists). These qualifications ensure the safety of the client as well as professional liability for agencies and employers offering this form of therapy to their clients.

Who Can Benefit From Art Therapy?

Art Therapists work with groups and individuals coming from diverse backgrounds. Art therapy is effective for people of any age and an art therapist works with individuals, couples, families and groups in settings such as counselling agencies, schools, treatment centres, rehabilitation facilities, hospitals, correctional institutes and long-term care settings.

Training of Professional and Registered CATA-ACAT Art Therapists

Art therapists are trained professionals with expertise in counseling psychology and fine arts.

In Canada and the United States, art therapists must have at minimum a master's degree or a master's level diploma in art therapy before identifying themselves within the profession. This graduate level education includes supervised clinical practicum hours (700 hours for Canadian art therapists), thus ensuring the safety of the client as well as professional liability for agencies and employers offering this form of therapy.

A Registered Canadian Art Therapist (RCAT) is a Professional Member in good standing who have received additional training in the profession and clinical supervision (50 hours for 1000 client contact hours) beyond graduation, displayed involvement in the art therapy community, and are experienced in working with clients in diverse settings. For more information, please visit the **What is an RCAT** page: <http://www.canadianarttherapy.org/what-is-an-rcat/>

Art Therapy Code of Ethics

Art therapists abide by a code of ethics that is specific to art therapy. Please see our **Standards of Practice** page for more details: <http://www.canadianarttherapy.org/standards-of-practice/>

For concerns or complaints in relation to the Art Therapy Standards of Practice, please visit the **Ethics** page: <http://www.canadianarttherapy.org/ethics/>




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Liability Insurance

To graduate, art therapists are required to have at least 700 hours of supervised art therapy practicum hours. This ensures that graduated art therapists have an in depth and professional skills and knowledge in working with clients and ensuring client safety when working with a wide range of psychological issues. Professional and Registered Canadian Art Therapists are required to have professional liability insurance to offer art therapy.

Research Supporting Art Therapy

Art therapy outcome research with diverse populations continues to be published in different academic journals in areas including art therapy, psychology, psychotherapy, counseling, special populations, and art education.

The Canadian Art Therapy Association has been publishing quantitative, qualitative, mixed-methods and arts-based academic research on art therapy since 1985 through the peer-reviewed Canadian Art Therapy Association Journal: <https://www.tandfonline.com/loi/ucata20>

The American Art Therapy Association Research Committee has created a Research Outcome Bibliography on studies and empirical evidence of art therapy: <http://arttherapy.org/upload/outcomebibliographyresearchcmte.pdf>

Misconceptions of Art Therapy

Art-making is often experienced as therapeutic and has been practiced for centuries as a form of communication and healing modality. With the recent trend of adult coloring books and the influx of 'art therapy' products on the market, there is a general misconception in the public sphere that any application of art can be considered art therapy. This is not true. In order to practice art therapy, one must receive specific training from an accredited organization. The unique therapeutic skills of art therapists cannot be duplicated by recreational/occupational professionals, social workers, artists or educators. There is a clear therapeutic difference between general art groups and art therapy groups.

How to Find an Art Therapist

To find a registered or professional art therapist in your area, please visit the searchable directory: <http://www.canadianarttherapy.org/art-therapist-directory/>