

What is Art Therapy?



- “Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem.”

–American Art Therapy Association

What training is required to become an Art Therapist?

- A master’s degree in art therapy or another counseling field with the necessary artistic training.

What would make someone a good candidate for art therapy?

- Anybody who could benefit from creative forms of expression as a means of communicating! For example: somebody who may prefer expressive painting to release sadness instead of exploring this sadness verbally (or in addition to verbal exploration).

What might an art therapist and client do in a session?

- An art therapist may have a set project or material in mind for a client or they may allow the client to choose subject matter and materials. This may depend on the person’s comfort level, confidence with various artistic mediums, knowledge of the art making space, or where they client may be emotionally in that moment.