The Society is grateful to the National Endowment of the Arts for its support of the Consulting Service, which strives to provide affordable assistance to organizations wishing to establish or advance the arts in healthcare.
Come in to learn...

- The different creative arts therapies, their educational requirements, and their commonalities
- How artists work in healthcare settings
- Differences between artists and creative arts therapists working in healthcare settings
“Around the world, the arts are emerging as an integral component of healthcare. Today, healthcare initiatives that involve partnerships between arts & health professionals are demonstrating real Benefits—improving patient outcomes, helping people make connections, and engendering a sense of community.”
—Arts Advocacy Day, 2009
Arts in Healthcare

- Diverse field representing over 16,000 medical, arts, and creative arts therapies professionals
- Dedicated to transforming experience of healthcare by connecting people with power of arts at key moments in their lives
- Integrates arts, including literary, performing, and visual arts and design, into wide variety of healthcare and community settings for therapeutic, educational, and recreational purposes
Creative Arts Therapies

- Dance/movement therapy
- Poetry therapy
- Drama therapy
- Music therapy
- Art therapy
“Creative arts therapies use arts modalities and creative processes during intentional intervention in therapeutic, rehabilitative, community, or educational settings to foster health, communication, and expression; promote the integration of physical, emotional, cognitive, and social functioning; enhance self-awareness; and facilitate change …”
Creative Arts Therapies

“… Although unique and distinct from one another, the creative arts therapies share related processes and goals. Participation in all the creative arts therapies provides people with special needs ways to express themselves that may not be possible through more traditional therapies.”

—National Coalition of Creative Arts Therapies Associations, 2005
Established professional training standards, including...

- Code of ethics
- Credentialing process
- Annual conferences
- Journals and newsletters
- Standards of clinical practice
- Approval and monitoring process
The arts …

• are a “universal language”;

• occur naturally in our environment in many settings;

• are socially appropriate activities and leisure skill;

• may provide a predictable time- and reality-ordered structure;

• are enjoyed by all.
Creative Arts Therapies
Commonalities

Creative arts therapies …

• provide opportunities for experiences in “self-organization” and self-expression;
• provide opportunities for experiences in relating to others;
• offer opportunities for participation at one’s own level;
• may be adapted for a group or individual experience;
• may reinforce non-arts skills, such as speech, language, and math;
• may give people with disabilities who are not necessarily disabled in their musical or artistic skills a chance to excel.
Benefits of Creative Arts Therapy

• Making connections and establishing collaborations

• Creating transformations

• Building on foundations

• Reaching aspirations
Art Therapy

• A form of psychotherapy that uses the creative process of art making to improve and enhance physical, mental, and emotional well-being, help people to resolve conflicts, develop interpersonal skills, reduce stress, increase self-awareness, and achieve insight.

• Combines traditional psychotherapy with an understanding of the psychological aspects of the creative process and the affective properties of different art materials.

• Art therapists are trained to recognize the nonverbal symbols and metaphors communicated within the creative process, which might be difficult to express in words or in other modalities.
Art Therapy Educational Requirements & Professional Training

• Requires master’s degree and postgraduate supervised experience

• Must complete required preparatory courses at bachelor’s degree level and core curriculum as outlined in AATA (American Art Therapy Association) Education Standards for Master’s Degree Programs.

Graduate-level art therapy programs include:

• Master's degree in art therapy
• Master's degree in counseling or a related field with an emphasis in art therapy
Registration and Board Certification Requirements: The ATR (registered art therapist) and ATR-BC (board certified art therapist) are recognized standards for field of art therapy and are conferred by Art Therapy Credentials Board (ATCB).

• The Registered Art Therapist (ATR) requires specific graduate-level education in art therapy and documentation of supervised post-graduate clinical experience. ATR may then apply to become Board Certified (ATR-BC).

• Board Certification (ATR-BC) requires completion of national examination, demonstrating comprehensive knowledge of theories and clinical skills used in art therapy.
“The essence of art therapy is that it must be true to both parts of its name—art and therapy. The primary goal of the art activity, therefore, must be therapy. This usually includes assessment as well as treatment. … An art therapist also needs to know a great deal about the wide range of ways in which the arts can aid in understanding, as well as in helping people to grow and to change.”

“Just as it takes years of study and discipline to master the visual arts, so it takes time to master psychology and psychotherapy. As with all forms of therapy, understanding and synthesis in art therapy come only with experience. To integrate knowledge about art and therapy requires clinical training, involving thousands of hours of supervised work with patients.”

—Judith Rubin, Art Therapy: An Introduction
Dance/Movement Therapy

- Dance/Movement therapy is the psychotherapeutic use of movement to promote emotional, cognitive, social, and physical integration.

- Dance/movement therapists
  - work with individuals, groups, and families who have social, emotional, cognitive, and/or physical problems;
  - help clients improve body image and self-esteem, develop effective communication skills and relationships, expand movement vocabulary, gain insight into patterns of behavior, and create new coping skills.

- Movement is primary medium dance/movement therapists use for observation, assessment, research, therapeutic interaction, and interventions.
What Undergraduate Preparation Should One Have?
• Extensive dance experience
• Liberal arts background with coursework in psychology.

What Degree Do Dance/Movement Therapists Receive?
• Professional training is on graduate, master’s degree level.

Graduates of ADTA programs are eligible for R-DMT (Registered Dance/Movement Therapist) credential.
Dance/Movement Therapy (cont’d.)

- **BC-DMT (Board Certified Dance/Movement Therapist)** signifies individual has education and experience to teach dance/movement therapy and to supervise interns and has completed rigorous examination process.

- **R-DMT (Registered Dance/Movement Therapist)** signifies individual is prepared through training process to practice dance/movement therapy in clinical, educational, or rehabilitative setting.

- ADTA and Dance/Movement Therapy Certification Board (DMTCB) recognize **Alternate Route** to dance/movement therapy training, requiring master's or doctoral degree in **human services-related** field from accredited school in combination with specific dance/movement therapy coursework, and extensive dance/movement background.
• Poetry Therapy reflects the interactive use of literature and/or writing to promote growth and healing.

• Poetry, journals, and other forms of literature are used to foster personal growth and help achieve therapeutic goals.

• **Professional Training for Poetry Therapy**
  
  ➢ Training and credentialing done by National Federation for Biblio/Poetry Therapy

  ➢ Federation is credentialing arm of poetry therapy field.

  ➢ NAPT (National Association for Poetry Therapy) is membership arm.
• A Certified Poetry Therapist (CPT) and Registered Poetry Therapist (PTR) are licensed professionals with extensive mental health training. PTR completes an advanced level of training and fieldwork, commensurate with highest levels of clinical practice.

• Although some trainees may undertake CPT or PTR training while enrolled in a clinical graduate program and/or completing post-graduate requirements for licensure, these designations are conferred only upon those who have completed graduate work in a mental health field or as an MD and have attained licensure.
Drama Therapy

• Systematic and intentional use of drama/theater processes and products to achieve therapeutic goals of symptom relief, emotional, and physical integration, and personal growth
• Credentials: RDT/BCT
• Applicant must have master’s or doctoral degree in Drama Therapy from an NADT-approved college/university OR master’s or doctoral degree in field related to Drama Therapy from accredited college or university and completion of Alternative Track Education requirements under supervision of a RDT/BCT.
Drama Therapy (cont’d.)

- Drama Therapy Internship: minimum 300 direct-client contact hours and minimum of 30 hours of supervision by Registered Drama Therapist, credentialed creative arts therapist, credentialed special educator, or credentialed mental health professional and 470 hours of additional internship hours
- 500 hours drama/theatre experience
- 1000 hours paid experience as drama therapist—must be supervised by Registered Drama Therapist, credentialed creative arts therapist, or credentialed mental health professional or special educator
- National Association for Drama Therapy (NADT) www.nadt.org
Music Therapy

Definition: “the clinical and evidence-based use of music interventions to accomplish Individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”
—American Music Therapy Association, 2004
Music Therapy (cont’d.)

- Minimum Bachelor Degree in Music Therapy
- Completion of clinical training internship (minimum of 1040 hours)
- Masters and doctoral degrees available for MT
- www.musictherapy.org (American Music Therapy Association)
- Credentials/title:
  - Music Therapist-Board Certifies (MT-BC) from Certification Board for Music Therapists (CBMT), www.cbmt.org
  - Registered Music Therapist (RMT)
  - CMT
  - ACMT
Music Therapy (cont’d.)

• Specialized use of music in service of individuals with needs in mental health, physical health, habilitation, rehabilitation, or special education

• Purpose: to help individuals attain and maintain maximum levels of functioning
• Treatment is prescriptive and implemented individually or in group settings.
• Assessment, treatment planning, and documentation required.
Music works its magic, soothes burn patients

Therapist eases agonizing dressing changes

Diana Keough
Plain Dealer Reporter

After Nick Solis severely burned himself three weeks ago, he dreaded waking up in the morning. He knew that as soon as he did, he had only an hour, maybe less, before the nurse would come to change the bandages covering the third-degree burns on his legs.

As he waited, he watched the clock, trembling.

“My left leg really hurts this morning,” Nick told Lisa Inman-Werner, a nurse at MetroHealth Medical Center’s Comprehensive Burn Care Center.

She’s used to this. Pain levels prior to dressing changes are off the charts, she said.

“On a scale of one to 10, what’s your pain level?” Inman-Werner asked.

“It’s a five on my right leg and a seven on my left one,” Nick said, his voice high and tight.

Over Memorial Day weekend, Nick, 12, of Painesville, poured gasoline onto his backyard bonfire. It exploded, burning more than 25 percent of his body.

All burn patients dread their bandage changes, Inman-Werner said.

Nick hobbled down the hall to the bathtub room. He whimpered with each step. Walking beside him, holding his arm is Xueli (pronounced “Shirley”) Tan, a music therapist on loan to the burn-care center from the Cleveland Music School Settlement since October 2004.

Music therapist Xueli “Shirley” Tan plays tone chimes with 12-year-old Nick Solis as his burned legs soak. Before, during and after his burns are cleaned, Tan used music to ease Nick’s pain.

SEE MUSIC | A3

June 20, 2005

The Plain Dealer Front Page
Drumming up Support for Arts in Healthcare
Studies on Creative Arts in Healthcare have shown links to the following trends:

- Reduced wandering and/or agitated states
- Delay in onset of Alzheimer’s disease for those at risk for it (dance/movement is first on list of leisure activities contributing to delay)
- Reduced incidence of depression
- Decreased use of medical interventions covered by Medicare among aging population who are engaged in arts
- Increased staff retention
- Increased caregiver satisfaction
- Increased quality of life, e.g. for those diagnosed with terminal cancer or older adults
Studies on Creative Arts in Healthcare have shown links to the following trends:

- Reduced length of hospital stay
- Fewer medical visits
- Improved patient compliance during medical procedures
- Reduced use of pain, anti-anxiety medications, and sedatives
- Improved recovery time and reduced need for higher levels of acute care
Artists Working in Healthcare

- Arts at the bedside
- Arts carts
- Concerts/performances
- Artists involved in initial design of space
- Interactive art, built into architecture of space
- Arts curators/art exhibitions
- Artists of all disciplines choosing art and music appropriate to general spaces
- Working with patients 1:1 or in groups
- Caring for caregiver activities
Other Artists in Healthcare

- Clinical Musicians
- Music Practitioners
- Music Thanatologists
- Music Healers/Sound Healers
- Harp Therapists
- Comparable artists in other art forms
Training Programs for Artists Working in Healthcare Settings

• The Creative Center, New York, NY
  - National Training Program for Hospital Artists-In-Residence to work healthcare settings.
  - Features seminars, workshops, and open studios led by artists, physicians, nurses, and psychologists from New York’s leading educational and medical centers.
  - Internships at medical centers, case presentations, and training materials focusing on issues in working within medical setting

• Temple University, Arts and Quality of Life Research Center, Philadelphia, PA
  - Competency-based training program for musicians and visual artists interested in working in healthcare settings.
Temple University (cont’d)

- Equips artists to work in healthcare settings and practice within boundaries of their skill sets.
- 4 full days of instruction and 8 week supervised internship.

University of Florida, Gainesville, Center for the Arts in Healthcare Research and Education

- Arts in Healthcare Coursework
- Certificate (also at University at Buffalo and University of Michigan)
- Internships
- Summer Intensives (also at University at Buffalo)
- Study Abroad
Similarities: There are **therapeutic** aspects to all arts activities:

- Both believe in power of arts to heal, relieve suffering, elevate presence and awareness and improve quality of patients’ lives.

Differences:

- **Artists** - foster participation in and appreciation of arts by
  - facilitating patients creating visual art, music, dance, drama, and poetry;
  - facilitating arts performances;
  - selecting and exhibiting of visual art.

- **Creative Arts Therapists** - the above, plus work with patients regarding personal meaning in arts expression and help facilitate awareness of meaning and what it has to teach them about themselves and achieving optimal health. They do this by
  - consulting with Treatment Teams;
  - conducting Individual and Family evaluations/assessments;
  - providing Individual and Group Therapy sessions.
Artists’ Focus and Goals:

- Providing enjoyable, constructive, relaxing, and engaging activity
- Reducing anxiety and discharging tension
- Enhancing and bringing beauty to healthcare environment
- Teaching artistic skills to aid with rehabilitation
- Enhancing creativity and feelings of competence
- Contributing to overall quality of life for patient

Creative Art Therapists’ Focus and Goals:

Same goals as for artists with the addition of:

- Assessment and treatment of patient health issues
- Assisting patients with developing skills for maintaining optimal health
- Promoting expression of feelings that may be hard to put into words
- Helping patients gain insight and enhanced self-reflection
Notes of Caution

• “In order to offer art(s) as therapy, it is essential to be a trained as a clinician. Even the most sensitive artist or art teacher is not a therapist...” – Judith Rubin, Art Therapy, An Introduction

• If not a trained therapist, be sure to have access to and supervision from staff who are and with whom you can consult regarding issues that arise with patients.

• Only use arts modalities in which you yourself are proficient and with which you have much experience.

• Do not refer to what you do as "Art Therapy," "Dance Therapy," etc. unless you are actually a credentialed therapist in one of those specific fields.
Notes of Caution (cont’d.)

• As an artist entering a healthcare setting, be knowledgeable of and abide by at all times the standards of professional conduct that are required for the context and facility in which you are working.

• If not a trained therapist, your intention, goal, or focus should not be to directly elicit or evoke emotional expression.

• Be educated and prepared to respond appropriately, professionally, and ethically to variety of scenarios that may arise.

• Know that if you ask a question and encounter a response or situation that you do not feel is something you can handle that you have someone else at the facility to whom you could refer the patient to deal with this issue.
Speaker Contact Information

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Resources

- [www.adta.org](http://www.adta.org) (American Dance Therapy Association)
- [www.americanarttherapyassociation.org](http://www.americanarttherapyassociation.org) (American Art Therapy Association)
- [www.arts.ufl.edu/CAHRE](http://www.arts.ufl.edu/CAHRE) (University of Florida, Arts in Healthcare Training)
- [www.atcb.org](http://www.atcb.org) (Art Therapy Certification Board)
- [www.arttherapyalliance.org](http://www.arttherapyalliance.org) (Art Therapy Alliance)
- [www.cbmt.org](http://www.cbmt.org) (Certification Board for Music Therapists)
- [www.internationalarttherapy.org](http://www.internationalarttherapy.org) (International Art Therapy Organization)
- [www.musictherapy.org](http://www.musictherapy.org) (American Music Therapy Association)
- [www.nccata.org](http://www.nccata.org) (National Coalition of Creative Arts Therapies Associations)
- [www.nadat.org](http://www.nadat.org) (National Association for Drama Therapy)
- [www.nfbpt.com](http://www.nfbpt.com) (National Federation for Biblio/Poetry Therapy)
- [www.poetrytherapy.org](http://www.poetrytherapy.org) (National Poetry Therapy Association)
- [www.thecreativecenter.org](http://www.thecreativecenter.org) (The Creative Center, Artists Training, NYC)
- [www.thesah.org](http://www.thesah.org) (Society for the Arts in Health Care)
- Temple University Training Program: For more information, contact Dr. Joke Bradt at jbradt@temple.edu.
- Book: Rubin, J. *Art Therapy, An Introduction*
“It is art that makes life, makes interest, makes importance, and I know of no substitute for the force and beauty of its process”.
—Henry James