

## Creative Arts Therapy and the Australian National Disability Insurance Scheme



### What is creative arts therapy?

Creative arts therapy is an allied health profession. It is delivered by professionally trained creative arts therapists who work with clients using art, dance or drama within their therapy sessions. The therapist supports participants to work toward their individual goals in creative ways to enhance physical and emotional well-being.

### How does creative arts therapy work?

The participant and the therapist work together within clearly defined boundaries and goals, in a safe, confidential and nurturing environment. Participants do not need to have any prior experience making art as the emphasis is generally on the creative process and the development of psychological insight rather than the end product.

### Who would benefit from creative arts therapy?

Creative arts therapy is client-centred, inclusive and outcome oriented. It can be useful for individuals, groups, and communities. It is suitable for people of all ages and backgrounds. Creative arts therapy can be useful for those who have difficulty in finding the words to describe their experiences. There is no requirement to be able to create visual art to engage in creative art therapy, as there are many techniques that can be used to support process, including art making, writing, journaling, drama, dance and movement to name a few.

### How are creative arts therapists qualified?

In order to practise and use the recognised title AThR (ANZATA-approved creative arts therapists), the following requirements must be met:

- Complete a minimum two years masters degree from an approved course
- Complete a minimum of 750 hours of supervised clinical placement.
- Professional membership of Australian and New Zealand Arts Therapy Association (ANZATA)
- Complete continuing professional development and work under a code of ethics

Check out the ANZATA website for a listing of arts therapists who meet these qualifications and are registered providers for the NDIS.

### Please note...

From 1 July 2018 ANZATA will be restructuring and changing its name to The Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA). Criteria for professional membership will remain the same.

### For more information...

enquiries@anzata.org  
www.anzata.org  
PO Box 303 Glebe,  
NSW 2037, Australia

Free phone: 1800 800 110  
www.ndis.gov.au  
NDIS, GPO Box 700,  
Canberra, ACT 2601



## Creative Arts Therapy and the Australian National Disability Insurance Scheme



Information for  
Stakeholders

## What is the NDIS?

The NDIS (National Disability Insurance Scheme) is an Australia-wide initiative that provides funding for people with physical and psychosocial disabilities to access supports to maintain and improve their quality of life. It is underpinned by the concept of choice and control for participants and their families.

## Creative arts therapy and the NDIS

NDIS participants may access arts therapy to support them to achieve their goals. Participants whose funds are managed by the NDIA may only use NDIS-registered creative arts therapists. There is a list on the ANZATA website – [www.anzata.org/therapist-directory](http://www.anzata.org/therapist-directory).

ANZATA recommends that all other NDIS Participants use professional arts therapists. Arts therapists who are registered with the NDIS provide support in three main areas:

### 1. Early Intervention Supports for Early Childhood (Children 0-6years)

These services are for NDIS participants who are children 0-6 years old. An arts therapist works with the child and their family to meet their individual goals and aspirations. The creative arts therapist has experience in early childhood interventions and working in teams with other early childhood professionals.

### 2. Therapeutic supports

These services are for NDIS participants who are aged from 7-65 years old. A creative arts therapist assists participants to improve social engagement, vocational participation, and well-being, as well as providing psychosocial education and support, capacity building and goal oriented creative therapy.

### 3. Innovative Community Participation

Creative arts therapists enable participants to access mainstream activities. They facilitate creative programs and services to assist participants to access activities of interest in the community, such as small groups.

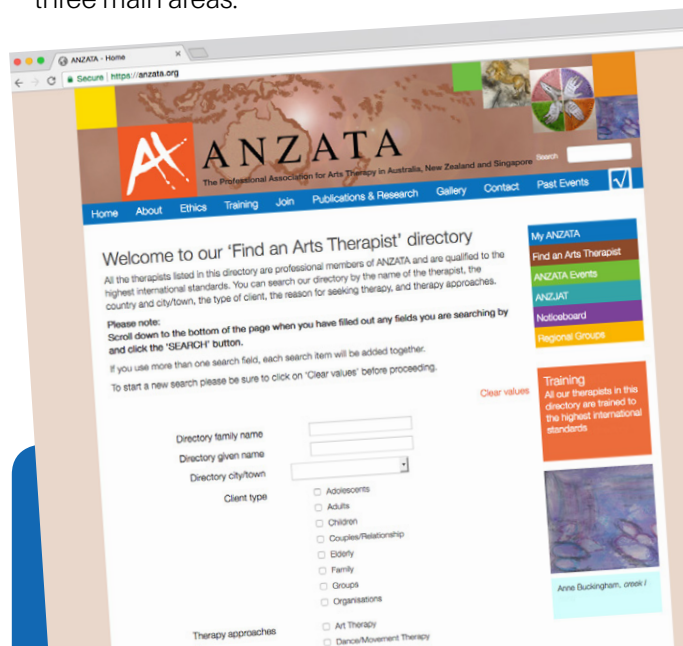
## How to find an arts therapist

Professional creative arts therapists are members of the Australian and New Zealand Arts Therapy Association (ANZATA). To find an ANZATA member who is a NDIS registered Provider in your local area, visit the 'Find a Therapist' directory – [www.anzata.org/therapist-directory](http://www.anzata.org/therapist-directory).

Search by 'region' and 'NDIS registered'.

## What will happen when participants or plan managers get in touch with a creative arts therapist?

Creative arts therapists work with participants and their support network to achieve the goals and outcomes set out in their NDIS plan. A service agreement will outline the ways a participant will work with an arts therapist, to achieve their goals.



To find an ANZATA member who is a NDIS registered provider in your local area, visit ANZATA's 'Find an Arts Therapist' directory to search by region, and NDIS registration.

[www.anzata.org/therapist-directory](http://www.anzata.org/therapist-directory)

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