



THE MELBOURNE ART THERAPY STUDIO

Abbotsford Convent Arts Precinct

FREQUENTLY ASKED QUESTIONS

DO I NEED EXPERIENCE MAKING ART TO BE PART OF AN ART THERAPY GROUP?

Not at all. An Art Therapy space is a non-judgemental explorative space where anybody can express themselves through art & not worry about the finished product. Having said that, we all make judgements about our art in some form, and these judgements are a necessary part of growth and learning. However, these judgements may be something to be explored.

WHAT HAPPENS IN AN INDIVIDUAL SESSION?

That depends on what you want to work on. You may want to explore a particular issue, such as relationships, abuse, trauma, parenting, self-esteem, anxiety, depression, disability – anything. You may want to re-discover your creative side. You may just need someone to talk to. There is no formula for individual sessions. They are generally either an hour or one and a half hours for the first session, or subsequent sessions if you choose. In my sessions, I am guided by what you bring and/or need. I ask lots of questions, but don't analyse you or your work. My aim as a therapist is to gently assist you in gaining awareness of, and compassion for yourself.

You do not need a referral to book in for a session, but I do accept referrals from services and organizations. See FOR SERVICES.

WHAT IS THE DIFFERENCE BETWEEN THE INTRODUCTION TO ART THERAPY ONE DAY WORKSHOP, AND THE INTRODUCTION FOR HEALTH PROFESSIONALS?

The Introduction to Art Therapy for Health Professionals is a 3 hour workshop & incorporates a case presentation, an experiential exercise and an introductory booklet on Art Therapy. These sessions are designed purely as a guide to help clinicians understand the power of art with clients, and to assist in understanding different art materials and directives. Art Therapy is a highly skilled and involved occupation, requiring many hours of training and practice, but we are aware that many health practitioners encourage clients to use art in therapy sessions. We aim to highlight possible risks, and encourage further study. There are often lively discussions about using art with clients in your practice and we try to leave plenty of room for questions.

The Introduction to Art Therapy one day workshop is for anyone with an interest in Art Therapy, whether it be to look for further study, health practitioners using art with clients, or anyone with just a general curiosity about Art Therapy. This workshop is all experiential, and participants have the opportunity to experience a range of art materials and directives. It is designed to give you a broad experience of Art Therapy. There is also room for questions in this workshop. There are no eligibility criteria to attend either session.

CAN I CONTINUE IN A GROUP FOR MORE THAN ONE TERM?

Sure. If you would like to register for the year, you get a 10% discount for the 4th term. If you register and pay up front for the year, you get a 10% discount on the whole year.

AM I ELIGIBLE TO PAY CONCESSION PRICES?

Yes if you are a student, pensioner or unemployed.

I WANT TO BE AN ART THERAPIST. HOW DO I GO ABOUT IT?

You need to have an undergraduate degree to enrol in a Master of Art Therapy degree. The degree can generally be in FINE ART, COUNSELLING OR PSYCHOLOGY, NURSING, TEACHING OR ANY OTHER HELPING PROFESSION. Contact the training institutions directly for clarification and entry requirements. See our LINKS page for contact details.

WHAT PROFESSIONAL REGISTRATION IS AVAILABLE FOR ART THERAPISTS?

Art Therapists who have completed a Master of Art Therapy through LA TROBE UNIVERSITY or equivalent interstate or overseas university are eligible to join the Australian & New Zealand Art Therapy Association (ANZATA) once they have completed the required number of professional clinical placement hours (Approximately 750 hours). Ongoing supervision & professional development is a requirement for registration with ANZATA (check with ANZATA for entry requirements). You will then be eligible for professional indemnity insurance. MIECAT requires approx 200 hours clinical placement to complete the MA degree. PHOENIX requires 50 hours placement hours, or 25 hours on site placement, and 25 hours attending a dream group to complete the Diploma in Transpersonal Art Therapy.

Contact MIECAT OR PHOENIX directly to confirm their requirements & eligible professional association. Also see the ANZATA and ACATA websites.

WHICH COURSE AT UNI OR ELSEWHERE IS RIGHT FOR ME?

You really need to speak to the course co-ordinators in each course. See LINKS for contact details, and the ART THERAPY page to consider what to ask. I can only offer my opinion on the course at La Trobe (which I would highly recommend).

Many people have found attending Art Therapy groups, such as the Creative Art Space at the Melbourne Art Therapy Studio a useful introduction into the world of Art Therapy. Much of the training is experiential in all the courses offered, and attending these groups gives you a great insight into yourself, and into yourself as a potential therapist.

CAN I DO PLACEMENT OR VOLUNTEER WORK WITH THE MELBOURNE ART THERAPY STUDIO?

If you are doing the Diploma with Phoenix Institute and have an abundance of clinical experience and a counselling or psych background, send me a covering letter and your CV. I cannot take MA students from La Trobe because their insurance does not cover private practice. I do not require volunteers, thank you.

I WOULD LIKE TO SEND YOU AN EMAIL TO ASK WHAT COURSE I SHOULD DO. WILL YOU HAVE AN OPPORTUNITY TO ANSWER IT?

With all due respect, I very much doubt it. That is why this FAQ sheet is necessary. Please don't be offended if I don't respond to your email, as I receive so many.