

Evidence Brief: Art Therapy

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Produced by the Knowledge Management team Evidence Briefs offer an overview of the published reports, research, and evidence on a workforce-related topic.

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There may have been an update to this Evidence Brief - to check you are reading the most current version please see the links below:

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- [Complete Evidence Brief list – link for External staff](#)

Key publications – the big picture

[NHS Long Term Workforce Plan](#)

NHS England, 2023 (updated 2024)

are noted (page 112).

(No direct mention of Art Therapists, but the British Association of Art Therapists contributed to the LTWP.)

Increase AHP training places to 17,000 by 2028/29, putting us on the path to increasing places overall by a quarter to more than 18,800 by 2031/32. (Page 19) With full implementation over the longer term, the NHS total workforce would grow by around 2.6–2.9% a year, with an expansion of the NHS permanent workforce from 1.4 million in 2021/22 to 2.2–2.3 million in 2036/37, including an extra 60,000–74,000 doctors, 170,000–190,000 nurses, 71,000–76,000 allied health professionals (AHPs), and 210,000–240,000 support workers alongside the expansion of new roles such as 22 | NHS Long Term Workforce Plan physician associates and nursing associates, and greater use of apprenticeships. (Page 21) Education and training places for the AHP workforce are estimated to need to grow by 19–25% by 2030/31. This Plan sets out an ambition to increase AHP training places by 25% to over 18,800 by 2031/32. To support this level of ambition and work towards this level of expansion, AHP training places will increase by 13% to 17,000 by 2028/29, with an increase of 8% by 2024/25. (Page 45) More than a third of AHPs could train through apprenticeships, compared to 6% now, but this would vary by professional group. The Plan sets out the following assessment for proportion of entrants joining the AHP workforce via an apprenticeship route by 2031/32. (Page 45)

[Revised standards of conduct, performance and ethics](#)

Health & Care Professions Council, 2024

The revised standards of conduct, performance and ethics came into effect on 1 September 2024. Our [guidance on social media](#), which sits alongside the standards, has also been revised.

[Approved programmes](#)

Health & Care Professions Council, 2024

A database of approved education programmes for Allied Health Professionals.

[Recruitment of overseas allied health professionals](#)

NHS Employers, 2024

How overseas allied health professionals (AHPs) can enter the UK for work.

[National Profiles for Art Therapy](#)

NHS Staff Council Job Evaluation Group, 2023

National standardisations of art therapy roles and job requirements.

[Innovation and collaboration: supporting Allied Health Professions Return to Practice](#)

NHS England, 2023

It is well recognised that there are significant challenges in AHP workforce supply, retention, and growth across all sectors of health and care. Returning Allied Health Professions are a vital element of the Health Education England (HEE) workforce plan and are essential in re-directing knowledge, skills and experience back into health and care sectors.

[AHP Educator Career Framework](#)

Council of Deans of Health, 2023

The AHP Educator Career Framework is an outcome-based career framework that describes the knowledge, skills and behaviours required to be an effective teacher, learning facilitator, supervisor and role model in AHP education in

practice and formal education settings. First and foremost, it promotes the education pillar of AHP professional practice, recognising that education is everyone's responsibility.

[Genomics for allied health professionals: Survey results](#)

NHS England WT&E, Genomics Education Programme, 2023
Overall, your responses showed that a good majority of you feel you don't have a good understanding of genomics.

[Your future allied health professionals](#)

NHS Employers, 2023
This infographic sets out the different routes available for organisations to train allied health professionals.

[A guide to ESR coding for Advanced Practitioner roles](#)

NHS England WT&E, 2022
To ensure that advanced practitioners' skills are consistently recognised, and better enable those skills to be deployed across healthcare settings we must now ensure that the NHS workforce accurately reflects the breadth of the modern clinical workforce.

[The Allied Health Professions \(AHP\)for England: 2022 to 2027](#)

NHS England, 2022
This strategy is a catalyst for change. Wherever you work, every member of our AHP community has a part in realising our collective ambitions through its delivery. I therefore encourage you to take a moment to consider how the AHP community can enable the change required to deliver future care today.

[Allied Health Professions' Research and Innovation Strategy for England](#)

NHS England WT&E, 2022
This Strategy comprises a definitive collective national reference statement that encompasses and supports the existing research

and innovation strategies of all the Allied Health professional associations.

[New report shows arts and health roles within the NHS improve patient and staff wellbeing](#)

NHS Confederation, 2022
The 'Arts and Health Coordinator Capacity Building Programme' introduced and developed arts and health coordinator roles in all seven health boards in Wales.

[The Allied Health Professions \(AHPs\) Strategy for England](#)

NHS England, 2022
This strategy is a catalyst for change. Wherever you work, every member of our AHP community has a part in realising our collective ambitions through its delivery. I therefore encourage you to take a moment to consider how the AHP community can enable the change required to deliver future care today.

[AHP Workforce Reform Priorities 2021/2022](#)

NHS England WT&E, 2021
Developed with The British Association of Dramatherapists (BADth), British Association for Music Therapy (BAMT) and British Association of Art Therapists (BAAT).

The work includes the following research projects:

- [Project 1: Art, Drama and Music Therapies and Dual Identity as Allied Health Professions and Psychological Therapies](#)
- [Project 2 NHS Practice Placement Expansion Communication Strategy for Art, Drama and Music Therapists](#)
- [Project 3: Identifying priorities in future workforce of art, drama, and music therapy, and promoting examples of good practice in postgraduate training programmes across the UK](#)

[What can AHPs offer in mental health settings?](#)

Health Education England, 2021

AHPs are the key to transforming health, care, and wellbeing. Working at the top of their competencies and skills, AHPs lead mental health teams to new ways of working. Their expertise in rehabilitation and enablement is vital to move away from over-reliance on hospitals and towards professional interventions across health and social care settings.

[My role in tackling health inequalities: a framework for allied health professionals](#)

The King's Fund, 2021

This framework builds on our commitments in the UK allied health professions public health strategic framework 2019–2024 (Allied Health Professions Federation 2019) and we hope AHPs across the UK will find it useful. It aims to help you to consider your own unique contribution to tackling health inequalities and to help maximise this through a series of lenses and questions.

[What is advanced clinical practice?](#)

NHS England WT&E, no date (estimated post-2020)

Advanced clinical practitioners come from a range of professional backgrounds such as nursing, pharmacy, paramedics and occupational therapy. They are healthcare professionals educated to Master's level and have developed the skills and knowledge to allow them to take on expanded roles and scope of practice caring for patients.

[NHS Long Term Plan: Mental Health.](#)

NHS England, 2019

The NHS Long Term Plan (LTP) makes a renewed commitment that mental health services will grow faster than the overall NHS budget with a ringfenced investment worth at least £2.3 billion a year for mental health services by 2023/24.

[Standards of education and training](#)

Health & Care Professions Council, 2017

In line with the way our education quality assurance model functions, we have split our standards of education and training along institution and programme levels.

See also: [Review of the standards of education and training](#) (2024)

British Association of Art Therapists (BAAT)

[Art therapy supervision diploma information pack](#)

BAAT, 2024

The programme is a Level 6 Diploma for Arts Therapists qualified to Masters or equivalent level, and for suitably qualified professionals who use art within their supervisory practice or supervise art therapists, arts in health practitioners, or related professions (counselling, psychotherapy, etc.) as part of their work.

[Psychoeducation in art therapy](#)

BAAT, 2024

Psychoeducation is a therapy intervention where the therapist provides people, and their relatives or friends, with information they need to understand and manage their condition or the difficulties they are experiencing. In the last few decades, psychoeducation has emerged as an effective evidence-based practice in both [clinical trials and community settings](#).

[Code of Ethics](#)

British Association of Art Therapists, 2022

We have issued this Code of Ethics with the aim of providing its members with the fundamental principles, standards and

guidelines for good practice. This is to support them in their work, as well as to inform and protect members of the public using their services.

[Equality and diversity British Association of Art Therapists](#)

BAAT, 2022

As part of our commitment to creating a more diverse and inclusive culture, we are committed to taking action. In 2022, we developed and adopted an Equality Equity Diversity and Inclusion [Strategy](#) and [Policy](#).

[An emerging evidence-base for art therapy in primary schools](#)

BAAT, May 2021

Following the COVID-19 pandemic, the role schools play in supporting children's social, emotional and mental health is even more vital. Editors of the International Journal of Art Therapy, Zoe Moula and Alex McDonald review the evidence-base for primary-school-based art therapy.

[Equality, Equity, Diversity and Inclusion Strategy](#)

BAAT, 2021

We acknowledge that structural racism and all forms of discrimination have had an enormous impact across our society and that there is much that needs to be done to ensure our art therapy community is truly representative of our community.

Case Studies

[A case study of group art therapy using digital media for adolescents with intellectual disabilities](#)

Frontiers in Psychiatry 14, 2023

Art therapy using digital media has become an important experience that provides opportunities to arouse curiosity, enjoy creative activities, and express positive emotions vividly to

adolescents with intellectual disabilities who have difficulties with expression and communication and a sense of lethargy.

Therefore, it is suggested that an in-depth understanding of the characteristics and differences between traditional and digital media is necessary, and that complementary use to help create therapeutic purposes and art therapy is important.

[Art therapy with an autistic person with learning disabilities: communication and emotional regulation](#)

International Journal of Art Therapy 28(4), 2023

The study found that art therapy could contribute to the development of communication skills for the client and assist with emotional regulation strategies. While humour and the spontaneous element of the art materials also had a beneficial impact.

[Why I decided to become an art therapist](#)

NHS England WT&E, no date

During my Fine Art undergraduate degree at the University of Oxford, I not only learnt more about my art practice, but also experienced how the process of art-making helped me express and make sense of my emotions when my mental health hit rock bottom. I used art materials intuitively to capture thoughts and feelings, and took a step back to look at them as they were. This enabled me to recognise unresolved trauma in my life and aspects of myself that I was not even aware of.

[Real-life story - Francesca La Nave](#)

NHS Health Careers, no date

After graduating, Francesca was excited to see that her arts and print making degree could be used to help people with mental health problems and personality disorders.

The Star for workforce redesign

More resources and tools are available in the **Improving Patient Enablement and Continuity of Care** section of the [Star](#).

Statistics

[Registrant data and statistics](#)

Health & Care Professions Council, 2024

These factsheets provide a breakdown for each of the professions we regulate.

[Key statistics on education and training for HCPC professions](#)

Health & Care Professions Council, 2024

We have provided key statistics as a summary of the picture of education and training for the professions we regulate, and how that picture is changing.

[Diversity data: arts therapists - March 2023](#)

HCPC, 2023

Equality, Diversity & Inclusion (EDI) information held by the HCPC with regards to the nine protected characteristics of the Equality Act 2010.

[Retention rates of first time HCPC registrants, 2013 to 2018](#)

Health & Care Professions Council, 2023

The HCPC embarked upon this analysis to inform our work on preceptorship. We consider that the findings are of wider value. They have particularly important implications for providers and funders of training, and for workforce planners. They are also likely to be of great interest to other stakeholders including professional bodies.

[HCPC Diversity Data Report 2021: arts therapists](#)

HCPC, 2022

- Arts therapists reported the highest rates of disability amongst all the registrant titles.
- The percentage of arts therapists identifying as Spiritual was much higher than in other professions.
- Arts therapists reported the highest levels of at least one secondary work setting amongst all HCPC professions (65%).
- Arts therapists had the lowest proportion of full-time workers (31%).
- Arts therapists had the highest proportion of independently educated registrants, joint with physiotherapists (22%).

National Data Programme

Workforce, Training and Education staff can look at the [WT&E Data and Analytics Service](#) resources including the National Data Warehouse SharePoint site to find out more about datasets and Tableau products.

Published Peer Reviewed Research

Community and Primary Care

[Community Art Therapy: A Working Definition and Practice](#)

[Approaches](#) Abstract only*

Art Therapy 41(4), 2024

Results were consistent with community art therapy endeavors in art therapy literature. The study identified clear practice approaches such as ethical considerations, inclusivity, justice-orientation, theoretically expansive, egalitarian, and nervous system regulation. Art therapists can use the definition and

practice approaches presented here to guide their practice in communities.

[Expanding arts therapies provision: a pilot project in Older Adult Mental Health Services, Aneurin Bevan University Health Board, Public Health 194, 2021 Abstract only*](#)

The aim of the report is to summarise the progress made during a six-month pilot project expanding arts therapies provision from an inpatient service to community services, in a National Health Service health board's Older Adult Mental Health Services, in response to the need for direct therapy with older adults who have severe cognitive impairment and communication difficulties arising from dementia and/or complex mental health difficulties.

[Community adult mental health: mitigating the impact of Covid-19 through online art therapy Abstract only*](#)

International Journal of Art Therapy 26(3), 2021

The online art therapy group emerged from our universal experience of the pandemic and the need for social connection through art-making to mitigate the psychological effects. The approach to the work is underpinned by an understanding of Polyvagal and Trauma Theories, mentalisation in groups and mechanisms of group art therapy.

["I didn't know I have the capacity to be creative": children's experiences of how creativity promoted their sense of well-being. A pilot randomised controlled study in school arts therapies](#)

Abstract only*

Public Health 197, 2021

Arts therapies allowed children to share experiences and emotions that they may not have otherwise expressed merely through verbal means. During a period where COVID-19 has disrupted academic schedules and sparked a transitional period at schools, opportunities for creativity and engagement with the

arts may contribute significantly to support children's emerging health needs.

[What makes us the same? What makes us different? Development of a shared model and manual of group therapy practice across art therapy, dance movement therapy and music therapy within community mental health care](#)

The Arts in Psychotherapy 72, 2021

Arts-based and consensus methods were used to develop practice principles, which were expanded through workshops with arts therapists working in mental health services. A model, manual, training and adherence guide were produced, which incorporated role-play and video-based reflection.

Digital

[Insights From Art Therapists on Using AI-Generated Art in Art Therapy: Mixed Methods Study](#)

JMIR Formative Research 8, 2024

The integration of AI into art therapy presents promising avenues for innovation and progress within the field. By gaining insights into the perspectives and experiences of art therapists, this study contributes knowledge for both practical application and further research.

[DeepThInk: Designing and probing human-AI co-creation in digital art therapy](#) Abstract only*

International Journal of Human-Computer Studies 181, 2024

We have presented DeepThInk, an AI-infused online art-making system that probes human-AI co-creation in digital art therapy. The design and development of DeepThInk was a 10-month, iterative process involving five art therapists by first understanding the opportunities and challenges of leveraging AI as art-making materials and then refining the system.

[Developing online group art psychotherapy for children with long-term health conditions](#)

International Journal of Art Therapy, 2024

The intervention has potential to benefit children and their families; it offers a psychosocial approach for integration with medical care of paediatric long-term physical health conditions and aligns with NHS England's focus on supported self-management of healthcare.

[Barriers to Video Call–Based Telehealth in Allied Health Professions and Nursing: Scoping Review and Mapping Process](#)

Journal of Medical Internet Research 25, 2023

This review identified key barriers to video call–based telehealth use by allied health professionals and nurses, which can foster the development of stable infrastructure, education, training, guidelines, policies, and support systems to improve telehealth services. Further research is necessary to identify potential solutions to the identified barriers.

[Reimagining art therapy for the digitally-mediated world: a Hexagonal Relationship](#) Abstract only*

International Journal of Art Therapy 27(3), 2022

To date, published literature has tended to foreground the logistics and practicalities of moving art therapy online, with consideration of complex interpersonal dynamics occupying less of a central space in emerging narratives about digitally-mediated art therapy. We suggest that applying our model to practice could potentially support art therapists to access deeper, less conscious and perhaps more symbolic levels of material in online work, in service of the client's process. We invite art therapists and clients to consider our model with reference to their own experiences of digitally-mediated art therapy, and to test out our questions and hypotheses in their own contexts.

[Art Therapy in the Digital World: An Integrative Review of Current Practice and Future Directions](#)

Frontiers in Psychology 12, 2021

The review documents growing research illustrating increased use of digital technology by art therapists for both online delivery and digital art making. Potentially immense opportunities that technology brings for art therapy should be considered alongside limitations and challenges of clinical, pragmatic and ethical nature.

Diversity and inclusion

[How does skin colour affect the therapeutic relationship in art psychotherapy?](#) Abstract only*

International Journal of Art Therapy 28(1-2), 2024

A recent seismic shift has brought issues of race and privilege into the collective consciousness, namely the global pandemic and the Black Lives Matter protests in 2020. This article looks at the consequences of not addressing power and White privilege in the art therapy room. Adopting an intersectional self-reflexive approach, this article presents my experience as a trainee art psychotherapist working in multicultural inner-city schools and argues for the prioritisation of addressing power and White privilege within art therapy practice. Using clinical vignettes I reflect on my own relationship with White privilege and consider how this might disrupt the formation of a therapeutic relationship.

[Integrating a Sex-Positive Approach in Art Therapy: Art Therapy](#)

Abstract only*

Art Therapy 40(4), 2023

This article identifies the importance of art therapy integrating a sex-positive approach to support healthy sexuality and sexual well-being. It outlines the harmful impact of the sex-negative culture in the United States and defines a sex-positive social justice approach. Based on a review of relevant art therapy

literature and the author's teaching experience, steps toward incorporating a sex-positive approach in art therapy include awareness, knowledge, and skills.

[Power-From-Within: Somatic Art Therapy With an LGBTQIA+ Teenage](#) Abstract only*

Art Therapy 40 (2), 2023

This article, co-written by an art therapist and client, provides lived experience examples of somatic art therapy: Somatic Experiencing® integrated with body tracing, and sensorimotor art therapy (the Clay Field®). The authors concur that somatically integrated art therapy has helped replace automatized behavioral patterns based on fear with behavioral choices that emerged from a place of safety. Implications for therapeutic alliance and power dynamics within art therapy sessions are explored as tenets of body-based self-reflection.

["Raising the curtain on the equality theatre": a study of recruitment to first healthcare job post-qualification in the UK National Health Service](#)

Human Resources for Health 20, 2022

The Healthcare Workforce Equity + Diversity Lens we have developed can help to 'raise the curtain on the equality theatre' and inform more inclusive approaches to recruitment such as contextualised recruitment or effective allyship between employers and universities.

[Specters of whiteness: Radical care for ghostly matters in art therapy](#) Abstract only*

The Arts in Psychotherapy 80, 2022

Highlights

- The authors acknowledge that the specters of whiteness in art therapy has continued to haunt the field since its foundation.

- The authors use the creative process as a critical method to confront white art therapists' individual and collective ghosts.
- The authors re-envision the studio as a critical site for intra-community antiracist practice and reclaiming history.

[Art Therapy Students of Color: The Experience of Seven Graduate Students](#) Abstract only*

Art Therapy 38(1), 2021

Narratives and strategies support published best-practices as participants identified limited course content relative to the contributions of pioneers of color, uneven exposure to course content designed to increase racial/cultural self-awareness, and preparation for cross-cultural interactions.

Education and curriculum

[A Descriptive Summary of Field Placements in Undergraduate Art Therapy Education](#) Abstract only*

Art Therapy, 2024

The results indicated a range in course structure, yet commonalities in instructional content emerged: (a) development and application of professional skills, (b) fostering student reflection, (c) encouraging student research pertinent to the setting, and (d) facilitating professional and career development. Common challenges in fieldwork included the difficulty with maintaining sites, finding qualified supervisors, and supporting the diverse needs of students.

[Community art therapy \(CAT\): learning from art therapy graduate students' perceptions](#) Abstract only*

International Journal of Art Therapy, 2024

Five main themes emerged from the analysis: the students' perceptions of the differences between CAT and the familiar clinical art therapy setting, the specific role of the community art

therapist, the role of the art, a sense of belonging to the community, and the power of the group in CAT.

[Enhancing intersectional thinking in the gallery: opportunities for art therapists-in-training](#)

International Journal of Art Therapy 28(1-2), 2023

Intersectional thinking has been increasingly emphasised in the field of art therapy in connection to ethical practice. This article demonstrates examples of graduate art therapy trainees who participated in a collaboratively curated community-based social justice exhibition as a form of advocacy, serving as a way to expand intersectional thinking and self-reflexivity beyond the classroom. It presents the experiences, direct quotes, and artworks from art therapists-in-training as collaborating artists and authors. This opinion piece seeks to offer a possible suggested pedagogical application or supplemental strategy to enhance or practice intersectional thinking beyond the classroom. Implications for art therapy practical pedagogical strategies that relate to intersectional thinking are discussed.

[Art Therapy and Applied Improvisation: High Impact Learning Strategies to Enhance Communication and Professional Identity](#)

Abstract only*

Journal of Creativity in Mental Health 18(4), 2023

Students who engage in high-impact learning initiatives such as internships, capstone research projects, and collaborative activities report gains in personal development that include growth in self-confidence, increase in independent work and thought, and a sense of accomplishment. These are integral to professional identity and competency in graduate training of art therapists.

[Connecting in New Ways: Art Therapy Trainees' Experiences of Telehealth During COVID-19](#)

Abstract only*

Art Therapy 39(2), 2022

Findings show that art therapy trainees experienced art therapy telehealth to create opportunities for more diverse populations to access mental health services, provided safe spaces to promote self-expression, created a sense of hope and purpose, and increased connectedness during a crisis.

[Developing the professional identity of art therapy students as reflected in art therapy simulation sessions](#)

Abstract only*

The Arts in Psychotherapy 71, 2020

Highlights

- The study examined themes in the developing professional identity of AT students.
- Sixteen female AT students took part in six to eight simulated art therapy sessions.
- Data processing included a hermeneutic inquiry of reflective journal entries.
- The findings suggest that simulations can be a significant component in AT training.

Leadership, coaching and supervision

[Experienced art therapists' perceptions of the EDPP supervision model and its impact on their professional work and identity](#)

The Clinical Supervisor, 2024

Four main themes emerged from the thematic analysis of the interviews: (1) the role of the canvas in supervision, (2) the model's impact on professional development and identity, (3) the role of the group in the EDPP model, and (4) challenges during the supervision process. The discussion focuses on the canvas as an adjunct-internal visual supervisor supporting clinical work and the EDPP as a support for professional development and identity.

[Inequitable barriers and opportunities for leadership and professional development, identified by early-career to mid-career allied health professionals](#) Abstract only*

BMJ Leader 8(3), 2024

Thematic analysis (TA) generated four themes, including the barriers and opportunities for AHP leadership development and career progression. Further TA identified three overarching themes: equitable and interprofessional leadership development; an equitable and structured AHP career pathway; and having AHP leaders at a strategical and/or very senior level. These overarching themes were subsumed under the umbrella category: equity of opportunity and voice. The AHPs, who were interviewed, reported inequitable access to both career and leadership development, compared with other professions, such as nurses, doctors and pharmacists.

[Arts-based supervision training for creative arts therapists: Perceptions and implications](#) Abstract only*

The Arts in Psychotherapy 75, 2021

Highlights

- An arts-based supervision course (ABSC) for practicing creative arts therapists is described.
- Data were collected from former and current students of the ABSC.
- Arts-based methods contributed to a better understanding of supervisory themes.
- ABSC enhanced professional identity and development.

Role progression and development

[Early-career art therapists reflecting client art in clinical notes: a thematic study](#)

International Journal of Art Therapy 29(3), 2024

Like other health care professionals, art therapists are required to write clinical notes. As well as following general rules

regarding this practice, art therapists must consider how client artwork and art-making are reflected in notes. This subject is inadequately covered in the literature, and research is needed to expand the knowledge base and contribute to developing best practice.

[A qualitative evaluation of an outdoor arts therapies group](#)

Abstract only*

International Journal of Art Therapy 29(2), 2024

Key themes identified were: Benefits of Therapy Outdoors, Inclusive Understanding of Creativity and Engagement Challenges and Support. The outdoor setting was found to have a positive effect on group cohesion as well as on mood. Nature was experienced as an active participant in the therapy and this overlaps with an inclusive understanding of what it means to be creative. These findings broadly support the findings of the extant literature.

[Naming who performs care: Occupational segregation in the creative arts therapies](#) Abstract only*

The Arts in Psychotherapy 80, 2022

Highlights

- Professions which provide care to others, such as the creative arts therapies, are occupationally segregated.
- Racism, sexism, and managerialism may negatively impact the experiences of creative arts therapists, including faculty.
- A pilot study of women of color creative arts therapy faculty suggests that managerialism is experienced in their work.

[A Mixed Methods Study on the Uniqueness of Art Therapists in Harm Prevention](#) Abstract only*

Canadian Journal of Art Therapy 35(2), 2022

The results suggest that art therapy training correlates with an increased awareness of risks of harm and professionals trained in art therapy have acquired specific skills to prevent harm through art making and imagery. Results have implications for public protection when using art in therapy.

[Drawing on emotions: the evolving role of art therapy](#)

Irish Journal of Psychological Medicine 40(3), 2021

Art therapy is a form of psychotherapy that uses art media to improve well-being. This article explores the history and development of art therapy, from the first description of art therapy in the 1940s, to the two main approaches still in use today. The benefits of art therapy with regard to its delivery, patient population, and cost are then broadly discussed. The use of art therapy in psychiatric conditions, specifically in schizophrenia and schizophrenia-like conditions, is highlighted, as well as its role in chronic and physical conditions like asthma and cancer. Furthermore, the potential for art therapy to be more broadly implemented using technological novelties, such as virtual reality, is considered, especially in light of the COVID-19 pandemic.

Secondary and tertiary care

[Working with trauma: expanding, examining, and evidencing the value of art therapy](#)

International Journal of Art Therapy 29(1), 2024

Art therapists may 'know' how valuable art therapy can be for addressing trauma, but evidence of this efficacy needs to be captured and communicated in a variety of ways, including through small-scale qualitative practice reports as well as substantial research projects. We look forward to seeing what will emerge in the years to come.

[Creative Arts Therapies in Rehabilitation](#) Abstract only*

Archives of physical medicine and rehabilitation, 2024

Critical steps to more fully integrating creative arts therapies in rehabilitation include the following: (1) incorporation of education about creative arts therapies into the curricula across rehabilitation disciplines; (2) alteration of national and state policies to promote greater inclusion of creative arts therapies as reimbursable treatments for a wide array of clinical diagnoses and conditions; and (3) significant expansion of creative arts therapies' evidence base.

[Art therapy in acute inpatient care](#) Abstract only*

International Journal of Art Therapy 28(4), 2023

This paper describes how art therapy is offered to people on acute inpatient wards, and focuses on their experience of art therapy. A service evaluation was registered and approved by the NHS Trust allowing non – identifiable information collected within the art therapy service. People with acute mental health problems attending art therapy were invited to complete a short survey. The thoughts and experiences of respondents (n = 24) are reported here.

[Perceptions of Art Therapy by Healthcare Professionals in Medical Settings](#) Abstract only*

Art Therapy 40(3), 2023

Art therapy is an emerging allied health profession in Singapore, although attitudes toward the role of the service remain unclear. This study surveyed 80 healthcare professionals from two tertiary care hospitals, exploring three areas: (a) perceptions of art therapy, (b) the referral process, and (c) suggestions to increase art therapy utilization. Findings suggest that healthcare professionals perceive art therapy as a form of psychotherapy, but need for clearer referral processes. Additional research in art therapy is necessary to support its implementation in acute healthcare in Singapore.

[Art Therapy for Children in Short-Term Hospitalization](#)

Continuity in Education 4(1), 2023

Results highlighted the unique aspects of working with children who enter short-term hospitalization, addressing the unknown but most likely brief duration of art therapy and the issues involved, such as the need to use problem-focused strategies, the diffused therapeutic space, interaction with a multidisciplinary staff, and parent's presence during the therapy session. Integrating the principles of art therapy with the principles of short-term therapy, this paper explores a model for carrying out short-term art therapy with children undergoing short hospitalization.

Workforce perspectives and mental health

[Supporting staff wellbeing in healthcare settings through multi-levelled creative psychological intervention – a feasibility study](#)

International Journal of Art Therapy, 2024

Although the small sample does not allow the generalisation of results, the study suggests that this multi-levelled creative psychological intervention offers acceptable support.

[Art therapists' fear of COVID-19, subjective well-being, and mindfulness](#)

The Arts in Psychotherapy 77, 2022

Highlights

- Comparing art therapists' subjective well-being between the pre-and during pandemic periods.
- The fear of COVID-19 lowered art therapists' subjective well-being.
- Mindfulness mediating the relationship between the fear of COVID-19 and subjective well-being.
- The importance of practicing mindfulness to foster subjective well-being during a pandemic.

[Therapist and client experiences of art therapy in relation to psychosis: a thematic analysis](#)

International Journal of Art Therapy, 2022

This study explored the processes of art therapy from the viewpoint of both service users and art therapists. The results suggest artmaking offers people the opportunity to communicate their experiences within the artwork. This can start conversations, which may be particularly helpful when words are difficult, and provides people with an opportunity to shift how they view their artwork and themselves.

[Relationship between labour force satisfaction, wages and retention within the UK National Health Service: a systematic review of the literature](#)

BMJ Open 10, 2022

This review highlighted how multiple factors influence NHS labour force retention. Pay was found to influence satisfaction, which in turn affected retention. An increase in wages alone is unlikely to be sufficient to ameliorate the concerns of NHS workers.

[Joining the workforce during the COVID-19 pandemic: views of Allied Health Profession students](#) Abstract only*

Journal of interprofessional care 36(2), 2022

Although the transition from student to practitioner continues to be a stressful period, only a minority of participants reported COVID-19 as an explicit stressor. However, as the effects of COVID-19 continue to evolve in the United Kingdom, universities and healthcare trusts must ensure adequate supports are in place for recent graduates navigating this transition during a healthcare crisis.

[Wellbeing and coping of UK nurses, midwives and allied health professionals during COVID-19-a cross-sectional study](#)

PLOS One, 2022

The COVID-19 pandemic had a significant effect on psychological wellbeing and quality of working life which decreased while the use of negative coping and burnout of these healthcare professionals increased.

[The impact of NHS change processes on art therapists working in LD services](#) Abstract only*

International Journal of Art Therapy 25(1), 2020

This qualitative research found that personal sources of support or stress could result in art therapists being able or unable to manage coping with occupational stress if multiple sources of stress were present. Burnout symptoms of emotional exhaustion and a reduced capacity to manage their workload resulted from these situations for some participants, however, those affected were able to recover when they addressed the occupational stress that had become too much for them; no participants avoided contact with service users.

Competency Frameworks

[The standards of proficiency for arts therapists](#)

Health & Care Professions Council, 2023

These standards set out safe and effective practice in the professions we regulate. They are the threshold standards we consider necessary to protect members of the public.

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