



# WHAT IS ARTS THERAPY?

*Experience the world differently. Find the artist in you.*

Arts therapy uses art making, movement and other creative processes as a form of inquiry. Using a range of sensory elements such as imagery, colour, movement, touch, sound and shape, it can help participants to connect with and express thoughts and feelings that are difficult to communicate.



Discussion about their artwork and the art making process can help participants gain insight and make sense of their experiences. **No art making skill or experience is required.**

At **Crayons and Stuff**, we offer opportunities to work across a range of forms, including the visual arts (e.g. painting, collage, pencils, pastels, textas), poetry, narrative, clay, sandplay, installations, photography, digital drawing, editing and animation, objects, textiles, movement, music, dance and drama.

## What goals can an NDIS arts therapist support?



Arts therapy can support a very wide range of goals, such as health and wellbeing, self-care and self-management, daily living skills, community participation, as well as social skills and confidence and improved relationships.

It can also support more specific goals, such as employment, education or improved living arrangements, by assisting the participant to explore barriers to achieving their goals and/or generating new strategies for working towards them. Arts therapists in early childhood will often focus on using a range of creative methods to support communication and/or emotional regulation.

The **Crayons and Stuff** practice model is flexible, person-centered and emergent, which requires being responsive to the participant's needs in each session. This provides a safe space in which they can explore and express the issues of most significance to them and can be done while achieving therapeutic outcomes and tangible steps towards their goals.

If you are interested in arts therapy with Crayons and Stuff, please get in touch on **0405 778 518**.



## What qualifications does an arts therapist have?

Under the NDIS, art therapy is provided as an allied health service. While many people choose to use the title of art/arts therapist, there are significant risks in seeing a practitioner who does not have adequate training or oversight/supervision of their work.

Arts therapists working as or for NDIS registered providers should meet the qualification standards required for professional membership of the Australian, New Zealand, and Asian Creative Arts Therapy Association (ANZACATA), which usually requires a Master's degree or equivalent.

Some qualified arts therapists choose to register instead with the Counselling Associations, such as the Psychotherapy and Counselling Association of Australia (PACFA) or the Australian Counselling Association. Through any of these memberships, you have assurance about (and oversight of) the quality of our practice and our work is represented by the Allied Health Professional Association.



At **Crayons and Stuff**, practitioners Alisoun Neville and Sally Dalton both have a Masters of Therapeutic Arts Practice. Alisoun is accredited as a provisional member of PACFA and Sally as a professional member of ANZACATA.



Alisoun Neville



Sally Dalton

**"Every child is an artist. The problem is how to remain an artist once we grow up". - Pablo Picasso**



## What does an arts therapist cost?

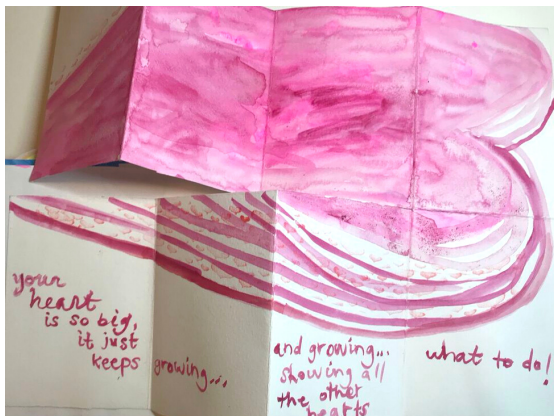
A qualified arts therapist is entitled to charge in accordance with the NDIS Price Guide, which allows up to \$193.99 per hour (metro Vic) under the following line items:

- 15\_056\_0128\_1\_3 / 01\_741\_0128\_1\_3 - Assessment, Recommendation, Therapy and/or Training (including Assistive Technology) - Other Therapy
- 15\_005\_0118\_1\_3 - Capacity Building Supports for Early Childhood Interventions - Other Therapy



## What NDIS budget do I use for arts therapy?

Arts therapy is usually funded from the Improved Daily Living budget. However, some participants are eligible for Disability Related Health Supports which can be taken from the Core budget.



***It's never too late. Express yourself through art when words are not enough!***

If you are interested in arts therapy with Crayons and Stuff, please get in touch on **0405 778 518** or make a referral via our [NDIS Referral Form](#).



## Is arts therapy an evidence based practice?

Arts therapy meets the criteria for evidence based practice, including through published and refereed literature and consensus of expert opinion.

For example, in 2019 the World Health Organisation (WHO) confirmed the effectiveness of the arts and arts therapies for helping people experiencing mental illness at all stages of the life course and reported studies suggesting good cost-effectiveness. Both the WHO report and an Australian review of the efficacy of the Arts Therapies in 2013 found the effectiveness of creative arts therapies for a wide range of other conditions.



The WHO Report finds specifically that the beneficial impacts of arts therapy could be furthered through better acknowledging and acting on the growing evidence base (WHO Health Evidence Network Synthesis Report 2019). A core strength of Arts Therapy is that it responds to the needs of each person rather than a diagnostic or one-size-fits-all approach.

At **Crayons and Stuff**, we place a high value on experiential evidence, where the participant (and, where appropriate, the carer) are supported sensitively to reflect on their own experience of the process and any changes they have observed.

This is consistent with the [NDIS legislation](#), which recognises the lived experience of a participant and their carer as evidence of the effectiveness of particular support, including for others in like circumstances. We are confident that by now the NDIS will have an incredible archive of testimonies to the benefits of arts therapy in the voices of NDIS participants and their carers.



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