

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 rather than the outcome.

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 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...

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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

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Information for participants and carers

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

ANZATA and the NDIA recommend that all NDIS Participants use qualified (professionally registered) Arts Therapists. Participants who are Agency managed may only use NDIS Registered Creative Arts Therapists. There is a list at on the ANZATA website - www.anzata.org/therapist-directory.

NDIS participants may access arts therapy to support them to achieve their goals. This can be done on an individual or group basis. Participants whose funds are managed by the NDIA may only use NDIS-registered arts therapists.

Find an creative arts therapist

Professional creative arts therapists are registered with 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.

Search by 'region' and 'NDIS registered'.

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.

What will happen when I get in touch with an arts therapist?

It is important that your arts therapist understands your goals and the outcomes you would like to achieve. For this reason, when you contact an arts therapist they may ask you the following questions:

1. What are your goals?
2. How is your NDIS plan managed?
 - Self-managed – you manage your own funds and pay the arts therapist directly.
 - Plan-Managed – a third party such as a community organisation manages your funds and the arts therapist invoices them.
 - NDIA (Agency) managed – arts therapists who are NDIS-Registered Providers request the payment from the NDIA.
 - A combination of the above.

The arts therapist you choose will make a Service Agreement with you to plan how you will achieve your goals. This may include:

- how you know when your goals have been achieved,
- how you review your Service Agreement,
- the way you will pay for the service,
- what happens if you are not able to attend.



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