



POSTGRADUATE ART THERAPY

PROSPECTIVE STUDENT GUIDE 2010



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2009 LA TROBE UNIVERSITY OPEN DAYS

The 2009 La Trobe University Days will be held on the following dates:

- Sunday 16 August – Bendigo
- Friday 21 August – Shepparton
- Sunday 23 August – Albury-Wodonga
- 27 July to 14 August – Mildura
- Sunday 30 August – Bundoora (10am to 4pm)

Please visit the La Trobe University website for further details:

<http://www.latrobe.edu.au/opensday/>

Information in this booklet is current as of May 2009. Every effort has been made to ensure that the material in this publication was correct at the time of printing, but we advise that you check with the Department of Counselling & Psychological Health in the School of Public Health before acting on the information published in this brochure.

INTRODUCTION

Dear Prospective Student,

Thank you for your enquiry regarding the Art Therapy program offered at La Trobe University, your interest in the course is appreciated. The material below gives a broad general outline of our post graduate options including entry requirements. Post Graduate Art Therapy studies at La Trobe University are part of the Counselling and Psychological Health Department within the School of Public Health.

Entry into the Graduate Diploma in Art Therapy requires an undergraduate degree, formal training in both art and counselling / psychotherapy. Please note that the Graduate Diploma in Art Therapy is the entry level to the Master of Art Therapy or the first year of the Master of Art Therapy.

Students are able to apply for the Federal Government's FEE-HELP assistance loan scheme which assists eligible students to pay their tuition fees. For information please visit the Going to Uni website at: <http://www.goingtouni.gov.au/> or call the enquiry line on 1800 020 108

The Graduate Diploma in Art Therapy and Master of Art Therapy are full time courses, we do not have options for part-time studies. The next enrolment will be February 2010. Please note, we do not have a mid year intake. We will be accepting applications and interviewing students from October - December 2009. Applications for the 2010 intake close on 31 October 2009 as appropriate.

Course Enquiries:

Course Coordinator (Academic Enquiries)

For the Graduate Diploma in Art Therapy:
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ART THERAPY POSTGRADUATE COURSES

There are two levels of post graduate art therapy courses at La Trobe University. These two courses taken together, form an integrated specialised training program in the practice of art therapy

We advise students that the Graduate Diploma in Art Therapy is equivalent only to the first year of the Master of Art Therapy program (two year program). It does not provide graduates with professional accreditation. This course may be articulated into the Masters of Art Therapy which will then enable graduates to apply for professional recognition of the Australian and New Zealand Art Therapy Association (ANZATA).

The Graduate Diploma of Art Therapy provides first level training. The course may be articulated into the Masters of Art Therapy for those students who achieve a high B average or above. The Master of Art Therapy provides second level training. The Graduate Diploma in Art Therapy articulates into this course.



GRADUATE DIPLOMA IN ART THERAPY

The Graduate Diploma in Art Therapy course is a one-year full-time program, combining art and therapy for creative self-expression within a therapeutic environment.

This course offers first level training only in art therapy based on principles of humanistic psychotherapy with an emphasis on the acquisition of art therapy counselling skills utilising a range of art therapy practices and techniques. The ability to practice as an art therapist in a multi cultural society requires a careful exploration of one's own attitudes. The student's reflective process, and how this may be worked on creatively through art, will be addressed throughout the course.

Admission Requirements

As a unique field within the wider clinical arena, art therapy requires that practitioners have training and skills in two different disciplines; art and therapy. Thus, there are several requirements needed by applicants. These requirements ensure that applicants have a solid foundation in basic counselling and in the visual arts.

Entry into this program requires an undergraduate degree in a related discipline (fine arts, art education, counselling, social work, nursing, psychology). Overseas-qualified graduates need to have their qualifications assessed. Specific classes in psychology, counselling and training in visual art are required as is a minimum of one year of art therapy counselling or counselling related work experience (volunteer or paid). Completion of a short course in Introduction to Counselling (approx. 30 hours) of a humanistic orientation is required also.

Applicants are initially ranked on the basis of documented evidence of past performance and are then interviewed. All other things being equal, applicants with the best history of academic performance will take precedence in selection. The capacity to reflect on one's practice and personal development will enhance an applicant's chances of selection.

Stage One - The first stage of the application process includes;

- **an Application for Admission to Postgraduate Coursework Program form (available to download from the La Trobe University school website <http://www.latrobe.edu.au/publichealth> or by contacting the Student Services Officer on 9497 5996)
- submission of a slide/CD portfolio that demonstrates skill and facility with two or more visual art media,
- two letters of reference and
- academic transcripts of previous studies

**NB – An Application for Admission form needs to include; academic transcripts, two letters of reference and a certified copy of either a birth certificate or passport.

Stage Two

The interview will be held only after the first stage of the application process has been completed. Applicants who successfully pass the first stage will be advised that they have been accepted to the interview stage with art therapy staff. Applicants are requested to bring 8 - 10 examples of their original art work to the interview

Course structure

The course consists of 120 credit points of study (8 units) in a one-year, full-time program. It includes one teaching period of clinical placement with supervision and an art therapy project.

Teaching period	Unit code	Unit title	Credit points
SEM 1	PHE4FAA	Foundations of Art Therapy A	15
SEM 1	PHE4AAT	Assessment in Art Therapy	15
SEM 1	PHE4GDC	Graphic Development in Children	15
SEM 1	PHE4ASA	Art Therapy Counselling Skills	15
SEM 2	PHE4FAB	Foundations of Art Therapy B	15
SEM 2	PHE4ATA	Art Therapy with Adults	15
SEM 2	PHE4ASB	Group Art Therapy	15
SEM 2	PHE4ACA	Art Therapy Clinical Placement A	15

MASTER OF ART THERAPY

The Master of Art Therapy program is a specialised training program in the practice of art therapy.

The course is based on course work undertaken at the university as well as another two semesters of supervised art therapy placement to satisfy the requirement of practicing art therapy in a clinical setting with on site supervision and regular participation in the university-based placement seminar class (in order to fulfil the requirements of ANZATA, the professional organisation)

Admission requirements

- A Graduate Diploma of Art Therapy from an accredited post graduate art therapy training program
- An undergraduate degree in a related discipline (fine arts, art education, counselling, social work, nursing, psychology, speech pathology) plus specific classes in counselling, counselling-related experience and training in visual art are required. A minimum of one year of counselling or counselling related work experience (volunteer or paid) is also required. Selection criteria include a written application, submission of a portfolio that demonstrates skill and facility with two or more visual art media and an interview with art therapy staff.

Course structure

The course consists of 120 credit points of study in a one-year full-time program, and includes two semesters of clinical placement with supervision and a Masters level research project (10,000 words).

Teaching period	Unit code	Unit title	Credit points
SEM 1	PHE5APP	Art Psychotherapy Practice	15
SEM 1	PHE5ATL	Art Therapy Literature Seminar	15
SEM 1	PHE5ACB	Art Therapy Clinical Placement B	15
SEM 1	PHE5IPD	Introduction to Creative Art Therapies	10
SEM 2	PHE5ACC	Art Therapy Clinical Placement C	15
SEM 2	PHE5CMS	Case Management Skills	15
SEM 2	PHE5ATP	Art Therapy Final Project	35



* Thank you to the students whose art work is reproduced above

FAQs (Frequently Asked Questions)

This is a list of some of the most frequently asked questions about the Art Therapy courses offered by La Trobe University:

How would you define “art therapy?”

According to the American Art Therapy Association, it is “the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma or challenges in living, and by people who seek personal development. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others, cope with symptoms, stress and traumatic experiences; enhance cognitive abilities; and enjoy life-affirming pleasures of making art.”

- ART THERAPY combines the healing powers of art and the transformation of materials, with the healing process of the therapeutic relationship between therapist and client.
- The psychotherapeutic use of visual art as a process encourages emotional and cognitive integration of the individual, the growth of self awareness, esteem, attitudinal and behavioural change
- ART THERAPY is distinguished from other treatment modalities in its reliance on art as the agent, the context and the catalyst for the therapeutic experience.
- Therefore it is crucial to have a comprehensive understanding of the various dimensions of the art experience and how they become therapeutic in nature.

Where is Art Therapy practised?

Applications are incredibly diverse. Art Therapy may be used in schools, special education, clinics, hospitals, hospices, mental health clinics, community centres, forensic institutions, crisis intervention, rehabilitation services, substance abuse, palliative care, wellness settings and private practice.

Describe some of the ways that Art Therapy can be used

Art Therapy goals may be:

- Educational
- Recreational
- Rehabilitative
- Preventative
- Therapeutic

What does Art Therapy training involve?

Art Therapists are trained as both artists and therapists. Their work involves furthering the healing process by encouraging people in the arts. Practitioners combine the visual arts with the practice of psychotherapy to further the healing process.

A central feature of this process will be a focus on the holistic development of the intending art therapist. The course will cultivate intellectual, practical and research skills and, perhaps more importantly, the emotional growth and self-awareness necessary for the student’s future ability to engage clients in the therapeutic process.

How do your courses differ from other Art Therapy courses in Australia?

La Trobe Art Therapy postgraduate courses offer a holistic, humanistic approach to Art Therapy. Students learn art therapy skills as applied to a wide variety of client populations. These programs provide a synthesis of creative and psychotherapeutic theory. Courses present a thorough theoretical framework which is integrated into personal and practical application through an experiential process. Art is created in every class and used to directly learn therapeutic skills, integrated with a strong theoretical framework.

What are the entry requirements?

An undergraduate degree is required for admission. Art therapy requires that practitioners have training and skills in two different disciplines; art and therapy. Prospective students need formal study or training in areas of fine art such as life drawing, painting, ceramics or sculpture as well as training in the areas of psychology, psychopathology, human development and counselling skills.

A minimum of one year's counselling or counselling related experience (volunteer or paid) is also required.

In the selection process of prospective students the staff are concerned particularly with the following questions:

- Does the applicant have personal qualities appropriate for training in art therapy?
- Does the applicant have a sincere interest in and commitment to work as an art therapist and the specific training that this course provides?
- Does the applicant have prior and current experience in self expression through various visual art media?
- Does the applicant meet the education requirements in counselling (or related field) and in visual art and will the applicant be able to meet the academic demands of this course?
- Does the applicant have prior and preferably recent or current work experience in a counselling or closely related facilitative role?

What are the professional credentials needed for of practice in Art Therapy in Australia?

The professional body representing art therapists in Australia is the Australian and New Zealand Art Therapy Association (A.N.Z.A.T.A.). This organisation was founded in 1987 as a result of the increasing interest in art therapy throughout the country. A.N.Z.A.T.A. has developed guidelines for the professional training of art therapists that meet international standards at the Masters degree level.

The La Trobe Master of Art Therapy program is designed with these standards as guidelines for training.

Students in the La Trobe Art Therapy Program are encouraged to participate as student members of A.N.Z.A.T.A. and to work towards credentials as art therapists through A.N.Z.A.T.A. Faculty, alumni and students are active in the national and regional professional art therapy organisation and are influential in the growth of the art therapy profession in this country

What employment opportunities are available to the graduates of your program?

Upon graduation students will be prepared to seek clinical positions in a number of settings. It is important to note especially in the ever-increasing competitive arena of providing social services that the La Trobe Master of Art Therapy is comparable to Masters level training in other clinical areas such as counselling, social work, and counselling psychology. Students who complete this program successfully receive training, skills and practical experience to enable them to practice in clinical settings including hospitals, community health programs, rehabilitation services, education psychiatric, substance abuse, eating disorders, geriatric, special education, medical rehabilitation, palliative care, forensic AIDS, the homeless, wellness settings and private practice.

La Trobe Art Therapy Graduates are working with

- children with learning disorders, behavioural problems, emotional disturbances,
- intellectually disabled children and adults,
- children with visual, hearing, speech or physical disabilities
- psychiatric patients, closed and open departments, out patients,
- psychiatric recovery and rehabilitation
- people with eating disorders,
- physically or sexually abused children or adults, shelters for women from family violence backgrounds
- children or adults with medical problems, pre or post surgery, terminally ill,
- chronic illnesses, psoriasis, CF, cancer, AIDS,
- Post trauma sufferers, Victims of terror,
- Holocaust survivors and their families,
- Diverse cultural groups, ethnic, racial and cultural issues,
- War veterans, head injuries, PTSD, physical disability.
- Alcohol and drug abuse,
- Short and long term prisoners,

Art Therapy may also be used by other individuals for stress reduction, self exploration and awareness, self actualisation.

Can the Art Therapy courses be taken via distance education?

No, postgraduate art therapy courses are only available to students on site at the Bundoora campus.

How much do the courses cost?

Fees for all courses are available on the La Trobe University web site www.latrobe.edu.au The fees for 2009 are \$13,370 for the Graduate Diploma in Art Therapy and \$13,370 for the Master of Art Therapy. Please note, this is subject to change for the 2010 teaching year.

Fee-Help and Commonwealth Supported Places will be available in 2010. Please visit the Art Therapy page on the La Trobe University web site for further information.

Are students required to be in personal therapy during the program?

From time to time personal issues might arise that are important to deal with in a counselling/therapy situation. We recommend students have access to therapists and can refer students should the need arise.

ART THERAPY PLACEMENT PROGRAM (Graduate Diploma and Master of Art Therapy)

What is the Art Therapy Placement Program?

The art therapy clinical placement is an integral component of both the Graduate Diploma and Master of Art Therapy courses. Placement comprises a unit of study at the university as well as the practical experience in the field. This unit is offered to provide students with university-based art therapy supervision during their placement. Like all units the placement component has formal objectives and assessment tasks.

Placements provide students with the opportunity to:

- Develop art therapy clinical skills with specific populations.
- Develop personal capacities appropriate to the role of art therapist.
- Observe and participate in a variety of mental health, general medical, educational and other human services systems and cultures.
- Develop a professional clinical skill base with experience in multidisciplinary teams and the generic functions of professional practice such as report writing, case presentations and clinical review.

When are placements scheduled?

Students are required to complete a total of 750 hours of placement during the two years of study; 200 hours in the Graduate Diploma (semester 2) and 550 hours in the Masters year (semester 1 & 2).

Students need to be on placement for two days per week in order to complete the required hours. These days are additional to the times students are at university for other units. Placement starts in the Graduate Diploma year in semester two.

What hours will I work?

Usually students attend placement on a full time basis on those two days in keeping with the working hours of the staff of the placement agency. Occasionally these hours vary due to the work norms of the placement setting. Students who have part-time work need to make alternative arrangements which accommodate the placement requirements.

Am I supervised on site at placement?

Students receive on site supervision whilst on placement. Each placement setting has a committed supervisor for the student on placement. Some settings have art therapists who are qualified to undertake this supervision. In others, another clinical or allied health professional with relevant experience fills this role. This supervision is regular and provides the student with an anchor as well as a mentor role during the placement period.

How do I find a placement?

The University has developed a range of placement settings for art therapy students. The art therapy placement co-ordinator negotiates placements with these agencies on your behalf. You will be able to indicate your particular interests and placement preferences. The university considers various factors in making the final decision on where a student is placed. In each case however you will be required to attend an interview with the placement supervisor to finalise the arrangement.

How will I know what to do?

You will attend placement briefing sessions during semester one of your art therapy studies. We also provide you with an information package detailing the objectives of placement. University staff have regular contact with placement supervisors and visit placement sites during the year.

Are police checks required?

An increasing number of health care agencies are requiring students to obtain a police check prior to commencing placements. On receipt of the statement, staff of the placement agency will decide whether the placement can proceed. Students who are refused placement at an agency because of their police record may find that their course progression is delayed. Although university staff will authorise a reduced 'volunteer' rate, students are required to meet the cost of the police check. Some placement may also require a Working with Children check.

Do I need to have immunisations for placement?

The Faculty of Health Sciences recommends that students are immunised for a selection of infectious diseases. Arrangements will be made at the commencement of first semester for immunisations at the Bundoora campus. Students who decide to update their immunisations are responsible for meeting the cost of this service. Details will be provided at enrolment.

Who do I contact if I have a query regarding placements?

If you have any queries about placements, please contact Libby Byrne, Art Therapy Placement Co-ordinator, by phone (03 9479 2567) or email (e.byrne@latrobe.edu.au)



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