



Department of

**Health, Social Services  
and Public Safety**

An Roinn

**Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

CREATIVE THERAPIST



“ As a dramatherapist  
I am continually  
challenged and  
rewarded facilitating  
people to overcome  
problems and reach  
their full potential in a  
creative way. ”

**THE HEALTH & SOCIAL CARE TEAM NEEDS YOU**

## CREATIVE THERAPIST

Creative Arts Therapy is a generic term describing the three professions of Art Therapy, Music Therapy and Dramatherapy.

**Art Therapy** The Art Therapist uses art materials to encourage self-expression and reflection. The overall aim of its practitioners is to enable a client to effect change and growth on a personal level through the use of art materials in a safe and facilitating environment.

**Music Therapy** The Music Therapist provides a framework in which a mutual relationship is set up between client and therapist enabling changes to occur, both in the condition of the client and in the form the therapy takes. By using music creatively in a clinical setting the therapist seeks to establish an interaction, a shared musical experience leading to the pursuit of therapeutic goals which are determined by the therapist's understanding of the client's pathology and personal needs.

**Dramatherapy** The Dramatherapist's main focus is the intentional use of the healing aspects of drama and theatre in the therapeutic process, using action methods to facilitate creativity, imagination, learning, insight and growth. Using action to integrate mind and body facilitates insight when sometimes words cannot be found or expressed.

### Skills Required:

Creative Arts Therapists have to be knowledgeable in music, art or drama. But as healthcare professionals, they also need to be able to relate to their clients and to help them to cope with the powerful emotions that are sometimes released during therapy. Creative Arts Therapists also need a high level of self-awareness, and their training involves personal therapy, appropriate clinical experience and experience of practical creative work. The Creative Arts Therapist's work is sometimes challenging and calls for skill and sensitivity; it follows that those who wish to pursue a career in creative therapy should be mature, flexible people. The Creative Arts Therapist requires a desire to help others be creative and an ability to co-operate with other professionals in various institutions.

### Art Therapy Training Programme:

#### *MSc Art Therapy*

Queen's University Belfast postgraduate part-time three year programme

### Entry Qualifications:

Students will have a primary degree in for example education, the visual arts, psychology, nursing or social work.

Applicants must also meet the Health Professions Council (HPC) requirements which include that they must be at least 23 years of age.

### Career Pathway:

In order to work as an Art Therapist in the NHS and Social Services, it is mandatory to possess the postgraduate Diploma in Art, Drama or Music Therapy or Art Psychotherapy. Art Therapists work in hospitals, clinics, day centres, schools, prisons and visit people in their homes. In Northern Ireland it is a growing profession.

Experienced practitioners may go on to a training, supervisory or management role, perhaps as head of an Arts Therapy Department. Some Arts Therapists go on to take further training in psychotherapy.

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### **Professional Recognition:**

The MSc in Art Therapy is approved by the Health Professions Council (HPC), which regulates the Allied Health Professions. The course is also approved as an accredited training programme by the British Association of Art Therapists (BAAT), which is the professional body for Art Therapists. Therefore, students successfully completing the MSc Art Therapy are eligible to apply for State Registration as an Art Therapist, the qualification required to practise in the United Kingdom. The course is run in association with the Northern Ireland Group for Art as Therapy (NIGAT).

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### **How to Apply:**

The application form is available from the Administrator, Graduate School of Education, Queen's University Belfast

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### **Web Links:**

Queen's University Belfast – [www.qub.ac.uk/edu](http://www.qub.ac.uk/edu)

British Association of Art Therapists - [www.baat.org](http://www.baat.org)

Northern Ireland Group for Art as Therapy (NIGAT) – [www.geocities.com/nigat\\_uk](http://www.geocities.com/nigat_uk)

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### **Dramatherapy Training Programme:**

The following programmes in Dramatherapy are offered at various universities throughout the UK and are approved by the Health Professions Council (HPC) and the British Association of Dramatherapists (BAD). On completion graduates can apply for State Registration.

#### ***MA in Drama Therapy***

National University of Ireland in Maynooth

Two-year part-time programme

#### ***Postgraduate Diploma in Dramatherapy***

University College of Ripon & York St John

Two year part-time programme

#### ***Diploma in Dramatherapy***

South Devon College of Arts & Technology

Two year part-time programme

#### ***Postgraduate Diploma in Dramatherapy***

Institute of Dramatherapy at Roehampton

3 year part-time programme

#### ***Postgraduate Diploma in Drama & Movement Therapy***

Central School of Speech & Drama Sesame Institute

One year full-time programme

#### ***Postgraduate Diploma in Dramatherapy***

University of Manchester

3 year part-time programme

*Diploma in Dramatherapy*

City College, Manchester

*Diploma in Dramatherapy*

Salford College of Technology

**Music Therapy Training Programme**

The following programmes in Music Therapy are offered at various universities throughout the UK:

Guildhall School of Music & Drama

*Diploma in Music Therapy*

One year full-time programme

Nordoff-Robbins Music Therapy Centre

*Master of Music Therapy (MTT)*

Two year full-time programme

*Diploma in Nordoff-Robbins Music Therapy*

One year full-time programme

**Entry Qualifications:**

Contact should be made directly to the Universities for current entry requirements.

**Professional Recognition:**

These courses are approved by the Health Professions Council (HPC).

**Web Links:**

British Association of Dramatherapists – [www.badth.ision.co.uk](http://www.badth.ision.co.uk)

Association of Professional Music Therapists – [www.apmt.org](http://www.apmt.org)

**Contact address for further copies**

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