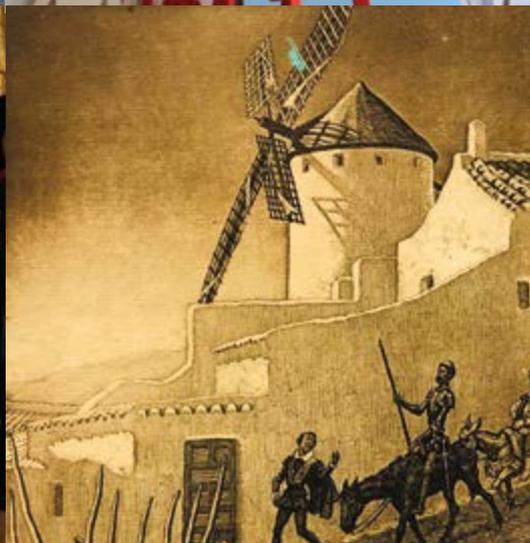


# Promoting Excellence in Arts Therapies Education at a European level

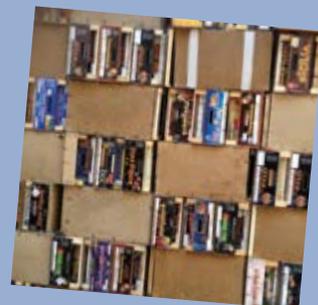
THE STATE OF THE ARTS THERAPIES TRAINING IN EUROPE  
(SATTIE)



# ECARTE

EUROPEAN CONSORTIUM FOR  
ARTS THERAPIES EDUCATION

[www.ecarte.info](http://www.ecarte.info)



**Cover photographs:** Richard Hougham, Marián López Fernández Cao, Jacek Maria Stoklosa, David Gamella and Marta Lage de la Rosa

**Inside photographs:** Richard Hougham, David Gamella and Marta Lage de la Rosa

P13 Cloister, University of Alcala, Spain, 2019

P19 Opera dei Pupi, Palermo, Sicily, 2015

P35 'Les Vertebradas' performance of 'Don Quixote' at the Alcala conference 2019

P55 Tadeusz Kantor, Cricoteka exhibition, Krakow, Poland 2017

P73 Cantieri Culturali della Zisa, Palermo, 2015

# **Promoting Excellence in Arts Therapies Education at a European level**

**The State of the Arts Therapies Training in Europe  
(SATTIE)**

September 2021

**ECArTE**

**EUROPEAN CONSORTIUM FOR ARTS THERAPIES EDUCATION**

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# CONTENTS

About the SATTIE Report Phase 1	5
Introduction	7
Domains	13
At a glance - The Arts Therapies in Europe	18
History	19
Training	35
Profession	55
Research	73
Overview - by country	87
Directory of Web Links	123



# SATTIE REPORT

## PHASE ONE: 'TOWARDS A EUROPEAN LANDSCAPE OF ARTS THERAPIES'

### 1. AIMS

The overall aim of the SATTIE project is to produce findings and recommendations for the development and enhancement of training in the arts therapies in Europe. It will identify benchmarks and indicators for good practice that can support emerging training programmes, inform policy development in education and contribute to collaborations.

The following objectives reflect the core constitutional aim of ECArTE to support the development of arts therapy training programmes through the enhancement of quality, standards, systems of recognition and professional registration structures.

Specific aims of phase one:

- 1.1** To provide a cartography of developments and current training programmes in ECArTE member institution countries. The 33 member institutions of ECArTE represent 15 European countries. For each country, information has been gathered and organised. This History and Context can be found alongside information about member institutions on the website [www.ecarte.info](http://www.ecarte.info)
- 1.2** To review and present information and knowledge in the four domains of History; Profession; Training and Research.
- 1.3** To produce and circulate a report to inform policy makers and other stakeholders of the state of the arts therapies training in Europe.
- 1.4** To promote interdisciplinary dialogue amongst international colleagues on the core questions concerning the education of arts therapists and pedagogic innovation.

The final report will be circulated to all ECArTE members, colleagues in policy innovation in healthcare education, European Associations, Academics and practitioners.

## **History**

Including an historical account of some of the key developments in the arts therapy disciplines in each country. This provides information regarding the social and educational context within which the arts therapy training programmes developed.

## **Training**

Information on the current training programmes in the five modalities of the arts therapies include art therapy, dramatherapy, music therapy, and dance movement therapy. The report identifies undergraduate and postgraduate provision and research/postdoctoral programmes.

## **Profession**

The report identifies National and European professional associations for each of the modalities. There is information on state registration, license to practice and mandatory membership of professional or regulatory bodies.

## **Research**

The report profiles how each country is developing its own research agenda. There is a growing evidence base in the arts therapies and the information captured in this domain offers links to published work. The sections on research demonstrate the different stages and approaches to research emerging from different member states.

The report will provide a starting point for conversations on the development of arts therapy pedagogy internationally and towards the sharing and innovation of good practice.

# INTRODUCTION

Acknowledging the limitations of verbal language in responding to many of today's major challenges in relation to well-being and quality of life (migratory movements, social inequality, physical and mental suffering, loss of social cohesion, etc.), many government and educational bodies are seeking new ways of promoting individual and community health. In this framework, the allocation of resources that support disciplines and practices addressing such concerns is becoming increasingly part of educational and social care agendas. A growing number of governmental and educational institutions are recognising artistic languages and creative processes as essential forms of psychological therapy, mediation and psychosocial wellbeing. Particularly over the past decade, there has been an increasing body of work in the form of projects, doctoral theses, articles on research, which provides evidence for the value of the arts therapies and community support. Examples of journals include *Arts & Psychotherapy*, *Frontiers in Psychology*, *Arts & Health*, and the *International Journal of Art Therapy*.

The WHO defines Mental Health as 'a state of well-being in which the individual is aware of her or his own capacities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to her or his community' (WHO report 2018). In this sense, it is a subjective state and a construct that has a relational and dynamic nature, where the individual performs and behaves in relation to the reality in which she/he finds herself/himself.

The arts therapies, (which include the distinct disciplines of art therapy, dramatherapy, music therapy, and dance movement therapy) are in a unique position to respond to some of the challenges and concerns of mental and physical health, especially as humanity reconsiders its responsibilities, values and priorities during and post a global pandemic. Whilst the focus has and

continues to be on the science of inoculation and vaccine, there is a growing awareness of the resulting mental health challenges and how Covid-19 has revealed injustice, inequality and the realities and implications of poverty. The SATTIE project aims to give a clear context and rationale for how the arts therapies can support a period of creative and intersubjective support for people's mental health as communities emerge over the next decade dealing with the fallout from the pandemic.

Artistic activity allows access to experience as an integrated sensory-psycho-social whole. The fact that it simultaneously involves body, emotion, thought and relationships increases the possibilities of handling difficulties previously experienced and makes it an effective means for the development of strategies and adaptive resources, especially in those cases where verbal language is insufficient or impossible. As is evident in situations of emergency and difficulty, regardless of culture, age or gender, the arts open a space that increases the experience of personal and community well-being, promoting experiences in which human connection, expression and shared experiences are made possible. With a growing awareness of this potential, cultural and political groups are beginning to include professionals specialised in mediation and an understanding of both arts therapy as a psychodynamic therapy and as a means of contributing to social cohesion. For example, there are currently developments in the Baltic States where EU mutual recognition structures are being utilised to facilitate and support the development of arts therapies programmes.

Since the WHO outlined its principles in its Ottawa Charter for Health Promotion in 1986, there has been increasing understanding and recognition of how artistic activity can also be a psychological therapy and a process that allows people to 'increase control over their health in order to improve it' (WHO: 1986). The Charter explicitly expresses the recommendation to governments to implement initiatives that offer engagement in the arts as part of allied health interventions. This is also the conclusion of the report published by the WHO in 2019 (Fancourt and Finn, 2019), which compiles results of more than

3000 studies into the arts in health. The report sets out the reasons why arts activities, by virtue of the nature of their components and intrinsic processes are capable of inducing health-promoting responses at different levels: psychological, physiological, social and behavioural. In its one hundred and fifty pages, the report points out many applications and contexts including how the arts can support children's development and the potential for collaborative practices through identifying intercultural characteristics in art. The report also outlines aesthetic engagement as essential aspects for human development including the participation of the imagination, sensory activation, and evocation of emotion, cognitive stimulation and social interaction.

The arts have a central role in individual and community health, and this phase one of the SATTIE report identifies some of the many innovations that have developed over the past decade. There is a growing body of evidence that acknowledges the psychological, physiological, social and behavioural benefits the arts can facilitate. This report aims to further profile and promote the arts therapies as a central feature of healthcare provision and a means of identifying good practice.

Over the three planned stages of the SATTIE project, the authors and contributors are keen to offer a report to which stakeholders can turn in order to understand, plan and envision the development of arts therapy training, practice and research in Europe.

*Marian Cao and Richard Hougham, July 2021*

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World Health Organisation (WHO)(1986) Ottawa Charter for Health Promotion

## **ECArTE: definition and mission**

ECArTE is a consortium of Universities, which was founded in 1991 by the Universities of Hertfordshire, Münster, Nijmegen and Paris. It currently comprises 33 member institutions from 15 European countries. It is a nonprofit organization and its primary purpose is to represent and encourage the development of the arts therapies at a European level, in particular courses offering nationally-validated and professionally-recognised education for arts therapists.

For 30 years ECArTE has been bringing together the best university courses that guarantee a quality education in arts therapies, by exchanging educational expertise, professional teaching practices and research approaches, creating a strong network of universities that ensure the high standard of their studies.

ECArTE is working towards establishing mutual recognition and compatibility in educational and vocational training for arts therapists within Europe. The criteria for membership to ECArTE is subject to a fast-changing educational and social landscape. There are complex articulations of qualifications in different European Countries and ECArTE is keen to remain observant of these differences and inclusive in its practice.

### **The Consortium's work includes:**

- Creating stronger European links in the Arts Therapies through the international exchange of staff and students
- Promoting research into methods of Arts Therapies practice within Europe
- Working towards opportunities for international study and exchange in Arts Therapies training programs
- Promoting recognition of qualifications in the Arts Therapies at a European level
- Supporting the development of appropriate, academically recognized, nationally validated Higher Education courses for the Arts Therapies
- Publishing academic texts on current trends, philosophies and research in international arts therapies

- Offering opportunities for professional communication at its international conferences.

Therefore, either through its biennial conferences or through its high-level publications, ECARTe works for the harmonization of training in Europe. Following this mission, the SATTIE report emerges as a mapping initiative with the intention of outlining the state of arts therapy training, professional recognition and research outreach. The overall purpose is to identify opportunities in order to work towards sustainability and excellence in current and future programmes. The report also makes visible the consolidated and emerging lines of research.

### **European Associations and Federations**

During the last three decades, arts therapy professionals in different fields have formed associations at a national level. From these associations and their mutual recognition has arisen, in a second stage, the need to join forces and share knowledge. The following European federations and associations have emerged from this endeavour:

The European Music Therapy Confederation (EMTC) was founded in 1991, as a forum for exchange between music therapists in Europe. The EMTC is a confederation of professional music therapy associations, working actively to promote the further development of professional practice in Europe, and to foster exchange and collaboration between member countries. The overall purpose of the EMTC is to nurture mutual respect, understanding and exchange between music therapists in Europe.

The DEEP (Dramatherapy European Exchange Project) started in 2007 and the European Dramatherapy Association (EFD) was officially founded in 2013. Their main aims are to consolidate the visible presence of dramatherapy within Europe, to recognize and respect the standards of practice and the code of ethics prevalent in each country, and to act as a resource of information and exchange in the professional field of Dramatherapy.

The European Association of Dance Movement Therapy (EADMT) is an umbrella organization for the professional DMT Associations

in Europe. EADMT represents national professional Dance Movement Therapy associations in Europe, working actively to promote their further development of professional practice and the legal recognition of the profession. The EADMT insures and promotes the quality of Dance Movement Therapy practice and trainings in Europe for the protection of clients, professionals and institutions. The EADMT aims to nurture mutual respect of diversity and to foster exchange and collaboration between member countries.

Finally, The European Federation of Art Therapy (EFAT) aims to unite art therapists and professional art therapy associations in Europe. It works actively to promote further development of professional practice, training and research, and the recognition of the profession. It aims to nurture mutual respect of diversity and to foster collaboration and contributions between member countries. It seeks to assure and promote the quality of Art Therapy practice and training for the benefit of clients, professionals and institutions. The activities of the federation are ultimately for public benefit.

ECArTE would like to thank very much the representatives of EMTC, DEEP, EADMT and EFAT for their generosity and involvement in the close collaboration for the elaboration of the report, especially Esa Ala-Ruona from EMTC, Salvo Pitruzzella from DEEP, Vincenzo Puxeddu from EADMT and Dominik Havsteen-Franklin from EFAT.

# DOMAINS



## HISTORY

The history of the Arts Therapies in Europe has evolved over several decades. Emerging from the initial applications of art and music practices within psychiatric settings in France in the early 19th century, the modalities and practices have grown exponentially since the middle of the twentieth century. This has been most notable in the last twenty years both geographically and in terms of incorporating further modalities such as dance/movement therapy. The current Arts Therapies landscape presents a rich heterogenous set of epistemological and clinical practice repertoires alongside educational and training programmes. These not only extend the reach of traditional psychotherapeutic models but have also emerged as unique disciplines in their own right. We are currently seeing a greater understanding of trauma and social suffering, forging of productive and influential alliances, engagement in critical dialogue with governments and other bodies (as in the Baltic states), and growing impetus for professional recognition as emergent countries such as Poland step onto centre stage. This momentum reflects the Arts Therapies response to a growing demand for addressing the complex unfolding mental health and other healthcare needs of the twenty-first century.

☞ *The current Arts Therapies landscape presents a rich heterogenous set of epistemological and clinical practice repertoires alongside educational and training programmes.*

## TRAINING

The Arts Therapies training landscape in Europe presents a sophisticated tapestry of programmes that, since the late 1990s, have built progressively on the higher education mandate of the Bologna Declaration. There is an impressive range of part-time and full-time Bachelor and Masters programmes available across Europe and, increasingly, we are witnessing an expansion in doctoral studies. And while not all countries offer all trainings, there is considerable provision available with more specialisation and interrogation of existing pedagogic paradigms and traditions together with the development of new epistemologies. At the same time, programme accreditation is high on the agenda and standards of training addressing both vocational and academic needs and ethical requirements are receiving greater attention and recognition from education ministries and other regulatory bodies. Meanwhile, universities and other training institutions are able to cultivate and reinforce the development and growth of local knowledge to serve local needs, and curricula reflect greater and increasing engagement with the socio-cultural determinants of health and mental health that are emerging this century.

☞ *There is an impressive range of part-time and full-time Bachelor and Masters programmes available across Europe and, increasingly, we are witnessing an expansion in doctoral studies.*

## **PROFESSION**

The drive to support and obtain professional recognition at state level is, perhaps, the highest priority facing the Arts Therapies across most of Europe. While the profession has achieved state recognition and protected title status in the UK, Estonia, and Israel, for example, in most countries, this objective has not yet been realised. Negotiations with the various regulating authorities are at different stages and the support from the respective Arts Therapies professional associations remains an important factor. At the same time there is also a clear and urgent need for greater advocacy and promotional initiatives, as well as for a greater exchange of synergies between established and emergent countries. Nevertheless, there is a deep commitment to achieving these aims as arenas of clinical engagement broaden to expanding client populations across Europe. Productive alliances between professional associations and the European Federations of the Arts Therapies add further weight to the enterprise.

**“ The drive to support and obtain professional recognition at state level is, perhaps, the highest priority facing the Arts Therapies across most of Europe.**

## RESEARCH

The field of research, and in particular evidence-based research, in the Arts Therapies is literally the new frontier and underlines the importance of both the political and the professional agendas of the task at hand. Alongside the drive for state recognition, research is possibly the most important endeavour that will ensure the identity, prosperity and longevity of the Arts Therapies in serving their client populations' mental health and other wellbeing needs as the twenty-first century unfolds. It is evident that all ECARTE's member institutions recognise and are deeply committed to developing their programmes to serve this need and their efforts auger well for the future of the profession. There is a significant increase in the number of doctoral programmes available across Europe and doctoral research findings are starting to filter through in encouraging ways. On the other hand, many universities and institutions have impressive research initiatives in place, including their own research centres. International and interdisciplinary collaborations are growing in importance, as we see being spearheaded in music therapy research in Finland, and the work being undertaken through the KenVaK project in the Netherlands. ECARTE's member institutions are in a unique position to optimise and synthesize the enormous diversity and wealth of the local research material available and to make a significant and critical contribution to shaping the way in which psychotherapy can be delivered in the coming decades. There is also a tremendous amount of goodwill among the ECARTE community to ensure that great and positive strides can be taken in this domain.

☞ *Alongside the drive for state recognition, research is possibly the most important endeavour that will ensure the identity, prosperity and longevity of the Arts Therapies in serving their client populations' mental health and other wellbeing needs as the twenty-first century unfolds.*



# HISTORY





## Belgium

The Arts Therapies originated in Belgium at a time when many parallel developments occurred in healthcare. After the Second World War, the influence of the biomedical model in mental health started to grow, leading to a major counter reaction in the 1960s. At that time, graduated artists started using art forms in numerous psychiatric facilities.

These pioneers thus introduced an art approach into these facilities. While doing so, they received training in psychopathology within the institution, which turned their work into a fully-fledged form of therapy. The therapeutic effect of practising an art form became clear, giving this form of therapy more recognition within the therapeutic landscape alongside the verbal forms of therapy.

Influenced by this pioneering work, occupational therapists and nurses also introduced the use of art within psychiatry with an artistic purpose on the one hand and a work-based goal on the other. These two movements, that of the graduated artists and that of the occupational therapists who used artistic activities, indicated a great need for appropriate training.

A large number of art therapists in Belgium started to follow an (additional) bachelor's degree in the Netherlands. Since the end of the 1990s, an advanced course in Arts Therapy has been established at the Artevelde University of Applied Sciences Ghent and the PXL University of Applied Sciences in Hasselt.

☞ ***After the Second World War, the influence of the biomedical model in mental health started to grow, leading to a major counter reaction in the 1960s.***



## Estonia

The history of arts therapies in Estonia goes back to the early 1980s, when practitioners and researchers interested in the therapeutic effect of the arts converged on Tallinn University to practise and discuss as well as organise seminars and workshops, inviting specialists from abroad to participate. The Medical Library of Estonia (now Academic Library of Tallinn University) had an important role in promoting arts therapies and, in the 1990s, the active implementation of arts therapies and took place at the Tallinn Psychiatry Clinic (now the Psychiatry Clinic of North Estonia Medical Centre).

Since then, a series of international events organised by Tallinn University have been fundamental in the promotion of the arts therapies, the most significant of these were: The International Music Therapy Conference in 1990, part of the 19th World Conference of the International Society of Music Education (ISME) in Helsinki; an International Symposium on Arts Therapies Violence and Tolerance in 2004; and ECArTE's 9th European Arts Therapies Conference in 2007.

### *Music therapy*

In 1991-1992 the first introductory course in music therapy took place at Tallinn University with lecturers from Finland. Music therapy trainings with local teachers started at Tallinn University in 1995 and at the Continuing Education Centre of Estonian Academy of Music and Theatre in 2009. The emphasis has been on psychodynamic and humanist approaches. In receptive music therapy, vibroacoustic therapy (a method employing the effect of low frequency sound and music) has been of essential importance from the aspect of research, application, and development of the equipment. Since 1995, Estonia has been represented in the European Music Therapy Confederation, and since 1996 in the World Federation of Music Therapy.

### ***Visual art therapy***

Although the first more extensive course in visual art therapy took place only in 2004-2005 as a collaborative project between the Estonian Society of Creative Arts Therapies and trainers from Finland, it has rapidly developed into the most popular orientation in creative arts therapies training. In therapeutic work, different

“ ***Visual art therapists constitute the majority of the members of the Estonian Society of Creative Arts Therapies.*** ”

approaches are applied, with developmental, humanist-expressive and solution-focused orientations dominating. Visual art therapists constitute the majority of the members of the Estonian Society of Creative Arts Therapies. The Department of the Art Therapy in Educational Settings was formed in 2020 under the Society.

### ***Dance and movement therapy***

The circle of dance movement therapists is small but constantly growing. The training is concentrated at Tallinn University and The Dance Movement Therapy Department of the Estonian Society of Creative Arts Therapies (established in 2017) is providing continuous education, community events and supervision for the specialists. The DMT department has been a full professional member of the European Association Dance Movement Therapy since 2019. In therapeutic work, the solution-focused approach prevails and DMT is mostly applied with children in rehabilitation and school settings.

### ***Dramatherapy***

The specialty of dramatherapy has not yet been developed in Estonia; there are few specialists who have acquired a basic course in dramatherapy and use dramatherapy in their practice. There is a fairly large school of psychodrama in Estonia with two training centres: Tallinn Psychodrama Institute, Moreno Centre and Tartu Psychodrama Institute.



## Finland

The arts therapies as a profession in Finland have developed rapidly since the 1950s - initially within psychiatry and expanding to special education and rehabilitation. Music therapy, visual arts therapy and dance movement therapy are the largest professional groups at university level. Art psychotherapy, dramatherapy, and photo therapy are practised as well. The theoretical framework includes psychodynamic, humanistic, existential and developmental psychology theories. Clinical approaches tend to be eclectic and integrative depending on the target group and the special needs of the individual client.

### *Music Therapy*

Pioneering work in Music Therapy began in the 1920s and 1930s. It became more widespread in the late 1960s, largely through the work of Petri Lehikoinen who founded the first training courses in Sibelius Academy in 1973, and also the first books on practice and theory of music therapy were published. The Academy offered various programmes in music as art, education, performance and soloist training and launched Music Therapy training programmes for the first time in the mid-1980s. The Academy was also the first institution to offer training for clinicians. Meanwhile, the University of Jyväskylä launched a second training programme in the mid-1980s.

Music Therapy in Finland has evolved along two different paths, both theoretical and practical. One has been more psychodynamic (and psychoanalytic), the other a more functional and rehabilitative approach. Formal training programmes were established as a real need emerged for a systematic approach to critical development, with a more rigorous understanding of theories and practices.

The visual arts and painting also went through a similar process.

☞ ***The arts therapies as a profession in Finland have developed rapidly since the 1960s - initially within psychiatry and expanding to special education and rehabilitation***

## ***Art Therapy***

The first professional training of art therapists was organised in 1974 by the Centre of Extended Studies in the leading art and design school ([The University of Art and Design in Helsinki](#)) - now Aalto University). Since 1994, the Health Care Professional Act has regulated the use of the occupational title of psychotherapist and these University trained psychodynamic art therapists became state registered psychotherapists. For the last 35 years several different professional training programmes in visual art therapy based on both psychodynamic and other frames of reference have been developed and offered, but most trainings do not qualify to use the title of psychotherapist. Art therapist as such is not state registered health care title.



## **France**

In France, the practice of art therapy developed first at the beginning of the 19th century in asylums and psychiatric hospitals. Indeed, the founder of psychiatry in France, Dr. Philippe Pinel, proposed in 1801 a programme of resocialization for the mentally ill, in which artistic activities, plastic arts and music in particular, were included. Music was organized in the form of choirs for the women and brass bands for the men (as in the rest of society). Concerts were organized by the students of the National Conservatory. In the years 1830-1860, Pinel's students, the first psychiatrists, experimented with music therapy. Research in chemotherapy, then with psychoanalysis, took over. It was not until the First World War that the arts were integrated into social and occupational therapies. Since the 1950's, experiments in art therapy (plastic arts, music, theatre) were conducted in psychiatric

***☞ In the early 19th century Philippe Pinel, the founder of psychiatry in France, proposed artistic activities in the programme of recovery from mental ill health.***

departments, by doctors and other caregivers in relation with certain artists.

Visual arts therapy, in particular, was developed at the Sainte Anne hospital (Paris), based on Dr Volmat's work. A "Center for the study of expression" was then founded as well as a museum collecting the works of the patients; exhibitions have since been organised on a regular basis. This center focuses on the documentation, teaching, clinical research and development of therapies with artistic mediation. A scientific society was created, the "Society of psychopathology of expression", its members, doctors, had a particular interest in the expressions of pathology in artistic works. The society has evolved to include art therapists and is now called the "French Society of Psychopathology of Expression and Art Therapy".

As for the visual arts, the link with psychiatry has remained very strong in the development of music therapy. Psychiatrists trained in music therapy, together with a team of caregivers, offered specialized music therapy services in hospitals at the end of the 1970's (Prof P. Sivadon, Dr P. Pennec, Dr J. Verdeau-Paillès etc.). Receptive music therapy was first introduced, followed later by several methods of active music therapy, and the integration of the two approaches. In parallel to these applications in psychiatry, during the same years music therapy was developed in relaxation and analgesia in dental services and in obstetrical services (preparation for childbirth, accompaniment). This work was the source of research on the auditory perception of the fetus (Dr Bertrand and Dr Feijoo). Then the research on the functions of the sound domain and of music in the psychic development oriented the practice towards the "sound communication" in individuals and in groups (E. Lecourt). The work on unconscious processes in groups offered an important research topic in music therapy (analytical group music therapy).

The development of dramatherapy in France was limited for a long time by the success of psychodrama (essentially in its psychoanalytical version). Recently, with the creation of the specialization in the masters' degree, the specificity of dramatherapy was more clearly identified.

In dance therapy, two main orientations were observed, one based on classical dance (R. Gaetner), the other based on African-inspired dance and contemporary schools, such as “primitive expression” by H. Duplan, taken up again for dance therapy by F. Schott-Billman, related to psychoanalytical concepts. Alongside these trends, other practices developed related to psychomotricity and occupational therapies (e.g. ballroom dancing with the elderly). The work of R. von Laban has contributed notably to practices of “Dance Movement Therapy”.

At the moment, we are witnessing a real deployment of artistic practices in therapy, in psycho-pedagogy, and in many psychosocial approaches. It would take too long to list all the institutions participating in this movement, and all the methods that are being developed.



## **Germany**

The first art therapeutic approaches in Germany developed in the 1920s and 1930s in the contexts of anthroposophic orientated medicine and the integration of art in psychiatric treatment. The development of active music therapy can be situated in the time-period after the Second World War. The first discipline to be established at an academic level was music therapy in the 1970s, followed by art therapy in the 1980s and dance movement therapy (Heidelberg) in 2012.



## **Greece**

The School of Music Studies at Aristotle University of Thessaloniki-Greece offers a five-year integrative master program (10 semesters, 300 ECTS), recognised by the Greek Law as being equivalent to a master’s degree, allowing direct access to PhD studies.

The School is the only one in the country to employ a music therapist. As a result, a music therapy foundational training program has been included in the School’s curriculum, since 2011.



## Ireland

The arts therapies established themselves in the Republic of Ireland in the early 1980s with practitioners, having trained abroad, returning home to develop their practice. Trainings for the arts therapies began in the late 1990s with the first Irish accredited MA Art Therapy programme being validated in 2005.

The Irish Association of Drama, Art and Music Therapists was officially launched in 1992. The first A.G.M. was held in 1993, when a constitution was ratified and a Code of Professional Conduct and Ethics laid out. In 1998, when dance movement therapists were included, the Association changed its name to the Irish Association of Creative Arts Therapists (IACAT).



## Israel

Israel is a country of varied populations, natives and immigrants, different cultures and religions and a history of ongoing conflict. Art therapy has originally emerged and developed as a form of trauma treatment for victims of the Holocaust and their families, and for war veterans of the Yom Kippur War. In the 1980s, Israeli society was looking for novel and effective ways to help various populations affected by these traumatic events. It was then that five institutions were founded to teach art therapy, among them Beit Berl College.

“ *Art therapy has originally emerged and developed as a form of trauma treatment for victims of the Holocaust and their families* ”

At the end of the 1990s the Israeli Ministry of Education, in a move that was relatively pioneering compared to other countries worldwide, created a system for providing art therapy to school children all over the country, in both the regular and special education streams. There are currently 7,000 Art Therapists in Israel, of which 3,000 work in the school systems. These include around 300

Arabic-speaking art therapists that work in the Arab sector, which was initially resistant to therapy in general and to art therapy in particular, mainly due to religious-cultural differences. In addition to the art psychotherapy conducted in clinics and within the various national institutions, art therapy in Israel is also an integral part of the mental health services, such as psychiatric hospitals and clinics.

Art therapists in Israel treat war veterans and victims of civilian terror attacks, Bedouins in the Negev desert, mixed groups of Palestinians and Jews who have incurred trauma and refugees and Asylum Seekers. The Art Therapy Department at Beit Berl Academic College has developed a model called Community Arts as a Tool for Bridging Diverse Populations and Trauma Relief.



## **Lithuania**

After the reinstatement of Lithuania's independence, a number of important national laws were passed including the 1991 Law on the Social Integration of the Disabled, and the UN Convention on the Rights of the Child which were ratified by the Lithuanian Parliament (the Seimas) in 1995. These documents and newly adopted provisions determined broad dissemination of social integration and psychological rehabilitation ideas with regard to certain social groups. As a result, a public context and favourable climate was created for the development of new Arts Therapies ideas in Lithuania that have promoted the uniqueness, the emotional expression, and perceptions of the human individual. This significant change has resonated in post-Soviet Lithuanian society and found wide acceptance, bearing in mind that psychological consequences of political repressions on the victims of such repressions, their family members and society have only been investigated in Lithuania since 2002.

Practical application of Art Therapy in Lithuania can be traced back to the 1980s, when psychiatrists and psychologists started showing interest in Art Therapy as an attractive and promising form of mental therapy. In 1991-93 contacts were established with the US

organisation, The International Networking Group of Art Therapists, and in 1992 the Clinics of Psychiatry of Vilnius University opened the first Arts Therapy studio Paukštė. Announcements of the Human Study Centre inviting Arts Therapy groups to attend, were posted in the journal *Psichologija Tau* in 1994-96.

☞ ***The setting up of art studies in rehabilitation, clinical and special education establishments opened the door for the application of Art Therapy and new areas of practice with the involvement of professional artists.***

The setting up of art studies in rehabilitation, clinical and special education establishments opened the door for the application of Art Therapy and new areas of practice with the involvement of professional artists. This development was influenced by changes in the idea of humanistic pedagogy and the content of artistic training. However, the founders of art therapy in Lithuania lacked specialist knowledge and opportunities to share experience and this, in turn, led to the first national seminar, the Artistic Education for the Disabled which took place in 1996. In 1997, encouraged by Professor Albertas Piličiauskas from the Academy of Music, music and art teachers working with people with special needs set up non-governmental organisations, namely, the Lithuanian Association for Educational Musical Therapy - now the Lithuanian Music Therapy Association (LUMTA) and the Lithuanian Association for Art Therapy Application (LDTTA).



## Netherlands

The oldest form of art therapies in the Netherlands was developed at the beginning of the twentieth century. It was based on a holistic world- and human-view (anthroposophy). Art therapy courses slowly emerged alongside, but initially independent of, this development with implementation of the arts within psychiatric settings in the 1950s, and in the 1970s several Bachelor programmes were established. Owing to the structure of the Dutch educational system it was not possible to continue onto a Masters degree until the Bachelor Masters system was embraced and implemented (Bologna Declaration). Now alongside the Bachelors several Masters have become established, and new Masters courses are being developed. All the arts therapies courses are taught within universities for applied sciences, and the duration of a Bachelor is four years full time (240 ECTS). Master courses can have between 60 and 120 ECTS.



## Norway

The creative arts therapies in Norway have developed since the 1970s, when pioneers among Norwegian professionals, who were trained in England and USA, started up arts therapies practice in psychiatric wards. Now there are music therapists, dance movement therapists and art therapists working in psychiatric hospitals and day centres, special education, cancer care, trauma and refugee centres. Although the community of therapists is still not large in number, there is a growing interest in the creative arts therapies and an increasing number of students attend training programmes.



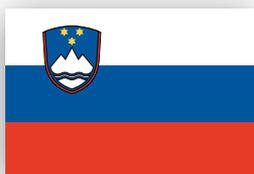
## Poland

The Arts Therapies were introduced into Poland through the pioneering work of music therapists at [The K. Lipiński Music Academy](#) in Wrocław in the mid-1980s. In 1984 a training course in Arts Therapies, entitled "Culture Therapy" was introduced at the [University of Medical Sciences in Poznań](#) (the programme was later presented at the third ECArTE Conference in Ferrara, Italy, 1994, in the Conference Proceedings, Vol.1. p. 11-13.).

In Poland the term art therapy is used in two senses:

1. in the strict sense, it is therapy through fine arts
2. in a broader sense, it describes forms of therapy which use different types of arts.

The division has been operating since 1988. The classification of arts therapies, following the "Culture Therapy" model, includes art therapy in the strict sense, music therapy, dance therapy, dramatherapy, bibliotherapy, poetry therapy, play therapy, ecotherapy (including landscape therapy, horticultural therapy, and thalassotherapy (i.e. the use of sea water)).



## Slovenia

The development of postgraduate arts therapies training in Slovenia started in 1991 within the framework of the European Tempus project. In 1996 the programme was recognised by the University of Ljubljana and by the Government of Slovenia (the Board for Higher Education). It was also recognised by ECArTE - European Consortium for Arts Therapies Education in 2001. From the beginning it has run as an international part-time programme. Every year up to six guest teachers and experts in the arts therapies from abroad are invited to cooperate in running the courses. Since its inception, approximately 100 part-time students have completed the programme. There is no financial support for study from the government, and only a few students receive scholarships from their institutions. Most students are self-funded.



## Spain

### *Art Therapy*

Although the Spanish Federation of Professional Associations of Art Therapy (FEAPA) was only founded as recently as 2010, there are traces of the use of systematic Art Therapy by teachers as early as the Civil War (1936-1939), when they conducted programmes for exiled children, supported by Quakers and members of the International Brigades, as well as by Aldous Huxley.

From a professional point of view, the professional associations have joined together in a federation, the Spanish Federation of Art Therapy, FEAPA. The mission of FEAPA is to promote the professional development of art therapy, its clinical and social practice and research in order to constitute the theoretical and practical body of work necessary for recognition as an independent discipline. The initiative was established in 2006, during the First National Congress of Creative Therapies with the establishment of a constitution and the agreement became a commitment by the associations attending the First Professional Conferences of Investigation in Creative Therapies in Madrid in 2007.

The five founding members of FEAPA are:

1. Asociación Española de Arteterapia (ATE)
2. Foro Iberoamericano de Arteterapia (AFIA)
3. GREFART - Grup de Recerca i Formació en Artterapia
4. MURARTT - Asociación Profesional de Arteterapia de la Región de Murcia
5. Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano (ATH)

See FEAPA's website for further information: <http://feapa.es/>

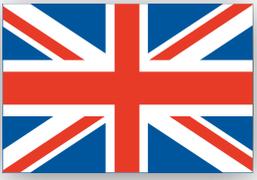
Information on music therapy and dramatherapy will be added in due course.

### ***Dance Movement Therapy***

The [Spanish Association for Dance Movement Therapy](#) (Asociación Española de Danza Movimiento Terapia) (ADMTE) was founded in 2001. The founding members (Dr. Rosemarie Cammany, Dr. Sarah Rodriguez, Inés Febrer and Dr. Heidrun Panhofer) were all trained in the US ([Hahnemann - Drexel University](#)) and the UK (Laban Centre for Dance - [London City University](#)). The original articles of the association were accommodated from the [British Dance Movement Association](#) (ADMP-UK), rooting thus the profession of DMT within the Anglo-Saxon tradition.

ADMTE is registered as a full member within the [European Association of Dance Movement Therapy](#) (EADMT), an umbrella organization for the professional DMT Associations in Europe. It currently has a hundred members and is actively involved in further education, in promoting the profession and in collaborating between members. ADMTE is working towards establishing recognition within the [European Federation of Psychotherapeutic Associations](#) (FEAP) in order to register DMT as a psychotherapeutic approach.

☞ ***Although the Spanish Federation of Professional Associations of Art Therapy (FEAPA) was only founded as recently as 2010, there are traces of the use of systematic Art Therapy by teachers as early as the Civil War (1936-1939), when they conducted programmes for exiled children, supported by Quakers and members of the International Brigades, as well as by Aldous Huxley.***



## United Kingdom

The arts therapies in the UK have developed rapidly over the second half of the 20th century and into the 21st. Developments include regulation and registration as a state registered profession through the Health and Care Professions Council (HCPC) and the recent establishment, led by Professor Di Waller, of the International Centre for Research in the Arts Therapies (ICRA) at Imperial College, London UK. The professional title of an Arts Therapist is now a protected title in the UK and may only legally be used by a registrant with the HCPC.

### ☞ *The arts therapies in the UK have developed rapidly over the second half of the 20th century and into the 21st*

At present only art therapy, music therapy and dramatherapy, the three largest of the professional groups, have gained membership to HCPC, a process by which their practice, training procedures and professional organisation have been recognised by an Act of Parliament. Dance Movement Psychotherapy is yet to be recognised by the HCPC. However, the Dance Movement Psychotherapy professional body, the [Association for Dance Movement Psychotherapy](#) (ADMP, UK), is an organisational member of UKCP (HIPC). UKCP is the leading organisation for psychotherapists in the UK

This is the latest development in a lengthy history of diverse practice within the arts therapies, and practitioners continue to address such questions as whether the therapeutic nature of their work should be identified and described within the language and concepts of verbal psychotherapy and/or psychoanalysis.

# TRAINING





## Belgium

In Belgium, there are three recognized programmes that are recognized. Those starred are Members of ECArTE:

1. Artevelde University of Applied Sciences\* in Ghent (Advanced bachelor programme in art therapy, dance therapy, dramatherapy and music therapy)
2. Luca - School of Arts in Leuven (Bachelor and master programme in music therapy)
3. PXL University of Applied Sciences\* in Hasselt (Advanced bachelor programme in art therapy)



## Estonia

### *Arts therapies degree courses*

Tallinn University is the only university in Estonia offering degree courses in creative arts therapies. In 2007 the University launched a three-year Bachelor's degree course (180 ECTS) and a two-year Master's degree course (120 ECTS) in Arts Therapies with four specialisations: music therapy, visual art therapy, dance and movement therapy and dramatherapy. Since 2013, candidates have only been admitted to Master's programme (120 ECTS) and one-year basic courses are provided as preparation for the Arts Therapies Master's studies.

Currently, the Arts Therapies Master's programme enrolls students in two specialisations: visual art therapy and dance and movement therapy. The programme belongs to the Study Programme Group of Health Care and graduates receive a degree in Health Care (MSc). The programme is implemented at the School of Natural Sciences and Health, the study area is Psychology and Behavioural Sciences. The Arts Therapies Master's program was approved by the Estonian Ministry of Education and Research and validated by the Estonian Quality Agency for Higher and Vocational Education in 2014 and 2017. In 2005 Tallinn University became an associated member and in 2008 a full member of ECArTE.

The admission requirements for the Arts Therapies master's programme are: Bachelor degree in Arts Therapies or corresponding qualification, which includes health and psychology related training; art-related preparation corresponding to the area of specialisation, basic training in Arts Therapies and experience of work with children, youth or adults.

### *Continuous education courses*

**Tallinn University** offers arts therapies continuous education trainings as well. **Continuing Education Centre of Estonian Academy of Music and Theatre** offers music therapy trainings.



## Finland

The training landscape in Finland is historically complex, and the current model of training is based on Foundation (private institution) and University-based approaches where clinical and theoretical learning are situated, respectively. Students are required to undertake both trainings to fulfil vocational and academic requirements, and there are opportunities for further specialisation. University level training programmes are recognized by the Ministry of Education, but Finland does not have an accreditation system as in other countries.

Training leans heavily on collaborative learning and seeks to adapt the education process and the production of knowledge to the individual learning styles of the students. Also, the wide variety of clinical populations and working contexts are considered in the content of training programmes.

The following programmes are offered:

### *Music Therapy*

1. Introductory courses, basic studies, and subject-specific studies are offered at the **Open University** and other institutions.
2. Professional/Clinical studies have been offered at **Universities of Applied Sciences** and in Foundation-based studies at the Eino Roiha Institute in **Jyväskylä and Tampere**.

3. Master level studies are offered at the **University of Jyväskylä**. These studies are suitable for clinicians with clinical background e.g. in music therapy, visual arts therapy and dance movement therapy, and have completed a suitable BA-level degree. MA-studies offer an eligibility for applying for PhD studies and arts psychotherapy studies (see the University's Department of Music, Art and Culture Studies as well).

All the music therapy training programmes are similar in their basic structures and durations. The course leaders form a board of directors for development of training programmes in music therapy (SUMUKE).

### ***Dance Movement Therapy***

1. Basic studies are offered at the **Eino Roiha Institute in Jyväskylä**, as well as at the **Summer University of Northern Ostrobothnia**, and in **Kookos Theatre Academy in Helsinki**.
2. Professional/Clinical studies in Foundation-based training are offered at the **Eino Roiha Institute** (private) in **Jyväskylä**.

### ***Visual Art Therapy***

1. A specialization to art therapy in BA-level Socionomy programme is offered at the [Satakunta University of Applied Sciences](#).
2. A 4-year psychodynamic art psychotherapy training programme in visual arts therapy has been offered already for decades by the **Association for Art Therapists in Finland** <https://www.kuvataidepsykoterapia.fi/in-english/> in co-operation with the Finnish Association for Mental Health. In the future it will be offered as an university level continuing education. The students receive occupational title of psychotherapist.
3. The **Finnish Art Psychotherapy Association** (<https://suomenkuvataidepsykoterapia.fi>) offers psychoanalytic art psychotherapy training in co-operation with University and different trainings in art therapy.
4. A 3 year professional group art therapy training is offered at the **Eino Roiha Institute** ([roihainstituutti.fi](http://roihainstituutti.fi)).
5. [Inartes Institute](#) (Finland) in co-operation with [European](#)

Graduate School (Switzerland) provide 1-4 years training programs in expressive arts therapy.

### **Dramatherapy**

There are no Dramatherapy training programmes in Finland.



## **France**

As early as the 1950's, the Centre d'Étude de l'Expression de Sainte Anne offered training to caregivers in visual art therapy.

The first training in music therapy was organized in 1972, by a non-profit association in this field. It was a training course of a few weeks for health professionals who were all music lovers, and sang or played instruments, including several doctors. From 1980 onwards, *University Diplomas (DU)*, of different levels and contents, were offered (Montpellier, then Paris 5/Descartes, Tours). In 2008, the University of Paris Descartes transformed the DU into a Masters Degree specialized in art therapies within the framework of the Department of Educational Sciences. Then in 2011 with the merger of two universities, Paris 5/Descartes (psychology, education, dance) and Paris 3 (theatre) the master labelled under a broad heading of 'artistic creation' highlighting this time four professional and research specializations: music therapy, drama therapy, art therapy and dance therapy. The degree included research and the possibility of pursuing a doctorate degree.

The Masters is now organized by the University of Paris. It is the only Masters in France, and the only French-speaking Masters in Europe, to offer training in the four specialty areas of art therapy.

In addition to the Masters Degree at the University of Paris, there are some university diplomas in arts therapies (music therapy, artistic mediations etc.), generally organized by medical or psychology faculties (see the universities of Montpellier, Nice, Tours, Grenoble, Toulouse, Nantes etc.). Some parts of specific master-level programs address art therapy. The principal orientation developed in these trainings is psychoanalytic. Non-profit organizations and private schools offer training as well.



## Germany

Art therapy can be studied in Germany at different institutions and under different labels, for example: art therapy, art and creative therapy, and creativity therapies. It is based on different theoretical and methodological foundations such as psychoanalysis, Gestalt therapy, anthroposophy, learning and behavioural theories, etc., and on different organisational practices.

Bachelor and Masters programmes in art therapy are offered either at universities or universities of applied sciences (e.g. Nürtingen, Ottersberg, Hamburg) or at art academies (e.g. Kunsthochschule Weissensee, Berlin, Alanus Hochschule für Kunst und Gesellschaft, Alfter). Art therapy is studied either as an additional qualification (Berlin and Hamburg), as a specialisation, or as a foundation course (Nürtingen, Ottersberg). Further professional training parallel to one's own occupation is offered at, for example, the private Fritz Perls Academy (Hückeswagen). No academic training exists for dramatherapy in Germany at present. Music therapy training takes place mainly through postgraduate courses at several universities or universities of applied sciences, e.g. in Augsburg (M.A.), Berlin (M.A.), Frankfurt am Main (M.A.), Münster (M.A.) or Heidelberg (B.A./M.A.).

To undertake one of the Bachelor programmes, students are required to have a high school qualification and a subject-specific university entrance qualification; for the masters' programmes, a first academic degree. Bachelor programmes take three or four years to complete, Masters programmes, one to two years. The character of the professional education depends on the existing curricula and examination rules applying to every institution.



## Greece

Under its current structure, the School of Music Studies aims to provide education of the highest quality in the fields of Musicology, Music Education and Composition. A description of the fundamental principles and structure of the programme of studies is detailed in the school's website: <https://www.mus.auth.gr/en/>

The music therapy training takes place during the fourth and fifth year of the studies and is offered as a full-time programme. All courses are approved by the Greek Ministry of Education. At the end of the training the students can write a thesis on music therapy and are awarded a degree in Music Studies/Music Pedagogy rather than music therapy.



## Ireland

In Ireland, one can only study to be a professional therapist at Masters level. These programmes comply with the National Framework of Qualifications (NFQ).

Universities all award their own degrees. All programmes go through Programmatic Review every 5 years.

Presently there are post graduate (level 9) trainings in Art and Music Therapy. All creative arts therapies offer foundation, non-clinical level training experiences.

The Masters trainings in Ireland are currently located within the arts faculties of larger universities. There are currently two creative arts therapy masters programmes, one of which is a member of ECArTE.

1. Art Therapy: **Munster Technological University** - ECArTE Member
2. Music Therapy: **University of Limerick**

Whilst having an obvious Irish context in terms of cultural, theoretical and practice orientations, these trainings, to some degree, mirror the UK trainings in terms of length and clinical

placement duration. This reflects the needs of those graduates who decide to work in either Northern Ireland (UK) or the UK mainland.



## **Israel**

There are currently seven training programmes at Masters level in Israel, all of which are recognized by the Ministry of Education and regulated by the Ministry's Council for Higher Education. The Council for Higher Education (CHE), which is the official authority for higher education in Israel and determines policy for the higher education system, regulates the accreditation. The MA training programmes are recognized by the national professional association.

The training programmes are required to deliver a high standard clinical training and supervision. The pedagogies are theoretical and experiential art. Theoretical seminars such as psychotherapy and art therapy teach past founding principles through to current perspectives. They include qualitative and quantitative research and art therapy research and evaluation methods. Training courses include visual art therapy supervision and issues in advanced psychopathology. The programmes teach and train Arts therapy students for work with various populations in different settings, and Beit Berl College offers transformative-experiential dynamic courses, such as group art therapy for specific populations and studio art therapy.



## **Lithuania**

### ***Art Therapy***

A joint Masters programme in Art Therapy by the Lithuanian University of Health Science and the Vilnius Academy of Arts Kaunas Faculty was the first academic training in art therapy offered in Lithuania. The programme was established in June 2013 and the course philosophy and main theoretical approaches are psychodynamic in approach. Students are required to have a background at bachelor or masters level in any of the following

areas: art, medicine, rehabilitation, nursing, psychology, social work, or pedagogy. The qualification awarded is a Master of Medicine and Health Care

### ***Music, Drama, Dance Movement Therapies***

Joint Music, Drama, Dance-movement Therapy Master Programmes are offered by the University of **Vilnius University** and the **Lithuanian Academy of Music and Theatre**. The Music Therapy programme was established in September 2015, and is the first in Lithuania to provide music therapy training (see: <https://www.mf.vu.lt/stojantiesiems/studiju-programos/magistranturos-studiju-programos/menu-terapija>).



## **Netherlands**

In the Netherlands, one can study at both Bachelor and Master levels to become a professional therapist (i.e. a vaktherapeut). There is the possibility of a PhD, but not every university can offer all these levels. All the arts therapies are offered but not every university offers them all. The programmes are recognized and accredited by the Ministry of Education. Accreditation for all of the programmes takes place every six years (see: Accreditation Organisation of the Netherlands and Flanders (NVAO)).

There are seven universities for applied sciences that offer training in arts therapies across the country. Those starred are Members of ECArTE.

### **1. NHL Stenden in Leeuwarden \***

Full-time programme: <https://www.nhlstenden.com/hbo-opleidingen/vaktherapie>

Part-time programme: <https://www.nhlstenden.com/hbo-opleidingen/vaktherapie-verkort-bachelor-deeltijd>

### **2. HAN in Nijmegen \***

Bachelor Arts Therapies: <https://www.han.nl/opleidingen/hbo/vaktherapie/voltijd/index.xml>

Master Arts Therapies: <https://www.han.nl/opleidingen/master/vaktherapie/deeltijd/index.xml>

### **3. Hogeschool Zuyd in Heerlen \***

<https://www.zuyd.nl/opleidingen/vaktherapie>

### **4. HU in Utrecht and Amersfoort \***

Full-time programme: <https://www.hu.nl/voltijd-opleidingen/vaktherapie>

Part-time programme: <https://www.hu.nl/deeltijd-opleidingen/vaktherapie>

### **5. Codarts in Rotterdam \***

Music Therapy Programme: <https://www.codarts.nl/en/master-music-therapy/>

Dance Therapy Programme: <https://www.codarts.nl/en/master-dance-therapy/>

Master of Arts Therapies: <https://www.youtube.com/watch?v=gPcEG05TGcU>

### **6. Hogeschool Leiden in Leiden \***

Bachelor of Arts Therapies

<https://www.hsleiden.nl/vaktherapie>

### **7. Artez in Arnhem and Enschede**

Bachelor Musictherapy

<https://www.artez.nl/opleidingen/muziektherapie>

Master Musictherapy

<https://www.artez.nl/opleidingen/muziektherapie-master>



## Norway

### *Art therapy:*

At [Oslo Metropolitan University](#), Department of Art, Design and Drama, there is a two-year further education programme in art therapy at master's level (60 ECTS). Currently, this programme is under development into an international master's programme (120 ECTS). The Oslo Met art therapy programme has been a member of ECARTe since 2010.

### *Music Therapy*

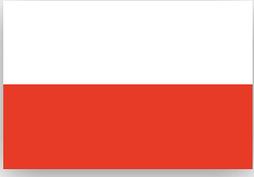
At the Norwegian [Academy of Music in Oslo](#), they offer a five-year integrated **Master in Music Therapy**. At the [University of Bergen](#), they offer a one-year programme at Bachelor level, and a two-year Master programme.

### *Expressive Arts Therapy*

The [University of South-Eastern Norway](#) offers a two and a half-year further education programme at master's level (75 ECTS) in expressive arts therapy in collaboration with a private institute (tuition based).

### *Dance and Movement therapy*

The [University of South-Eastern Norway](#) also offers a 30 ECTS master level programme in Dance and Movement therapy (tuition based).



## Poland

The first regular training course entitled Early Education with Arts Therapies was held at the **A. Mickiewicz University** in Poznań, through the Department of Pedagogy and Arts in Kalisz. **Wrocław University** was the first university to award doctorates in pedagogy, with specialisms in arts therapies and was also the first university in Poland to receive full Membership of ECArTE (2007).

The Arts Therapies have been growing progressively over the last two decades with a number of institutions offering training in music therapy, art therapy, bibliotherapy and dance therapy.

### *Art Therapy*

Most training programmes are postgraduate courses. Bachelor and Masters programmes are offered in visual arts, music therapy as well as in expressive and creative arts therapies at the following institutions in Poland:

**1. The Academia Ignatianum in Krakow \*** - (two years) practical profile (recommended by the Association of Polish Arts Therapists, 'Kairos') under the auspices of Pedagogy, Arts, and Psychology programmes.

Two paths of Arts therapies MA studies focused upon the target groups of clients in expressive and creative arts therapy approach:

- Arts therapy in the process of supporting development
- Arts therapy in resocialization

**2. The University of Zielona Góra**

3-year Bachelor study practical profile.

Two paths of study are offered:

- Visual arts therapy
- Drama Therapy

**3. State University of Applied Sciences in Nowy Sącz**

Bachelor's studies as a part of an Art education programme

#### 4. The **Maria Grzegorzewska Academy of Special Pedagogy in Warszawa**

Postgraduate studies (Art therapy with Therapeutic Pedagogy)

5. **K. Szymanowski Music Academy in Katowice**, and the **University of Medicine in Katowice** – Masters programme, and a new arts therapies training course conducted jointly by the two schools

#### 6. The **University of Silesia in Katowice**:

6.1. **Art therapy BA studies (3 years)** Interdisciplinary and intercollegiate studies: **University of Silesia in Katowice (UŚ) / Faculty of Social Science, The Music Academy in Katowice (AM), The Academy of Fine Arts (ASP) in Katowice**

6.2. The **University of Silesia in Katowice, Faculty of Arts and Educational Science in Cieszyn**: art therapy postgraduate studies

#### 7. The **State University of Applied Sciences in Sosnowiec**

Postgraduate studies. (recommended by the Association of Polish Arts Therapists, 'Kairos').

8. The **Karol Godula Upper Silesian Academy of Entrepreneurship in Chorzów** Bachelor programme (full-time and part-time studies).

#### 9. **UMCS Lublin Art therapy with Psychology of Creativity**

Postgraduate and bachelor programme (full-time and part-time studies).

10. **University of Lower Silesia in Wrocław** Postgraduate studies. Doctoral programmes in the Arts Therapies tend to be offered under the auspices of Pedagogy, Fine Arts, and Psychology programmes.

### ***Music Therapy***

Programmes are offered at the following institutions:

#### 1. The **Music Academy in Wrocław**

BA and MA studies

#### 2. The **Music Academy in Łódź**

Bachelor studies

### 3. **K. Szymanowski Music Academy in Katowice**

BA and MA studies

### 4. **Maria Curie-Skłodowska University in Lublin**

Postgraduate studies

#### ***Dance Movement Therapy***

The **Polish Institute for Dance Movement Psychotherapy** in Warsaw offers a 4-year postgraduate training (part-time) in Dance Movement Psychotherapy.

#### ***Dramatherapy***

Dramatherapy is a specialization of the Arts Therapy programme at **The University of Zielona Góra**.

#### ***Bibliotherapy***

**Wrocław University** - postgraduate



## **Slovenia**

Before 2009 the postgraduate arts therapies training programme was running on the level of specialisation. According to the Bologna European higher education system the programme progressed to Masters level and, in 2012, was accredited by the Slovenian Quality Assurance Agency for Higher Education.

Education at Masters level started in the academic year 2012/13. Four arts therapy modalities are offered: art, dance-movement, drama and music.

More information on the Arts Therapy programme at the University of Ljubljana can be found at: <http://www.pef.uni-lj.si/818.html>



## Spain

There are two types of Masters in the Arts Therapies programmes in Spain: A professional Masters, delivered by universities but not recognized by the Ministry of Education, and a full Masters, that combines training and research and allows students to progress to PhD studies. This kind of full masters is currently offered only by the University Complutense of Madrid/Autonomous University of Madrid. The courses are recognized and regulated by the Ministry of Education and are adapted to the European Higher Education Area. They are subject to re-accreditation at 3-yearly intervals. Programmes have to comply with the same standards as for psychiatry, i.e. number of training hours, internship hours, assessment, supervision, experiential/dynamic hours, theoretical units, etc. There is a leaning towards psychoanalysis, and Art Therapy in Spain is influenced by the British school as well as pioneers in South America (e.g. Nise da Silveira). Other influences come from the work of Susan Lange, Edith Kramer and Gustavo Freire.

ECArTE member institutions offering Masters programmes in the Arts Therapies include:

1. **The Universidad Complutense de Madrid** runs a full Masters programme in Art Therapy.
2. **The University of Barcelona** runs a Masters programme in Music Therapy.
3. **The Universitat Autònoma de Barcelona (UAB)** runs a Masters programme in Dance Movement Therapy.

Other Universities in Spain offering Masters in the Arts Therapies include:

1. **The University of Pablo de Olavide, Sevilla**
2. **The University of Murcia**
3. **The University of Valencia**
4. **ISEP (Madrid)**

**The International University of la Rioja** offers an online programme in Music Therapy. However, there is currently no training for dramatherapy.

## ***Dance Movement Therapy***

The [Masters programme in Dance Movement Therapy](#) at **Universitat Autònoma de Barcelona** (UAB) is currently the only training programme in Spain. Based on other international training programmes in the UK and US it opened its doors in 2003 and has trained almost 400 students.



## **United Kingdom**

All the arts therapies training programmes are organised at postgraduate level (Masters) and arts therapists work in a variety of settings: psychiatry, social service, education, prisons and the voluntary sector. In all cases their training enables them to contribute their particular knowledge and expertise to the multi-disciplinary teams involved in client care.

Below is the list of courses recognised by the Health and Care Professions Council. Those starred are Members of ECArTE.

### **1. Anglia Ruskin University \***

MA Music Therapy

[Music Therapy - MA - ARU](#)

MA Dramatherapy

[Dramatherapy - MA - ARU](#)

### **2. Goldsmiths College University of London \***

MA Art Psychotherapy

<https://www.gold.ac.uk/pg/ma-art-psychotherapy/>

Art Psychotherapy Foundation Course

<https://www.gold.ac.uk/short-courses/art-psychotherapy-foundation/>

MA Dance Movement Psychotherapy

<https://www.gold.ac.uk/pg/ma-dance-movement-psychotherapy/>

Dance Movement Psychotherapy Foundation Course

<https://www.gold.ac.uk/short-courses/dance-movement-psychotherapy-foundation/>

### **3. Guildhall School of Music and Drama**

MA Music Therapy

[https://www.gsmd.ac.uk/music/principal\\_study/music\\_therapy/](https://www.gsmd.ac.uk/music/principal_study/music_therapy/)

### **4. Institute of Arts in Therapy and Education, London**

MA Integrative Arts Psychotherapy

<https://www.artpsychotherapy.org/therapy-courses/art-therapy/-arts-psychotherapy/>

### **5. Leeds Metropolitan University**

MA Art Psychotherapy Practice

### **6. Nordoff Robbins**

MA Music Therapy

<https://www.nordoff-robbins.org.uk/training/our-master-of-music-therapy-programme/>

### **7. University of Roehampton \***

MA Art Psychotherapy

<https://www.roehampton.ac.uk/postgraduate-courses/art-psychotherapy/>

MA Dance Movement Psychotherapy

<https://www.roehampton.ac.uk/postgraduate-courses/dance-movement-psychotherapy/>

MA Dramatherapy

<https://www.roehampton.ac.uk/postgraduate-courses/dramatherapy/>

MA Music Therapy

<https://www.roehampton.ac.uk/postgraduate-courses/music-therapy/>

Play Therapy

<https://www.roehampton.ac.uk/postgraduate-courses/play-therapy/>

**8. Royal Central School of Speech and Drama,  
University of London \***

MA Drama and Movement Therapy

<https://www.cssd.ac.uk/ma-drama-movement-therapy>

**9. University of Chester**

MA Art Therapy

<https://www1.chester.ac.uk/study/postgraduate/art-therapy>

**10. University of Derby \***

MA Art Therapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/art-therapy-ma/>

MA Dramatherapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/dramatherapy-ma/>

MA Music Therapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/music-therapy-ma/>

Dance Movement Psychotherapy MA

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/dance-movement-psychotherapy-ma/>

**11. University of Hertfordshire \***

MA Art Therapy

<https://www.herts.ac.uk/courses/postgraduate-masters/ma-art-therapy>

**12. University of the West of England, Bristol \***

MA Music Therapy

<https://courses.uwe.ac.uk/b99942/music-therapy>

Supervision training for music therapists

<https://courses.uwe.ac.uk/uspkj30m/supervision-training-for-music-therapists>

Therapeutic songwriting

<https://courses.uwe.ac.uk/uspkjc15m/therapeutic-songwriting>

### 13. Queen Margaret University, Edinburgh \*

MSc Art Psychotherapy (International)

<https://www.qmu.ac.uk/study-here/postgraduate-study/2020-postgraduate-courses/msc-art-psychotherapy>

MSc in Music Therapy

<https://www.qmu.ac.uk/study-here/postgraduate-study/2021/msc-music-therapy>

MSc in Play Therapy

<https://www.qmu.ac.uk/study-here/postgraduate-study/2021/msc-play-therapy>

Introduction to Dramatherapy Short Course

<https://www.qmu.ac.uk/study-here/continuing-professional-development-cpd-courses/cpd-courses-folder/introduction-to-dramatherapy-short-course>



# PROFESSION





## Belgium

The BVCT-ABAT (the Belgian Association for Arts Therapy - Belgische Vereniging voor Creatieve Therapie - Association Belge d'Arts Thérapies) was established in 2009. BVCT-ABAT aims to develop and support the promotion of quality in the professional practice of arts therapists, to provide information about arts therapy, to collaborate with organizations that pursue a related goal, both nationally and internationally, and to promote the interests of its members, insofar as they relate to their profession as a creative therapist.

The professional association BVCT-ABAT has put forward an ethical code for arts therapists. It is currently developing a register for arts therapists. By registering, arts therapists indicate that they are committed to meeting quality requirements.

More information on the Professional Association can be found at: <https://www.bvct-abat.be>



## Estonia

The profession of creative arts therapist is state recognised in Estonia. After completion of the Master's programme in Arts Therapies and at least one year of practical work in the speciality, it becomes possible to apply for the vocation **Creative Arts Therapist Level 7**. Professional standard includes three specialisations: art therapist, music therapist and dance movement therapist. Creative Arts Therapist Level 7 qualifies the holder as a specialist of psychotherapy and rehabilitation in the professional area of Health and Well-being. The professional standard of **Music Therapist Level 6** is registered under Occupational Therapy.

There are around 100 creative arts therapists in Estonia, most are art therapists. Creative arts therapies are applied mostly in the form of rehabilitation services. In addition, creative arts therapies are applied as supportive therapies in psychiatric treatment and social care, and in recent years as a support service for schools. The graduates from the creative arts therapies programme are employed in various areas - for example, the health and social care

systems, in education, in children's, youth and family work and in the wider preventive work in the field of public health.

The [Estonian Society of Creative Arts Therapies](#) was established in 2004 and functions as a professional society for specialists involved in the field of creative arts therapies, including visual art therapy, music therapy, dance movement therapy and dramatherapy. The [Estonian Society of Music Therapy](#) was founded in 1990.



## Finland

There are ongoing negotiations with authorities to secure protection and official registration for titles related to arts therapies. At present the Arts Therapists are also negotiating with the Ministry of Health and Social Affairs and the Ministry of Education and Culture to establish streamlined training for all disciplines, and to be recognized as a health care profession with the protected professional title of Arts Therapist (with a modality specification).

The **Music Therapy** profession is self-regulating, and the Finish Society for Music Therapy supervises the field. Music therapy is partly recognised as a health profession, and the [Social Insurance Institution of Finland](#) (KELA) reimburses the costs of music therapy for certain target groups in certain conditions as an Intensive Medical Rehabilitation or Rehabilitative Psychotherapy.

Music therapy services are provided for a wide variety of target groups across the fields of health care, rehabilitation, and education. Clinical work is mostly conducted in private practice, but there are approximately 70 posts in institutions in the field of rehabilitation and hospitals within public health care. Music therapy can be conducted flexibly in both in- and outpatient settings. The state-run [Social Insurance Institution of Finland](#) is a remarkable enabler of music therapy services in private practice. There are approximately 800 clinically trained music therapists, approximately half of whom are full-time clinicians.

**Art Therapy**, on the other hand, is not currently recognised as a state registered health care profession. Visual arts therapy is conducted in a variety of settings including, psychiatry, social

services, education, and the voluntary sector. Visual arts therapy is now established in many psychiatric hospitals and other institutions - however, development is still slow, and permanent positions are rare. Visual arts therapy is considered an application of psychotherapy. Due to the system of social insurance in Finland, many visual art therapists who also are registered as psychotherapists work in private practice.

***Dance movement therapy*** (DMT) services are provided for the different target groups in the fields of health care, rehabilitation, education and well-being. DMT is used in both in- and outpatient settings. There are approximately 80 clinically trained dance movement therapists, approximately half of whom are full-time clinicians.

The other Arts Therapy disciplines all have national associations, and some of them may have more than one.

### **Professional associations**

1. [The Finnish Society for Music Therapy](#) (since 1973), with its 300 members, has been an active agent and proponent of the professional music therapy practice in Finland. It organises national conferences twice per year and publishes the *Musiikkiterapia* journal.
2. [The Finnish Art Therapy Association](#) was founded in 1974 by pioneers of Art therapy in Finland. Its aim is to promote the practice and research of Art therapy. Its main focus of activity during the last ten years has been on training issues.
3. [The Association for Art Therapists in Finland](#) was established in 1979 to pursue and promote the professional interests of its members. The aim of the association is to further the knowledge of the field and to create professional contacts on a national and international level. The association organizes training and seminars and when needed also acts on ethical questions.
4. [The Finnish Dance Therapy Association](#) was founded in 2000 and serves as a professional network for Finnish dance movement therapists and to promote DMT's profile in Finland. The association participates in the development of DMT training in Finland and facilitates the practice of DMT in Finland.



## France

Art therapists in France do not have an official status, in terms of a regulated field. In the past few years, art therapists have been working to achieve statutory recognition, and have created ethical guidelines, professional associations and federations and led other actions. Art therapists work in hospitals (notably in geriatrics and cancer-related units), educational institutions, healthcare institutions, business settings, and non-profit organisations to provide care for specific populations, such as people who are migrants, homeless, or unemployed. The Masters of Artistic Creation, with four art therapy specializations is providing a basis to recognize professional training and status in the field.

### Professional associations

Among the various national associations existing in this field, the [Société Française de Psychopathologie de L'expression](#) (French Society of Psychopathology of Expression) is the largest. It deals with theatre as well as poetry, music, painting, film and dance, even if this society has been created in a medical context in which the interest in art productions was predominant.

[The French Federation of Music Therapy](#) works to promote the status of music therapist. The federation proposed a professional registration. Music Therapy, from the beginning, has been the most organised modality of arts therapies in France.

More information on the Professional Associations can be found at:

**1. The French Association of Music Therapy:**

<https://www.afm-musicotherapie.org/>

**2. The French Federation of Art Therapy:**

[www.ffat-federation.org](http://www.ffat-federation.org)

**3. La Société Française de Danse Thérapie**

<https://www.sfdt.fr/>



## Germany

The profession is not yet recognised in Germany.

There is no state regulation in respect of the professional recognition of an art or music therapeutic service whose costs are covered by health insurances (as is the case with medical care). As art therapists are characterised as auxiliary *healing professionals* and not as healing professionals there is consequently still no legally protected and independent status for this profession.

Since the 1970s a number of professional associations have formed. The largest of them is the [Deutscher Fachverband für Kunst- und Gestaltungstherapie e.V.](#) (German Professional Association for Art Therapy and Creative Therapy, DFKGT). The largest music therapy association is the [Deutsche Musiktherapeutische Gesellschaft](#) (DMtG). In 2008 the German associations came together to form the [Bundesarbeitsgemeinschaft Künstlerischer Therapien](#) (BAG), which is the National Association for Arts Therapies and includes art therapy, music therapy, dance therapy, movement therapy and theatre therapy. Their aim is to work together toward a standard of arts therapies education and toward a professional profile of arts therapists in Germany. They aim to initiate a legal provision as healing professions. The policy aim is to achieve full professional recognition.

The BA and MA programmes at state recognized universities are officially recognized as accredited courses of study by the ministries. Art and music therapists are allowed to practise in clinics etc. Under legislation relating to psychotherapy passed in 1998 psychologists and teachers with psychotherapy training (mainly with a psychoanalytic or behavioural orientation) may work as independent practitioners. Nevertheless, the attending physician remains responsible and the arts therapist operates under his/her supervision. This does not apply to the wider field of therapeutic measures taken within education, counselling, prevention, rehabilitation and integration of marginal groups.

In 2002, 56.4% of art therapists worked independently, 43.3% in clinics, 22.6% in other institutions, 3.8% in schools and 2.5% in kindergartens. A new study initiated by the professional associations is soon to take place. According to the development of research in the field of arts therapies, clinics, rehabilitation institutions and counselling authorities register a growing demand for non-medical therapies using artistic-creative media. There is also a growing demand in social fields and schools.



## Greece

Although the music therapy profession is not yet recognized in Greece, many graduates are hired to work as music therapists in various health institutions.



## Ireland

In 1986 the [Irish Association of Creative Arts Therapists](#) was developed as a professional association. At present there is no state recognition or state registration system for the arts therapies but IACAT is requesting this status under the terms of the [Health & Social Care Professionals Act \(2005\)](#). The association has developed a code of ethical practice. It has an organisational structure that supports practitioners and the arts therapy educational systems in Ireland. IACAT regularly publishes a professional journal [polyphony.iacat.me](http://polyphony.iacat.me)



## Israel

In 2010, the [Council for Higher Education](#) published uniform guidelines for academic recognition of creative arts therapy M.A. programs. In 2014, the [Israeli Higher Council for Arts Therapies](#) was established to unify the professional approach to arts therapies in Israel, with guidelines for advanced clinical training and guidelines for clinical supervision for Arts therapies students and practitioners.

Arts therapy now has a protected title in Israel and the arts therapy profession includes the specified modalities: 'visual Art Therapy', Bibliotherapy, Dance-Movement Therapy, Dramatherapy, Music Therapy and Psychodrama. It has been regulated by the [Ministry of Health](#) since 1992, and the Ministry of Higher Education has regulated the Academic Master Degree since 2008.

There is currently an Arts Therapy Law on the government's agenda introducing criminal sanctions to anybody practicing the profession without the required training and licence, in order to establish state-recognised positions for arts therapists.

The [Israeli National Association for Arts Therapy](#) called Y'A.H'A.T. (Formation. Expression. Therapy) was founded in 1971. The various modalities of the association are members of different professional associations. It collaborates with various professional associations, and has recently created a new program, called "ACADEMIYAHAT", which provides enrichment programmes for Arts therapists in their field.

Arts therapists in Israel work with varied ages and populations. Many are employed by the Ministry of Education, working in the special or regular education systems. Others are employed by the [Ministry of Welfare](#), working in health services, such as hospitals and clinics. Some Arts therapists are employed by non-profit organizations and work with youth at risk. Art therapists are also employed by the [Ministry of Defense](#), working with veterans, and others work in private clinics.

Most Arts therapists in Israel work in psychodynamic, humanistic and phenomenological approaches. Many integrate cognitive-behavioural methods and some work in systemic approaches. Arts therapists provide individual, dyadic and group therapy.



## Lithuania

Music, art, dance, and drama therapists are health care professionals whose profession is approved and recognised by the Ministry of Health (see: <https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/6dc154012fd811eb8c97e01ffe050e1c?jfwid=q8i88mcob>) and Art Therapy is applied in therapeutic, social, educational programmes, and rehabilitation fields.

The main aim of the Lithuanian Association for Art Therapy Application (LDTTA) is to contribute to the emergence and development of the Arts Therapy profession in Lithuania by providing a forum for people working in this field, by developing the organisation, qualifications and training programmes of the profession, and by promoting and collecting specialised literature and research.

The LDTTA and LUMTA have had an important role advocating and promoting Art Therapy with the Seimas and the Government of the Republic of Lithuania since 2005. Initiatives include discussing the application of Arts Therapies in work with youth and adolescents. Another important push was for the establishment of an interdepartmental working group acting for the Ministry of Health of the Republic of Lithuania in the autumn of 2009.

The result of this work was the analysis of the situation of arts therapies in Lithuania and the measures proposed, together with its annexes: a draft profile of professional activities of arts therapists'; a draft profile of professional qualification requirements for arts therapies professionals; the distribution of qualification requirements among persons willing to practice arts therapies; a draft profile of the pioneering of the art therapy profession; and a working group's guidelines on the training of arts therapies professionals. On the 30 October 2014, the 'Description of Professional Qualification Requirements for an Arts Therapists' was approved by the Order of the Minister of Health of the Republic of Lithuania (see: No.V-1114 [http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc\\_l?p\\_id=487123&p\\_tr2=2](http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc_l?p_id=487123&p_tr2=2))

More information on the Professional Associations can be found at:

**1. Lithuanian Art Therapy Association**

<http://www.ldta.lt/>

**2. Lithuanian Music Therapy Association**

<http://www.muzikoterapija.lt/en/>

**3. Lithuanian Psychodrama Union**

<http://www.psichodrama.lt/>

**4. Lithuanian Dance Movement Therapy Association**

<http://www.lsjta.lt/>

**5. Lithuanian Arts Therapy Association**

[http://meno-terapija.org/index\\_en.html](http://meno-terapija.org/index_en.html)



## **Netherlands**

The profession is not officially recognised and regulated in the Netherlands. The [Dutch Association of Mental Health](#) and the [Zorginstituut Nederland](#) (the national body that regulates health insurance in The Netherlands) cooperate with each other and regulate the professional therapies field (i.e. the 'vaktherapie').

There are seven professional arts therapies associations, one for each modality under the umbrella organization, [Federatie Vaktherapeutische Beroepen](#) (FVB) representing 3,225 members in total. The professional associations support therapists by organising and offering activities, workshops, and courses for continuous professional development (CPD). They work to develop protocols and modules for clinical settings and set standards for professional practice.

The FVB serves the joint interests of all the arts therapies with governmental organizations, healthcare and insurance companies or educational programmes, and helps to further development within the professional field. There is a code of ethics and a procedure for complaints in place. A journal for the arts therapies is published four times per year.

There is a separate body for registration, called [Stichting Register Vaktherapeutische Beroepen](#), where arts therapists, with a Diploma from one of the acknowledged and government-accredited programmes can register on junior or senior level after fulfilling additional requirements. (These requirements include: membership of one of the arts therapies associations, five years working experience of minimum 16 hours per week, supervision, and a certain number of credits for CPD.) The level of registration is decided by level of Diploma, Masters or Bachelor. Re-registration is required after five, then seven and eventually ten years. For this one needs proof of a certain amount of supervision and CPD.

More information on the Professional Associations can be found at:

1. **Art:** [Nederlandse Vereniging Beeldende Therapie](#) (NVBT)
2. **Dance:** [Nederlandse Vereniging voor Danstherapie](#) (NVDAT)
3. **Drama:** [Nederlandse Vereniging Dramatherapie](#) (NVDT)
4. **Music:** [Nederlandse Vereniging Muziektherapie](#) (NVvMT)
5. **Psychomotor therapy:** <https://www.nvpmt.nl/> (NVPMT)
6. **Psychomotor therapy:** <https://nvpmkt.nl> (children)
7. **Play therapy:** <https://www.speltherapie.net>



## Norway

The profession is not yet recognised in Norway.

There is no official certification for arts therapists in Norway. Most professionals have their certification based on their first profession as nurses, occupational therapists, special educators etc. The Norwegian Psychotherapy Association has recently been founded and is a member of the [European Association for Psychotherapy](#) (EAP). Its goal is to establish an official certification and registration system in Norway that would include qualified arts therapists.

More information on the Professional Associations:

1. The [Norwegian Music Therapy Association](#) (Norsk forening for musikkterapi) was founded in 1972.
2. The [Norwegian Association for Art Therapy](#) was founded in 1978.

The other arts therapies disciplines have formed their own associations.



## Poland

The profession of Art therapist and Music therapist have had state recognition since 2015

(<https://stat.gov.pl/Klasyfikacje/doc/kzs/pdf/KZiSDzU28-08-2014poz1145.pdf>)

(<http://prawo.sejm.gov.pl/isap.nsf/download.xsp/WDU20170001643/O/D20171643.pdf>)

There are two music therapy associations in Poland: [The Polish Association of Music Therapists](#), founded in 1996; and the Music Therapy Association in Lublin, founded in 2012.

The [Polish Association of Music Therapists](#) collaborates closely with the Music Therapy Department of [Music Academy](#) in Wrocław, particularly in teaching and research. It has around a hundred members and represents the interests of the majority of Polish

music therapists. Since 2002 it has published its own journal, *Polish Music Therapy*.

Art therapy in Poland is conducted in a range of different settings including medical and psychiatric hospitals, special needs schools, occupational therapy and private practice.

More information on the Professional Associations can be found at:

**1. Association of Polish Arts Therapists *Kajros*** founded in 2003:

[www.kajros.pl](http://www.kajros.pl)

**2. Association Psychiatry and Art:**

[www.psychiatriaisztuka.pl](http://www.psychiatriaisztuka.pl)

**3. Polish Association of Therapy through Art:**

[www.arteterapia.pl](http://www.arteterapia.pl)

**4. Polish Psychiatric Association**

[psychiatria.org.pl](http://psychiatria.org.pl)

**5. The Polish Association of Music Therapists**

[www.muzykoterapia.pl](http://www.muzykoterapia.pl)

**6. The Music Therapy Association:**

[www.arteterapia.pl](http://www.arteterapia.pl)

**7. The Polish Bibliotherapy Society:**

<http://biblioterapiatow.pl/index.php/galeria/otwarcie-gabine-tu-biblioterapeutycznego/category/2-gabinet>

**8. The Polish Society of Choreotherapy**

<http://www.psch.org.pl/en/>

**9. The Polish Society of Psychotherapy with Dance and Movement (PSPTiR)** <http://www.stowarzyszeniedmt.pl/pl/>

**10. The Institute DMT**

<https://www.instytutdmt.pl/>

The [Association of Polish Arts Therapists](http://www.kajros.pl) (Kajros) cooperates with universities (standards of education) and promotes ECArTE's ideas and events.



## Slovenia

The profession is not yet recognised or regulated in Slovenia. Graduates are able to practice as arts therapists mostly in the context of their undergraduate qualifications (principally as teachers, educators, psychologists, etc.) or in private practice.

The Slovenian Arts Therapists Association was founded in 2004 and represents all the arts therapy modalities. One of its main tasks is to establish the arts therapies as a recognised profession. The Association promotes arts therapies in Slovenia, organizes professional meetings, publishes proceedings and other written material of authors from Slovenia and beyond. It also serves as a network for Slovenian arts therapists across the arts therapy modalities (about 40 in 2011), students and other professionals interested in arts therapies.

Altogether there are over 60 arts therapists who work in different institutions (20 dance-movement, 25 visual arts, 10 drama, 6 music): 14 therapists in hospitals and clinics, about 40 in schools (mainstream and special education), 2 in private practice, 2 in community centres for social work, 2 therapists in community centres for cultural work. Some work in more than one setting.



## Spain

**Art Therapy** is not recognized officially as a profession in Spain, nor does it have a protected title at present. However, FEAPA is in negotiations with the Ministry of Work to secure this status.

Arts therapists tend to work in educational, clinical, cultural and social settings.

**Dance Movement Therapy** has yet to be recognized as a new profession in Spain. However, the [Spanish Association for Dance Movement Therapy](#) (ADMTE) is working actively towards establishing recognition from the European Association of Psychotherapeutic Association (FEAP).



## United Kingdom

There are four professional associations. All publish their own registers, codes of professional practice, journals and research findings:

1. **British Association of Art Therapists:**  
<https://www.baat.org>
2. **British Association of Dramatherapists:**  
<http://www.badth.org.uk>
3. **British Association of Music Therapists:**  
<http://www.bamt.org>
4. **Association of Dance/ Movement Therapists:**  
<https://admp.org.uk>

### *Art Therapy*

Nationally recognised courses in art therapy have been established in the UK since the early 1970s. The clinical training is at post-graduate level (Masters). Qualified practitioners and students register with the [British Association of Art Therapists](#) (BAAT).

The professional body is recognised by state authorities and is able to negotiate on behalf of its members with the various employing bodies. Art therapy is formally recognised for employment purposes by the National Health Service, Education and Social Services. Practitioners are registered and regulated through the [Health and Care Professions Council](#).

Art therapy is a form of psychotherapy that uses art media as its primary mode of communication. Art therapy differs from other psychological therapies in that it is a three-way process between the client, the therapist and the image or artefact. Thus, it offers the opportunity for expression and communication, and can be particularly helpful to people who find it hard to express their thoughts and feelings verbally.

Art therapists have a considerable understanding of art processes underpinned by a sound knowledge of therapeutic practice and work with both individuals and groups in a variety of residential and community-based settings, for example: adult mental health,

learning disabilities, child and family centres, palliative care and the prison service. The diversity of these areas of work is reflected in the number of special interest groups that have developed in affiliation with the British Association of Art Therapists.

Art therapy is a diverse profession, and it is important to ensure that those who practise it are maintaining the standards appropriate to the profession. Art therapists, along with dramatherapists and music therapists need to register with the [Health and Care Professions Council](#).

### ***Dramatherapy***

Nationally recognised courses in dramatherapy have been established in the UK since the 1980s. Qualified practitioners register with the [British Association of Dramatherapists](#) (BADth).

Dramatherapy has as its main focus the intentional use of healing aspects of drama and theatre as the therapeutic process. It is a method of working and playing that uses action methods to facilitate creativity, imagination, learning, insight and growth.

Dramatherapy is a form of psychological therapy in which all of the performance arts are utilised within the therapeutic relationship. Dramatherapists are both artists and clinicians and draw on their trainings in theatre/drama and therapy to create methods to engage clients in effecting psychological, emotional, and social changes. The therapy gives equal validity to body and mind within the dramatic context: stories, myths, play texts, puppetry, masks and improvisation are examples of the range of artistic interventions a dramatherapist may employ. These will enable the client to explore difficult and painful life experiences through an indirect approach.

Dramatherapy is a diverse profession and it is important to ensure that those who practise it are maintaining the standards appropriate to the profession. Dramatherapists, along with art therapists and music therapists, need to register with the [Health and Care Professions Council](#).

Dramatherapy is formally recognised for employment purposes by the National Health Service. In addition, many dramatherapists work in social services, education, prisons (Home Office) and the private sector.

### ***Music Therapy***

Nationally recognised courses in music therapy have been established in the UK since the late 1960s. Qualified practitioners register with the [British Association of Music Therapists \(BAMT\)](#). All practitioners need to register with the [Health and Care Professions Council](#).

Music plays an important role in our everyday lives. It can be exciting or calming, joyful or poignant, can stir memories and powerfully resonate with our feelings, helping us to express them and to communicate with others.

Music therapy uses these qualities and the musical components of rhythm, melody and tonality to provide a means of relating within a therapeutic relationship. In music therapy, people work with a wide range of accessible instruments and their voices to create a musical language which reflects their emotional and physical condition; this enables them to build connections with their inner selves and with others around them.

Music therapists support the client's communications with a bespoke combination of improvised or pre-composed instrumental music and voice, either sung or spoken. Individual and group sessions are provided in many settings such as hospitals, schools, hospices and care homes, and the theoretical framework that informs the therapist's approach will depend on their training and the health needs which are to be met.

The professional body is recognised by state authorities and is able to negotiate on behalf of its members with various employing bodies. Music Therapy is formally recognised for employment purposes by the National Health Service. In addition, many music therapists work in social services, education, prisons (Home Office) and the private sector.

## ***Dance-movement Psychotherapy***

Nationally recognised courses in dance/movement psychotherapy have been established in the UK since the late 1980s. Qualified practitioners register with the [Association of Dance Movement Psychotherapists \(ADMP\)](#) and the [UK Council of Psychotherapy \(UKCP\)](#).

Dance-movement psychotherapy is the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration. It is founded on the principle that movement reflects an individual's patterns of thinking and feeling. Through acknowledging and supporting clients' movements the therapist encourages the development and integration of new adaptive movement patterns together with the emotional experiences that accompany such changes. Dance movement psychotherapy is practised as both individual and group therapy in health, education and social service settings and in private practice. While the documented use of dance as a healing art can be found in ancient history from all over the world, the contemporary profession incorporates dance, movement and psychological theories and therapeutic practices developed primarily in Europe and North America.

Entry into the profession is through the successful completion of a post-graduate degree. Currently there are three post-graduate DMP training programmes recognized by ADMP UK, delivered by universities that are members of ECARTe:

- [University of Derby](#)
- [Goldsmiths, University of London](#)
- [University of Roehampton](#)

# RESEARCH





## Belgium

Research related to arts therapy is done within the different universities. Within this, the link with creative practice of the arts therapist is often central.



## Estonia

Current research and research interests in arts therapies include: the application of arts therapies in educational settings; the relationship between creative activities, creativity and wellbeing; art therapy with persons with suicidal behaviour; and psycho-physiological effect of vibroacoustic therapy (VAT). There is a considerable body of published research available across the disciplines.



## Finland

Research is crucial to the future of the arts therapies. In Finland, research is a very active field, especially in music therapy, and research is also beginning to develop in DMT. All forms of research are needed at all levels of evidence. Collaborative and applied approaches are common and more likely to attract funding. Collaboration happens between arts therapies and psychology or arts therapies and medicine, rather than as cross-modal studies (between the arts therapies), and can be at national and international level. International research collaboration is mainly concentrated in the field of music therapy.

The University of Jyväskylä is becoming an important centre for education and research for the Arts Therapies. University and faculty have supported building the infrastructure for research and training facilities, which are at a very high level (<https://www.jyu.fi/hytk/fi/laitokset/mutku/en/research/finmus>). Currently, there are between 10 and 15 students conducting doctoral work covering single case studies, surveys, action research and small-scale experiments. For a list of these titles in English see: <https://jyx.jyu.fi> (search for 'music therapy').

The professional association supports all kinds of research activities and participates in the distribution of data collection and related activities. There has been a constant need for evidence-based research, which is closely connected to medical contexts during the last two decades. These larger scale research projects (RCTs and Clinical Trials) are usually funded by external funding sources, like the Academy of Finland and EU.

For further information on research activity at the University of Jyväskylä, see: <https://www.jyu.fi/hytk/fi/laitokset/mutku/en/research/finmus>

### **Useful Links**

**The Academy of Finland:**

<https://www.aka.fi/en/>

**Social Insurance Institution of Finland (KELA):**

<https://www.kela.fi/web/en>

**The Ministry of Social Affairs and Health:**

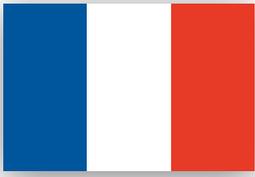
<https://stm.fi/en/frontpage>

**The Ministry of Education and Culture:**

<https://minedu.fi/en/frontpage>

**See the following interdisciplinary website:**

<https://www.taideterapia.fi>



## France

Music therapy research is advanced in France, and there is a focus on working with premature babies. On the other hand, the Sainte Anne - Centre de L'Etude de L'Expression has been training art therapists since 1954. Their mission is to teach art therapy and pursue research. Whereas, research in dramatherapy is mostly qualitative in nature.

In art therapy research, the University of Paris Masters, 3 research topics are highlighted :

1. Empathy and emotional aesthetics
2. Psychic processes of creation engaged in a therapeutic relationship
3. The role of artistic materials, sensorial and technical aspects which impact the therapeutic process.

Doctoral studies on art therapy topics are also available. PhD students enroll in a doctoral school based on their topics, such as a doctoral school in sports (dancetherapy), theatre (dramatherapy), music (musictherapy), fine arts (visual art therapy), Education, or Psychology.

Reference publication: Lecourt E., Lubart T. (2017)  
Les art-thérapies, Paris, Dunod (2020 2° ed.)



## Germany

In the German arts therapies landscape, research is set at masters' level in the various university programmes. PhD research at various training institutions has resulted in a wide range of publications. Also, individual universities and clinics have engaged in research projects, a number of which can be viewed as entries in the individual member sections.

In 2017, the [Wissenschaftliche Fachgesellschaft für künstlerische Therapien](#) (WFKT) was founded. This scientific learned society for the arts therapies aims to:

- promote research in higher education
- create a dialogue between science, practice and other respective learned societies
- develop research strategies in the arts therapies
- support research projects and fledgeling researchers
- participate in national and international health conferences

WFKT has established the [Journal of Arts Therapies](#) (JAT) as a bilingual scientific publication to promote research activities and make research results accessible to a broader arts therapies community.



## Greece

There are six PhD students currently conducting music therapy research in the following areas:

- The role of the therapeutic relationship with the speech development of children in the autism spectrum in music therapy sessions.
- Emotional, motivational and interpersonal response of children with cochlear implants through music therapy improvisation.
- Drug addiction: From prevention to rehab through sounds and measurements.
- Psychoanalytic theory and practice in music therapy clinical settings.
- The influence of psychodynamic music therapy with sexually abused children. A qualitative research.
- Music Therapy with patients after gall bladder surgery.



## Ireland

This information will be added in due course.



## Israel

Arts therapy research in Israel is methodologically varied and examines different aspects of arts therapy, and studies include local and international research collaborations. Israeli arts therapists participate in national and international conventions of varied subjects in the fields of psychology, ethics and education.

Training programmes value social sciences qualitative, quantitative and mixed methods research, and some Arts therapists study for PhDs in related fields, such as Welfare, Health, Psychology and Education departments.

Funding for research comes mainly from education and social sciences grants from academic institutions and from independent organizations or associations. Funding is also made available by the [Planning and Budgeting Committee \(PBC\)](#), which is responsible for funding the Israeli system of higher education.

The Art Therapy Department at Beit Berl has established a research center named The art materials and materials of the soul research lab where researchers, students and graduates pursue research into art materials and their unique psychodynamic domains, the art therapy studio, autism, communities in crisis, VR and post-trauma, a unique field that is explored through studio work and exhibitions. Over the past few years there has been an increase in international research collaborations between different creative arts therapies modalities, and Beit Berl College is currently conducting research studies in collaboration with Nepal, India, Europe and the US.



## Lithuania

The masters Art Therapy programme consists of 120 ECTS, of which 30 ECTS are assigned for research work. Between 2013-2020, students conducted some 25 important studies, using qualitative, quantitative and mixed methods research projects, and the main aim of the studies was to generate knowledge for evidence-based practice. The studies cover a wide range of areas including children and adolescents in care homes, children with autism spectrum disorder, girls who have experienced sexual abuse, adolescents undergoing rehabilitation, adults with depression, schizophrenia, eating disorders, epilepsy, and disabilities.

Findings indicated that art therapy enables a better understanding of emotions and improves communication and relations; statistically significant changes were observed in emotional expressions, emotional awareness and emotional regulation. The results of the research showed that the use of art therapy for young children of school age reduced the anger of children towards oneself and helped control anger towards others. Art therapy was a valuable method of complex treatment for patients with schizophrenia and has a beneficial effect on the quality of life and health of a patient. All patients with depression felt benefit from art therapy, support from peers in the group and, in addition, recommended art therapy to other patients with depression. The positive effect of art therapy on the body self-awareness of eating disorder patients has been established: the image of a human being during the art therapy sessions was different and was perceived as a single entity, not a disassembled object. Another study revealed that art therapy helped patients with epilepsy express in art therapy the complex experiences they find difficult to speak about.

The joint master degree program in Art Therapy contributes to the development of the art therapy field in the country, and educates art therapy specialists who are prepared to work and apply their knowledge and skills in various health care institutions. The research results validate the needs of the art therapy in clinical settings and contributes building evidence-based art therapy practice.



## Netherlands

Special research groups in the arts therapies include HAN University of Applied Sciences' Arts Therapies with Personality Disorders project (<https://www.han.nl/onderzoek/lectoraten/bijzonder-lectoraat-vaktherapie-bij-persoonlijkheidsstoornissen/index.xml>) and Codarts in Rotterdam's Excellence and Wellbeing project, focusing on the role of the arts in mental health.

Several universities collaborate in centres for research (see under each university for more information) and some are currently developing a joint Masters programme. One of these research centres is KenVaK, the joint venture of six universities.

Other examples are the professorship for Anthroposophic Healthcare, covering, amongst others, research in the arts therapies that have emerged from an anthroposophic basis; and the small design research group of Stenden University (<https://www.nhlstenden.com/en/research/professorships/social-work-and-arts-therapies>).

KenVaK Research Centre for the Arts Therapies is an important platform. KenVaK supports the work of the FVB and ensures that they remain grounded in the realities of the field, the medical world and the needs for sound research whilst maintaining a strong link between the lines of research, the training programmes and the professional association.



## Norway

Current research in Norway is focused primarily on embodiment in art and music therapy, and there is cross-disciplinary as well as national and international collaboration in these domains.

OsloMet is developing a research component for its 2022 Masters programme. Doctoral work at the University is dependent on funding.



## Poland

The Arts Therapies in Poland are not an independent scientific discipline. Research is conducted within various disciplines, currently mostly, but not exclusively, in Pedagogy. Art therapy topics appear in research conducted with the framework of psychology, health sciences, physical education, Arts (fine arts, music), and literary studies. Bachelors and Masters degrees on the basis of diploma thesis in Arts Therapy can be obtained from various universities.

### **Books on history, theories and programmes of Arts Therapy:**

Bartel R. ed. (2017) *Sztuka w terapii, terapia w sztuce : teoretyczne i praktyczne aspekty autoterapii przez sztukę* Poznań: Uniwersytet Artystyczny w Poznaniu

Furmanowska, M. (ed.) (2014) *Art in Education and Therapy*. Warsaw: Atut.

Gisman-Stoch, J. (2019) *My Birth will be tomorrow; Being Present in the Transitional Space Between the Old and the New - a Voice from Poland* in: *Traditions in Transition in the Arts Therapies*. Ed. Richard Hougham, Salvo Pitruzzella, Sarah Scoble, Hilda Wengrower. University of Plymouth Press.

Karolak, W. (2015) *Drawing in Art Therapy*. Warsaw: Difin.

Nieduziak E. (2019) *Sensitive research areas in theatre and disability* in: *Kult. Eduk. - 2019, nr*

Stefanska, A. (2018) *Theatre therapy for young adults with learning difficulties*. Poznan: Wydawnictwo Naukowe UAM

Szulc, W. (2018) *Knowledge about the arts* .



## Slovenia

This information will be added in due course.



## Spain

Research is needed in order to prove the efficiency of the Arts Therapies. Art Therapy Research is conducted by Universities and research groups within the Universities. Most of the research in Spain is delivered by the University Complutense and the Autonomous University of Madrid, although it is a growing field and new art therapy programmes at doctoral level are starting as in the university of Granada and Barcelona. University Complutense has led a national Research grant for 4 years funded by the Ministry of Competitiveness (see: <https://www.ucm.es/aletheia/que-es-aletheia>).

UCM is leading another National Project financed by the State for the four following years (2021-2025) with the collaboration of NGOs (see "Brundibár" in <https://www.ucm.es/eartdi/proyectos-de-investigacion>).

EARTDI, the strongest research group in Art Therapy in Spain, with national validation, has published books, journal articles, book chapters on Art Therapy, national and internationally (see <https://www.ucm.es/aletheia/resultados-2018> and <https://www.ucm.es/eartdi/publicaciones>).

The most important scientific journal on Art Therapy in Spain is "Papeles de Arteterapia" (SCOPUS, WOS, and other index citation sources). It is published yearly by the University Complutense of Madrid, and in its 17 years has become a reference in Latinoamerican countries (<https://revistas.ucm.es/index.php/ARTE>).

The Full Masters Art Therapy programmes at universities link internships with research. That is why most of the students want to continue with research. Currently, around 20 PhD theses have been produced in Spain. 10% of students who finish their Full master at the University of Madrid follow PhD studies. The predominant methodologies are mostly qualitative and mixed at present, and Arts therapists develop their own specific qualitative methods, including ethnography, case studies, grounded theory, etc. Most PhDs receive no scholarships or funding.

### Useful Links:

**1. Asociación Española de Arteterapia (ATE):**

<https://arteterapia.org.es/>

**2. Foro Iberoamericano de Arteterapia (AFIA):**

<http://www.afia.es/>

**3. GREFART - Grup de Recerca i Formació en Arterrapia:**

[www.grefart.org](http://www.grefart.org)

**4. Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano (ATH)**

**5. MURARTT - Asociación Profesional de Arteterapia de la Región de Murcia:** <http://terapiascreativas.org/murartt/>

**6. EARTDI, 941035, research group of Art Education, Art Therapy and Social Inclusion:** <https://www.ucm.es/eartdi>

### *Dance Movement Therapy*

Research and methodology form part of [Universitat Autònoma de Barcelona](#) (UAB)'s DMT Masters training programme. Research on clinical practice adopts a self-reflective approach undertaken via clinical case presentations and through a range of research methodologies. Recent publications, following UAB's 10th and 15th anniversary, can be found on the Masters programme web page: <https://ddd.uab.cat/record/117258> and <https://ddd.uab.cat/record/222304?ln=ca> respectively.

### **Books published by the DMT training at UAB:**

Panhofer, H., Campo, M & Rodriguez, R. (Eds.) (2018). *Con-muévete y mueve el mundo! Jornadas para la celebración del 15º aniversario del máster en Danza Movimiento Terapia*. Bellaterra: Servei de Publicacions. Universitat Autònoma de Barcelona. <https://ddd.uab.cat/record/222304>

Panhofer, H., & Ratés, A. (Eds.) (2014). *ENCONTRAR - COMPARTIR - APRENDER. Máster en Danza Movimiento Terapia. Jornadas del 10º aniversario*. Bellaterra, Barcelona: Servei de Publicacions. Universitat Autònoma de Barcelona. [https://ddd.uab.cat/pub/l1ibres/2014/117258/enccomapr\\_a2014.pdf](https://ddd.uab.cat/pub/l1ibres/2014/117258/enccomapr_a2014.pdf)

*Most Masters theses are published by the UAB digital library (<https://ddd.uab.cat/>), while a series have also been published in different professional journals, for example:*

Demirtoka, S. (2020). "Welcome to My Kingdom": The Therapy Process between an Adolescent and a Dance Movement Therapist in Training, *Journal of Infant, Child, and Adolescent Psychotherapy*, DOI: 10.1080/15289168.2021.1872133 <https://doi.org/10.1080/15289168.2021.1872133>

Savidaki, M., Demirtoka, S. & Rodriguez, R. (2020). Re-inhabiting one's body: A pilot study on the effects of dance movement therapy on body image and alexithymia in eating disorders. *Journal of Eating Disorders*, 8:22. doi: 10.1186/s40337-020-00296-2. <https://pubmed.ncbi.nlm.nih.gov/32426135/>

*Some articles and book chapters directly concerned with research on DMT in Arts Therapies training include:*

Panhofer, H., Bräuninger, I. & Zelaskowski, P. (2016). Dance movement therapy training: the challenges of interculturality and cross-cultural communication within a diverse student group-analytic large group In D. Dokter & M Hills De Zárata (Eds.) *Intercultural Arts Therapies Research. Issues and methodologies*. London: Routledge, 56 -74.

Panhofer, H., García, M.E., Zelaskowski, P. (2014). The challenge of working with embodied, emotional consciousness in the context of a university-based Dance Movement Therapy training. *The Arts in Psychotherapy*, 41, 115- 119. <https://www.sciencedirect.com/science/article/abs/pii/S0197455613001895>



## United Kingdom

The body of research within the field of the arts therapies in the UK is growing. This has included research conducted within PhD programmes in all the disciplines, which looks at both the clinical application and effectiveness of the discipline as well as methodological and philosophical roots.

The International Centre for Research in the Arts Therapies was set up in 2009 at Imperial College London to support the development and research in the arts therapies.

Roehampton University has a centre for Research in the arts therapies: <https://www.roehampton.ac.uk/research-centres/centre-for-international-research-in-arts-and-play-therapies/>

Studies have also been carried out to work towards an evidence base. For example, there is a current Randomised Controlled Trial using dramatherapy with children diagnosed with autism being carried out by the Charity Roundabout <https://www.roundaboutdramatherapy.org.uk/about/>

The Arts Therapies are recognised within the NICE guidelines (National Institute for Clinical Excellence) – as for example the use of the arts therapies in the early intervention of psychosis <https://www.nice.org.uk/sharedlearning/dramatherapy-in-early-intervention-in-psychosis> and dramatherapy groups for people living with psychosis.

For an outline of evidence in the arts therapies, the NICE guidelines document different research projects here <https://www.evidence.nhs.uk/search?q=art%20therapy%20mental%20health>.



# OVERVIEW

## BY COUNTRY

### KEY

AT = Art Therapy  
 DMT = Dance Movement Therapy  
 DT = Dramatherapy  
 MT = Music Therapy  
 ATs = Arts Therapy/Arts Therapist



## BELGIUM

<b>HISTORY</b>	Since 1960s as a reaction to the influence of the biomedical model in mental health with artists, occupational therapists and nurses introducing the use of art within psychiatry. Courses in ATs were established at the end of the 1990s.
<b>MODALITIES</b>	AT/DMT/DT/MT
<b>TRAINING &amp; COURSES</b>	<p>Three recognized programmes (those starred are Members of ECArTE):</p> <ul style="list-style-type: none"> <li>• <a href="#">Artevelde University of Applied Sciences*</a> in Ghent (Advanced bachelor programme in AT, DMT, DT, MT)</li> <li>• <a href="#">Luca - School of Arts</a> in Leuven (Bachelor and master programme in MT)</li> <li>• <a href="#">PXL University of Applied Sciences*</a> in Hasselt (Advanced bachelor programme in AT)</li> </ul>
<b>PROFESSIONAL RECOGNITION</b>	Not yet recognised
<b>PROFESSIONAL ASSOCIATIONS</b>	<a href="#">Belgian Association for Arts Therapy (BVCT-ABAT)</a> was established in 2009 to develop and support the profession and to develop a register for arts therapists. By registering, arts therapists indicate that they are committed to meeting quality requirements.
<b>RESEARCH</b>	ATs research is university-centred.



## ESTONIA

<b>HISTORY</b>	<ul style="list-style-type: none"> <li>• Early 1980s</li> <li>• 1991-1992/1995 (MT)</li> <li>• 2004-2005 (AT)</li> <li>• 2019 (DMT)</li> </ul>
<b>MODALITIES</b>	AT/DMT/MT
<b>TRAINING &amp; COURSES</b>	<p><a href="#">Tallinn University</a></p> <ul style="list-style-type: none"> <li>• Three-year Bachelor's degree course (180 ECTS) (2007).</li> <li>• Two-year Master's degree course (120 ECTS) - (AT/DMT) (2007 &amp; 2013). Validated: <a href="#">Ministry of Education and Research</a> and <a href="#">Estonian Quality Agency for Higher and Vocational Education</a></li> <li>• One-year Foundational courses</li> <li>• Continuous Education trainings</li> </ul> <p><a href="#">Estonian Academy of Music and Theatre</a> (2009)</p>
<b>PROFESSIONAL RECOGNITION</b>	<p>Yes</p> <ul style="list-style-type: none"> <li>• c. 100 Creative Arts Therapists active in rehabilitation services, psychiatric treatment and social care support, education and public health</li> <li>• Creative Arts Therapist Level 7</li> <li>• Music Therapist Level 6 (under Occupational Therapy)</li> </ul>
<b>PROFESSIONAL ASSOCIATIONS</b>	<ul style="list-style-type: none"> <li>• <a href="#">The Estonian Society of Creative Arts Therapies</a> (2004)</li> <li>• <a href="#">The Estonian Society of Music Therapy</a> (1990)</li> </ul>
<b>RESEARCH</b>	<p>Considerable body of published research available across the disciplines, including:</p> <ul style="list-style-type: none"> <li>• Educational settings</li> <li>• Relationship between creative activities, creativity and wellbeing</li> <li>• Art therapy and suicide</li> <li>• Vibroacoustic therapy (VAT)</li> </ul>



## FINLAND

<b>HISTORY</b>	<ul style="list-style-type: none"><li>• Developed rapidly since the 1950s from within psychiatry, special education, and rehabilitation.</li><li>• MT, AT, DMT are the largest professional groups at university level.</li><li>• DT and photo therapy also practised.</li><li>• Pioneering work in MT began in 1920s/1930s. More widespread in late 1960s. First trainings in 1973 at Sibelius Academy.</li><li>• University of Jyväskylä launched a second training programme in mid-1980s.</li><li>• First professional training of AT in 1974 at <a href="#">The University of Art and Design in Helsinki</a> (now Aalto University).</li><li>• Several training programmes offered since beginning of the 1990s</li></ul>
<b>MODALITIES</b>	MT/AT/DMT
<b>TRAINING &amp; COURSES</b>	<p>Current model of training is based on Foundation and University-based approaches. Students undertake clinical and theoretical learning with opportunities for further specialisation. University programmes are recognized by the Ministry of Education, but Finland does not have an accreditation system as in other countries. Training is based on collaborative learning adapted to individual learning styles of the students.</p> <p>The following programmes are offered:</p> <p><b>Music Therapy:</b></p> <ul style="list-style-type: none"><li>• University of Jyväskylä launched a second training programme in mid-1980s.</li><li>• First professional training of AT in 1974 at <a href="#">The University of Art and Design in Helsinki</a> (now Aalto University).</li><li>• Several training programmes offered since beginning of the 1990s.</li></ul>

**TRAINING  
& COURSES**  
continued

**Dance Movement Therapy:**

- Basic studies offered at Eino Roiha Institute in Jyväskylä, the Summer University of Northern Ostrobothnia, and at Kookos Theatre Academy in Helsinki.
- Professional/Clinical studies in Foundation-based training offered at Eino Roiha Institute (private) in Jyväskylä.

**Visual Art Therapy:**

- BA-level Socionomy programme is offered at [Satakunta University of Applied Sciences](#).
- Specialised training in psychodynamic art psychotherapy and AT offered at [Finnish Art Psychotherapy Association](#) and [Helsinki University Vantaa Institute for Continuing Education Professional training in Visual art therapy \(76 ETCS\)](#).
- Four-year training programme in visual arts therapy offered through [Finnish Association for Mental Health](#) and [Association for Art Therapists in Finland](#). Basic degree (BA level) in social- or healthcare-related and art studies is an entry requirement.

**PROFESSIONAL  
RECOGNITION**

Ongoing negotiations with authorities to secure protection and official registration for titles related to ATs.

ATs currently negotiating with the Ministry of Health and Social Affairs and the Ministry of Education and Culture to establish streamlined training for all disciplines, and to be recognized as a health care profession with protected professional title of Art Therapist (with a modality specification).

**Music Therapy**

- MT is self-regulating; Finnish Society for MT supervises the field.
- MT partly recognised as a health profession with the Social Insurance Institution of Finland (KELA) reimbursing costs of MT for certain client groups. KELA is a remarkable enabler of music therapy services in private practice.

## PROFESSIONAL RECOGNITION continued

- MT clinical work mostly conducted in private practice, with some 70 posts in institutions in the field of rehabilitation and hospitals within public health care.
- There are approximately 600 clinically trained MTs, approximately half of whom are full-time clinicians.

### **Art Therapy**

- Currently not recognised as a state registered health care profession.
- AT is conducted in a variety of settings including, psychiatry, social services, education, and the voluntary sector. However, development is slow, and permanent positions are rare.
- Many visual art therapists who also are registered as psychotherapists work in private practice.

### **Dance movement therapy**

- Services are provided for the different client groups in the fields of health care, rehabilitation, education and well-being.
- DMT is used both in- and outpatient settings.
- Approximately 80 clinically trained DMTs, half of whom are full-time clinicians.
- The other Arts Therapy disciplines all have national associations, and some of them may have more than one.
- [Inartes Institute](#) (Finland) in co-operation with [European Graduate School](#) (Switzerland) provide extensive training programme in expressive arts therapy, including visual arts therapy.

### **Dramatherapy:**

There are no Dramatherapy training programmes in Finland.

## PROFESSIONAL ASSOCIATIONS

- The Finnish Society for Music Therapy (since 1973) - 300 members; active agent for professional MT practice in Finland; organises bi-annual national conferences; publishes the *Musiikkiterapia* journal.

## PROFESSIONAL ASSOCIATIONS continued

- The Finnish Art Therapy Association (founded 1974) - promotes the practice and research of AT; main focus since 2010 has been on training issues.
- The Association for Art Therapists in Finland (established 1979) - promotes professional interests of its members; aims to further knowledge of the field and create professional contacts nationally and internationally; organizes training and seminars and acts on ethical questions.
- The Finnish Dance Therapy Association (founded 2000) serves as a professional network for Finnish DMT; promotes DMT's profile in Finland; participates in the development of DMT training and facilitates the practice of DMT in Finland.

## RESEARCH

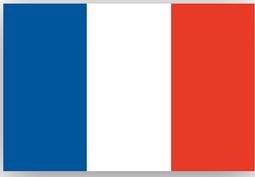
- Research is crucial to the future of the ATs and a very active field, especially in MT and research also beginning to develop in DMT. All forms of research are needed at all levels of evidence.
- Collaborative and applied approaches are common and more likely to attract funding.
- Collaboration happens between ATs and psychology or ATs and medicine, rather than as cross-modal studies and happen at national and international level.
- International research collaboration is mainly concentrated in the field of MT.
- The University of Jyväskylä is becoming an important centre for education and research for the ATs with strong infrastructure and at a very high level (<https://www.jyu.fi/hytk/fi/laitokset/mutku/en/research/finmus>).
- Currently, between 10 and 15 students are conducting doctoral work covering single case studies, surveys, action research and small-scale experiments. For a list of theses titles in English see: <https://jyx.jyu.fi> (search for 'music therapy').

## RESEARCH continued

- The professional association supports research activities and participates in the distribution of data collection and related activities. There has been a constant need for evidence-based research, which is closely connected to medical contexts during the last two decades. These larger scale research projects (RCTs and Clinical Trials) are usually funded by external funding sources, like the Academy of Finland and EU.
- For further information on research activity at the University of Jyväskylä, see: <https://www.jyu.fi/hytk/fi/laitokset/mutku/en/research/finmus>

### Useful Links

- The Academy of Finland: <https://www.aka.fi/en/>
- Social Insurance Institution of Finland (KELA): <https://www.kela.fi/web/en>
- The Ministry of Social Affairs and Health: <https://stm.fi/en/frontpage>
- The Ministry of Education and Culture: <https://minedu.fi/en/frontpage>
- See the following interdisciplinary website: <https://www.taideterapiat.fi>



## FRANCE

<b>HISTORY</b>	<ul style="list-style-type: none"><li>• Origins of AT and MT occurred at the beginning of the 19th century through resocialisation programmes in asylums and psychiatric hospitals.</li><li>• After World War 1 the arts were integrated into occupational therapies and were more fully incorporated into psychiatric departments in the 1950s.</li><li>• The success of psychodrama limited the development DT until recently.</li><li>• DMT has emerged from the influences of classical as well as African-inspired dance.</li><li>• Currently, we are witnessing a real deployment of artistic practices in therapy, in psycho-pedagogy, and in many psychosocial approaches in the ATs.</li></ul>
<b>MODALITIES</b>	AT/DT/MT
<b>TRAINING &amp; COURSES</b>	<ul style="list-style-type: none"><li>• The first MT training took place in 1972.</li><li>• University Diplomas (DU) were offered from 1980 (Montpellier, Paris, Tours).</li><li>• The University of Paris Descartes converted the DU into a Masters Degree in 2008.</li><li>• The merging of Paris 5/Descartes and Paris 3 Universities in 2011 led to the creation of an interdisciplinary ATs programme including MT, DT, AT and DM. The programme includes a research component and the option of pursuing a PhD degree.</li><li>• The Masters programme is now organized by the University of Paris. It is the only Masters in France, and the only French-speaking Masters in Europe, to offer training in the four specialty areas of art therapy.</li><li>• The universities of Montpellier, Nice, Tours, Grenoble, Toulouse, Nantes offer diplomas in the ATs.</li><li>• Non-profit organizations and private schools offer training as well.</li></ul>
<b>PROFESSIONAL RECOGNITION</b>	Not yet recognised. Art therapists in France do not have an official status, in terms of a regulated field.

<p><b>PROFESSIONAL RECOGNITION</b> continued</p>	<p>In the past few years, art therapists have been working to achieve statutory recognition, and have created ethical guidelines, professional associations and federations and led other actions. Art therapists work in hospitals ( notably in geriatrics and cancer-related units), educational institutions, healthcare institutions, business settings, and non-profit organisations to provide care for specific populations, such as people who are migrants, homeless, or unemployed. The Masters of Artistic Creation, with four art therapy specializations is providing a basis to recognize professional training and status in the field.</p>
<p><b>PROFESSIONAL ASSOCIATIONS</b></p>	<p>The <a href="#">Société Française de Psychopathologie de L'expression</a> (French Society of Psychopathology of Expression) is the largest professional association in France.</p> <p>The <a href="#">French Federation of Music Therapy</a> promotes the status of music therapists and has proposed a professional registration. MT has been the most organised modality of arts therapies in France from the outset.</p> <p>More information on the Professional Associations can be found at:</p> <ul style="list-style-type: none"> <li>• The French Association of Music Therapy: <a href="https://www.afm-musicotherapie.org/">https://www.afm-musicotherapie.org/</a></li> <li>• The French Federation of Art Therapy: <a href="http://www.ffat-federation.org">www.ffat-federation.org</a></li> <li>• La Société Française de Danse Thérapie <a href="https://www.sfdt.fr/">https://www.sfdt.fr/</a></li> </ul>
<p><b>RESEARCH</b></p>	<p>The University of Paris Masters programme highlights three research topics :</p> <ul style="list-style-type: none"> <li>• Empathy and emotional aesthetics</li> <li>• Psychic processes of creation engaged in a therapeutic relationship</li> <li>• The role of artistic materials, sensorial and technical aspects which impact the therapeutic process.</li> </ul> <p>Doctoral studies on AT topics are also available at the University.</p>



## GERMANY

<b>HISTORY</b>	<p>Emergent in the 1920s and 1930s from anthroposophic and psychiatric treatment settings.</p> <p>MT developed post World War II and established at academic level in the 1970s.</p> <p>AT established in the 1980s and DMT in 2012.</p>
<b>MODALITIES</b>	<p>AT/MT/DMT</p>
<b>TRAINING &amp; COURSES</b>	<p>AT Bachelor and Masters programmes offered at universities, universities of applied sciences, art academies:</p> <ul style="list-style-type: none"> <li>• Alanus University of Arts and Social Science</li> <li>• MSH Medical School Hamburg</li> <li>• Nuertingen Geislingen University</li> <li>• The Berlin Weissensee School of Art</li> <li>• University of Applied Sciences and Arts Ottersberg</li> <li>• Fritz Perls Academy, Hückeswagen offers further professional training</li> </ul> <p>MT offer postgraduate courses at:</p> <ul style="list-style-type: none"> <li>• Augsburg (MA)</li> <li>• Berlin (MA)</li> <li>• Frankfurt am Main (MA)</li> <li>• Münster (MA)</li> <li>• Heidelberg (BA/MA)</li> </ul> <p>BA programmes last 3-4 years.</p> <p>MA take 1-2 years to complete and are officially recognized as accredited courses of study by the ministries.</p>
<b>PROFESSIONAL RECOGNITION</b>	<ul style="list-style-type: none"> <li>• Not yet recognised.</li> <li>• No state regulation or legally protected and independent status for the profession.</li> <li>• In 2002, 56.4% of ATs worked independently, 43.3% in clinics, 22.6% in other institutions, 3.8% in schools and 2.5% in kindergartens.</li> </ul>

<p><b>PROFESSIONAL ASSOCIATIONS</b></p>	<p>Since the 1970s several professional associations have come in to being:</p> <ul style="list-style-type: none"> <li>• <a href="#">Deutscher Fachverband für Kunst- und Gestaltungstherapie e.V.</a> (German Professional Association for Art Therapy and Creative Therapy, DFKGT).</li> <li>• <a href="#">Deutsche Musiktherapeutische Gesellschaft</a> (DMtG).</li> <li>• <a href="#">Bundesarbeitsgemeinschaft Künstlerischer Therapien</a> (BAG) or National Association for Arts Therapies formed in 2008, includes art therapy, music therapy, dance therapy, movement therapy and theatre therapy. Aim is to develop a professional profile of ATs, standards of ATs education, and full professional recognition.</li> </ul>
<p><b>RESEARCH</b></p>	<p>Research is primarily university-centred at Masters and PhD level.</p> <p>The <a href="#">Wissenschaftliche Fachgesellschaft für künstlerische Therapien</a> (WFKT) was founded in 2017 to promote and develop research in higher education and across various national and international forums. The WFKT has its own journal, <a href="#">Journal of Arts Therapies</a> (JAT).</p>



## GREECE

<b>HISTORY</b>	Since 2011 (MT)
<b>MODALITIES</b>	MT
<b>TRAINING &amp; COURSES</b>	<p>School of Music Studies, Aristotle University of Thessaloniki-Greece</p> <ul style="list-style-type: none"> <li>• MT as part of five-year full-time Music Studies/ Music Pedagogy programme of study (10 semesters, 300 ECTS). Recognised as Masters equivalent, allowing direct access to PhD studies. Approved by Greek Ministry of Education.</li> </ul>
<b>PROFESSIONAL RECOGNITION</b>	No. However, many graduates are hired to work as music therapists in various health institutions.
<b>PROFESSIONAL ASSOCIATIONS</b>	-
<b>RESEARCH</b>	<p>Current PhD research in MT includes:</p> <ul style="list-style-type: none"> <li>• The role of the therapeutic relationship with the speech development of children in the autism spectrum.</li> <li>• Emotional, motivational and interpersonal response of children with cochlear implants through music therapy improvisation.</li> <li>• Drug addiction: From prevention to rehab through sounds and measurements.</li> <li>• Psychoanalytic theory and practice in music therapy clinical settings.</li> <li>• The influence of psychodynamic music therapy with sexually abused children.</li> <li>• Music Therapy with patients after gall bladder surgery.</li> </ul>



## IRELAND

<b>HISTORY</b>	<p>Since early 1980s</p> <p>ATs training in late 1990s. First accredited MA Art Therapy programme validated in 2005.</p> <p>Irish Association of Drama, Art and Music Therapists launched in 1992. Dance movement therapists included in 1998. The Association changed its name to the <a href="#">Irish Association of Creative Arts Therapists (IACAT)</a>.</p>
<b>MODALITIES</b>	<p>AT/MT</p>
<b>TRAINING &amp; COURSES</b>	<p>Masters level only. Programmes comply with the <a href="#">National Framework of Qualifications (NFQ)</a>. Trainings currently located within arts faculties of larger universities. Universities award their own degrees. All programmes go through Programmatic Review every 5 years. Presently there are post graduate (level 9) trainings in Art and Music Therapy. All creative arts therapies offer foundation, non-clinical level training experiences.</p> <p>Currently, there are two recognized programmes:</p> <ul style="list-style-type: none"> <li>• <a href="#">Art Therapy: Munster Technological University - ECArTE Member</a></li> <li>• <a href="#">Music Therapy: University of Limerick</a></li> </ul>
<b>PROFESSIONAL RECOGNITION</b>	<p>No state recognition or state registration system.</p> <p>IACAT is requesting this status under the terms of the Health &amp; Social Care Professionals Act (2005). IACAT regularly publishes a professional journal <a href="http://polyphony.iacat.me">polyphony.iacat.me</a></p>
<b>PROFESSIONAL ASSOCIATIONS</b>	<p><a href="#">Irish Association of Creative Arts Therapists (IACAT)</a>.</p>
<b>RESEARCH</b>	



## ISRAEL

<b>HISTORY</b>	<ul style="list-style-type: none"> <li>• Emerged in response to the Holocaust and Yom Kippur War in the 1980s.</li> <li>• Establishment of AT training institutions at the same time.</li> <li>• <a href="#">Israeli Ministry of Education</a> implementation of AT programmes in schools in the 1990s.</li> <li>• AT also integral part of the mental health services in Israel.</li> </ul>
<b>MODALITIES</b>	AT
<b>TRAINING &amp; COURSES</b>	<ul style="list-style-type: none"> <li>• Seven recognised Masters level programmes.</li> <li>• The <a href="#">Council for Higher Education (CHE)</a>, determines higher education policy and accreditation.</li> <li>• MA programmes are recognized by the national professional association.</li> <li>• <a href="#">Beit Berl Academic College</a> is a leading provider of AT training.</li> </ul>
<b>PROFESSIONAL RECOGNITION</b>	<p>Yes.</p> <ul style="list-style-type: none"> <li>• AT has a protected title and has been regulated by the <a href="#">Ministry of Health</a> since 1992.</li> <li>• Ministry of Higher Education has regulated the Academic Master Degree since 2008.</li> <li>• <a href="#">Council for Higher Education</a> published uniform guidelines for academic recognition in 2010.</li> <li>• <a href="#">Israeli Higher Council for Arts Therapies</a> was established in 2014 to unify the professional approach to arts therapies.</li> </ul>
<b>PROFESSIONAL ASSOCIATIONS</b>	<p><a href="#">National Association for Arts Therapy (Y'A.H'A.T.)</a> founded in 1971.</p> <p>Currently 7,000 ATs in Israel:</p> <ul style="list-style-type: none"> <li>• 3,000 ATs work in the school systems.</li> <li>• Around 300 Arabic-speaking ATs work in the Arab sector.</li> <li>• AT is also an integral part of the mental health services.</li> </ul>

<p><b>PROFESSIONAL ASSOCIATIONS</b> continued</p>	<ul style="list-style-type: none"> <li>• ATs are employed by the Ministry of Education, the <a href="#">Ministry of Welfare</a>, the <a href="#">Ministry of Defense</a>, non-profit organisations, psychiatric hospitals and private clinics and work with various populations, including youth at risk and war veterans.</li> </ul>
<p><b>RESEARCH</b></p>	<ul style="list-style-type: none"> <li>• AT research is active and collaborative at local and international levels.</li> <li>• Research is funded from education and social sciences grants from academic institutions and from independent organizations, including the <a href="#">Planning and Budgeting Committee</a> (PBC), which is responsible for funding the Israeli system of higher education.</li> <li>• Beit Berl AT Department has established a research centre for studying the psychodynamic domains of art materials, and is currently conducting research in collaboration with Nepal, India, Europe and the US.</li> </ul>



## LITHUANIA

<b>HISTORY</b>	<ul style="list-style-type: none"> <li>• Emergent since 1980s from applications of art to mental health therapy and consolidated after 1991 with the reinstatement of national independence.</li> <li>• On-going international collaborations since 1991.</li> <li>• Clinics of Psychiatry, Vilnius University opened the first ATs studio in 1992.</li> <li>• First national seminar, the Artistic Education for the Disabled takes place in 1996.</li> <li>• Establishment of the Lithuanian Association for Educational Musical Therapy - now the Lithuanian Music Therapy Association (LUMTA) and the <a href="#">Lithuanian Association for Art Therapy Application</a> (LDTTA) in 1997.</li> </ul>
<b>MODALITIES</b>	AT/MT/DT/DMT
<b>TRAINING &amp; COURSES</b>	<p>Art Therapy:</p> <ul style="list-style-type: none"> <li>• Joint Masters programme by the <a href="#">Lithuanian University of Health Science</a> and the <a href="#">Vilnius Academy of Arts Kaunas Faculty</a>, since 2013.</li> </ul> <p>Music, Drama, Dance Movement Therapies:</p> <ul style="list-style-type: none"> <li>• Joint MT, DT, DMT Master Programmes offered by the <a href="#">University of Vilnius</a> and the <a href="#">Lithuanian Academy of Music and Theatre</a>, since 2015 (see: <a href="https://www.mf.vu.lt/stojantiesiems/studiju-programos/magistranturos-studiju-programos/menu-terapija">https://www.mf.vu.lt/stojantiesiems/studiju-programos/magistranturos-studiju-programos/menu-terapija</a>).</li> </ul>
<b>PROFESSIONAL RECOGNITION</b>	<ul style="list-style-type: none"> <li>• Yes. Approved and recognised by the <a href="#">Ministry of Health</a>.</li> <li>• Art Therapy is applied in therapeutic, social, educational programmes, and rehabilitation fields.</li> <li>• LDTTA and LUMTA have had an important role advocating and promoting AT with the Seimas and the Government since 2005.</li> <li>• Establishment of an interdepartmental working group acting for the Ministry of Health of the Republic of Lithuania in the autumn of 2009.</li> </ul>

<b>PROFESSIONAL RECOGNITION</b> continued	<ul style="list-style-type: none"> <li>• 'Description of Professional Qualification Requirements for an Arts Therapists' approved by the Order of the Minister of Health of the Republic of Lithuania in 2014</li> </ul>
<b>PROFESSIONAL ASSOCIATIONS</b>	<ul style="list-style-type: none"> <li>• Lithuanian Art Therapy Association <a href="http://www.menoterapija.info/about_us.html">http://www.menoterapija.info/about_us.html</a></li> <li>• Lithuanian Music Therapy Association <a href="http://www.muzikoterapija.lt/en/">http://www.muzikoterapija.lt/en/</a></li> <li>• Lithuanian Psychodrama Union <a href="http://www.psichodrama.lt/">http://www.psichodrama.lt/</a></li> <li>• Lithuanian Dance Movement Therapy Association <a href="http://www.lsjta.lt/">http://www.lsjta.lt/</a></li> <li>• Lithuanian Arts Therapy Association <a href="http://menoterapija.org/index_en.html">http://menoterapija.org/index_en.html</a></li> </ul>
<b>RESEARCH</b>	<p>AT Masters programme consists of 120 ECTS, of which 30 ECTS are assigned for research work.</p> <p>Between 2013-2020 students conducted some 25 important studies, covering a wide range of areas in child, adolescent and adult mental health care.</p> <p>Research results validate the need for AT in clinical settings and contributes building evidence-based AT practice.</p>



## NETHERLANDS

<b>HISTORY</b>	<ul style="list-style-type: none"><li>• Emergent since early twentieth century.</li><li>• AT courses developed with implementation of the arts within psychiatric settings in the 1950s</li><li>• Several Bachelor programmes established in the 1970s.</li><li>• Masters programmes have been established since the Bologna Declaration (1999).</li></ul>
<b>MODALITIES</b>	AT/DMT/DT/MT/PT
<b>TRAINING &amp; COURSES</b>	<p>The Netherlands offers both Bachelor and Master programmes. Doctoral studies are possible. Not every university can offer all these levels. All the ATs are offered but not every university offers them all. The programmes are recognized and accredited by the Ministry of Education. Accreditation for all of the programs takes place every five years.</p> <p>All ATs courses are taught within universities for applied sciences.</p> <ul style="list-style-type: none"><li>• Bachelor programme is four years full time (240 ECTS)</li><li>• Master courses can have between 60 and 120 ECTS.</li></ul> <p>Seven universities for applied sciences offer training in ATs (those starred are Members of ECArTE):</p> <p>NHL Stenden in Leeuwarden *</p> <ul style="list-style-type: none"><li>• Full-time Program: <a href="https://www.nhlstenden.com/hbo-opleidingen/vaktherapie">https://www.nhlstenden.com/hbo-opleidingen/vaktherapie</a></li><li>• Part-time Program: <a href="https://www.nhlstenden.com/hbo-opleidingen/vaktherapie-verkort-bachelor-deeltijd">https://www.nhlstenden.com/hbo-opleidingen/vaktherapie-verkort-bachelor-deeltijd</a></li></ul> <p>HAN in Nijmegen *</p> <ul style="list-style-type: none"><li>• Bachelor Arts Therapies: <a href="https://www.han.nl/opleidingen/hbo/vaktherapie/voltijd/index.xml">https://www.han.nl/opleidingen/hbo/vaktherapie/voltijd/index.xml</a></li><li>• Master Arts Therapies: <a href="https://www.han.nl/opleidingen/master/vaktherapie/deeltijd/index.xml">https://www.han.nl/opleidingen/master/vaktherapie/deeltijd/index.xml</a></li></ul>

<p><b>TRAINING &amp; COURSES</b> continued</p>	<p>Hogeschool Zuyd in Heerlen *</p> <ul style="list-style-type: none"> <li>• <a href="https://www.zuyd.nl/opleidingen/vaktherapie">https://www.zuyd.nl/opleidingen/vaktherapie</a></li> </ul> <p>HU in Utrecht and Amersfoort *</p> <ul style="list-style-type: none"> <li>• Full-time program: <a href="https://www.hu.nl/voltijd-opleidingen/vaktherapie">https://www.hu.nl/voltijd-opleidingen/vaktherapie</a></li> <li>• Part-time program: <a href="https://www.hu.nl/deeltijd-opleidingen/vaktherapie">https://www.hu.nl/deeltijd-opleidingen/vaktherapie</a></li> </ul> <p>Codarts in Rotterdam *</p> <ul style="list-style-type: none"> <li>• Music Therapy Programme: <a href="https://www.codarts.nl/en/master-music-therapy/">https://www.codarts.nl/en/master-music-therapy/</a></li> <li>• Dance Therapy Programme: <a href="https://www.codarts.nl/en/master-dance-therapy/">https://www.codarts.nl/en/master-dance-therapy/</a></li> <li>• Master of Arts Therapies: <a href="https://www.youtube.com/watch?v=gPcEG05TGcU&amp;list=PLR9otCntqycZ3sbBHfeAQHSDHjVHkm65Z">https://www.youtube.com/watch?v=gPcEG05TGcU&amp;list=PLR9otCntqycZ3sbBHfeAQHSDHjVHkm65Z</a></li> </ul> <p>Hogeschool Leiden in Leiden *</p> <ul style="list-style-type: none"> <li>• Bachelor of Arts Therapies <a href="https://www.hsleiden.nl/vaktherapie">https://www.hsleiden.nl/vaktherapie</a></li> </ul> <p>Artez in Arnhem and Enschede</p> <ul style="list-style-type: none"> <li>• Bachelor Musictherapy <a href="https://www.artez.nl/opleidingen/muziektherapie">https://www.artez.nl/opleidingen/muziektherapie</a></li> <li>• Master Musictherapy <a href="https://www.artez.nl/opleidingen/muziektherapie-master">https://www.artez.nl/opleidingen/muziektherapie-master</a></li> </ul>
<p><b>PROFESSIONAL RECOGNITION</b></p>	<ul style="list-style-type: none"> <li>• The profession is not recognised and regulated in the Netherlands.</li> <li>• The <a href="#">Dutch Association of Mental Health</a> and the <a href="#">Zorginstituut Nederland</a> (the national body that regulates health insurance in The Netherlands) cooperate with each other and regulate the professional therapies field (i.e. the 'vaktherapie').</li> <li>• ATs can also register separately with the Register Vaktherapie (<a href="https://www.registervaktherapie.nl/">https://www.registervaktherapie.nl/</a>).</li> </ul>

## PROFESSIONAL ASSOCIATIONS

There are seven professional arts therapies associations, one for each modality under the umbrella organization, Federatie Vaktherapeutische Beroepen (FVB), representing 3,225 members in total. The FVB serves the joint interests of all the arts therapies with governmental organizations, healthcare and insurance companies or educational programmes. A journal for the arts therapies is published four times per year.

More information on the Professional Associations can be found at:

- Art: [Nederlandse Vereniging Beeldende Therapie \(NVBT\)](#)
- Dance: [Nederlandse Vereniging voor Danstherapie \(NVDAT\)](#)
- Drama: [Nederlandse Vereniging Dramatherapie \(NVDT\)](#)
- Music: [Nederlandse Vereniging Muziektherapie \(NVvMT\)](#)
- Psychomotor therapy: <https://www.nvpmt.nl/> (NVPMT)
- Psychomotor therapy: <https://nvpmkt.nl/> (children)
- Play therapy: <https://www.speltherapie.net/>

## RESEARCH

Several universities collaborate in research centres such as:

- [KenVaK Research Centre for the ATs](#)
- [Anthroposophic Healthcare](#)

KenVaK supports the work of the FVB and maintains a strong link between research, the training programmes and the professional association.



## NORWAY

<b>HISTORY</b>	<p>Since 1970s.</p> <p>Pioneering work in psychiatric wards. Currently in psychiatric hospitals and day centres, special education, cancer care, trauma and refugee centres.</p> <p>Growing interest in creative arts therapies and an increasing number of students attending training programmes</p>
<b>MODALITIES</b>	AT/MT
<b>TRAINING &amp; COURSES</b>	<p>Two ECTS training programmes in music therapy are established in Norway offering a one-year programme at Bachelor level, and a two-year Masters programme:</p> <ul style="list-style-type: none"><li>• <a href="#">Academy of Music</a> in Oslo</li><li>• <a href="#">University of Bergen</a>.</li></ul> <p>Two-year Masters level ECTS Art Therapy programme:</p> <ul style="list-style-type: none"><li>• <a href="#">Oslo Metropolitan University</a> (OsloMet) formerly Oslo and Akershus University College of Applied Sciences.</li></ul> <p>No official training programmes in either dramatherapy or dance therapy in Norway.</p>
<b>PROFESSIONAL RECOGNITION</b>	<ul style="list-style-type: none"><li>• No.</li><li>• No official certification for ATs. Certification is based on first profession as nurses, occupational therapists, special educators etc.</li><li>• The Norwegian Psychotherapy Association has recently been founded with the goal of establishing an official certification and registration system that would include qualified arts therapists.</li></ul>

<b>PROFESSIONAL ASSOCIATIONS</b>	<ul style="list-style-type: none"><li>• The <a href="#">Norwegian Music Therapy Association</a> was founded in 1972 and has about 400 members.</li><li>• The <a href="#">Norwegian Art Therapy Association</a> was founded in 1978. In the mid-2000s, the Association was extended and renamed Create - Norwegian Association of Art, Dance and Expressive Arts Therapies. It has about 100 members. The other arts therapies disciplines have formed their own associations.</li></ul>
<b>RESEARCH</b>	<p>Current research in cross-disciplinary, and national and international collaboration in embodiment in art and music therapy</p> <p>OsloMet is developing a research component for its 2022 Masters programme and doctoral work is dependent on funding.</p>



## POLAND

<b>HISTORY</b>	<ul style="list-style-type: none"><li>• ATs emerged through pioneering work of music therapists at <a href="#">The K. Lipiński Music Academy</a> in Wrocław in the mid-1980s.</li><li>• “Culture Therapy” was introduced at the <a href="#">University of Medical Sciences in Poznań</a> in 1984. The model includes art therapy in the strict sense, music therapy, dance therapy, dramatherapy, bibliotherapy, poetry therapy, play therapy, ecotherapy (including landscape therapy, horticultural therapy, and thalassotherapy (i.e. the use of sea water)).</li></ul>
<b>MODALITIES</b>	AT/MT/DMT/DT
<b>TRAINING &amp; COURSES</b>	<p>The first regular AT training course was held at the <a href="#">A. Mickiewicz University</a> in Poznań, through the Department of Pedagogy and Arts in Kalisz. Wrocław University was the first university to offer doctorates in pedagogy, with specialisms in arts therapies.</p> <p>Over the last two decades with a number of institutions offering training in music therapy, art therapy as well as expressive and creative arts therapies, bibliotherapy and dance therapy.</p> <p><b>Art Therapy:</b></p> <p>Most training programmes are postgraduate courses of two or three semesters. Bachelor and Masters programmes are offered in art and music therapy as well as in expressive and creative therapies at the following institutions:</p> <ul style="list-style-type: none"><li>• The <a href="#">Academia Ignatianum</a> in Krakow * (two years) practical profile (recommended by the Association of Polish Arts Therapists, ‘Kairos’) under the auspices of Pedagogy, Arts, and Psychology programmes.</li></ul> <p>Two paths of Arts therapies MA studies focused upon the target groups of clients in expressive and creative arts therapy approach:</p> <ul style="list-style-type: none"><li>- Arts therapy in the process of supporting development</li><li>- Arts therapy in resocialization</li></ul>

**TRAINING  
& COURSES**  
continued

- Arts Therapy - postgraduate studies
- [The University of Zielona Góra](#) - 5-year Bachelor study practical profile.  
Two paths of study:
  - Visual arts therapy
  - Drama Therapy
- State University of Applied Sciences in Nowy Sącz - bachelor's studies as a part of an Art education programme
- [The Maria Grzegorzewska Academy of Special Pedagogy](#) in Warszawa - postgraduate studies (Art therapy with Therapeutic Pedagogy)
- The [University of Silesia](#) in Katowice
  - Art therapy BA studies (3 years) Interdisciplinary and intercollegiate studies: University of Silesia in Katowice (UŚ) /Faculty of Social Science, The Music Academy in Katowice (AM), The Academy of Fine Arts (ASP) in Katowice
  - The University of Silesia in Katowice, The Faculty of Arts and Educational Science in Cieszyn: art therapy postgraduate studies
- The State University of Applied Sciences in Sosnowiec Humanitas - postgraduate studies (recommended by the Association of Polish Arts Therapists, 'Kairos').
- The Karol Godula Upper Silesian Academy of Entrepreneurship in Chorzów - bachelor programme (full-time and part-time studies).
- [UMCS](#) Lublin Art therapy with Psychology of Creativity - postgraduate and bachelor programme (full-time and part-time studies).
- University of Lower Silesia in Wrocław - postgraduate studies.
- Doctoral programmes in the Arts Therapies tend to be offered under the auspices of Pedagogy, Fine Arts, and Psychology programmes.

<p><b>TRAINING &amp; COURSES</b> continued</p>	<p><b>Music Therapy:</b></p> <p>Programmes are offered at the following institutions:</p> <ul style="list-style-type: none"> <li>• The <a href="#">Music Academy</a> in Wrocław - BA and MA studies</li> <li>• The <a href="#">Music Academy</a> in Łódź - bachelor studies</li> <li>• <a href="#">K. Szymanowski Music Academy</a> in Katowice - BA and MA studies</li> <li>• <a href="#">Maria Curie-Skłodowska University</a> in Lublin - postgraduate studies</li> </ul> <p><b>Dance Movement Therapy:</b></p> <p>The <a href="#">Polish Institute for Dance Movement Psychotherapy</a> in Warsaw offers a 4-year postgraduate training (part-time) in Dance Movement Psychotherapy.</p> <p><b>Dramatherapy:</b></p> <p>Dramatherapy is a specialization of the Arts Therapy programme at The <a href="#">University of Zielona Góra</a></p> <p><b>Bibliotherapy:</b></p> <p><a href="#">Wrocław University</a> - postgraduate</p>
<p><b>PROFESSIONAL RECOGNITION</b></p>	<p>AT and MT have had state recognition since 2015.</p>
<p><b>PROFESSIONAL ASSOCIATIONS</b></p>	<p>Art therapy in Poland is conducted in a range of different settings including medical and psychiatric hospitals, special needs schools, occupational therapy and private practice.</p> <p>More information on the Professional AT Associations can be found at:</p> <ul style="list-style-type: none"> <li>• Association of Polish Arts Therapist Kajros founded in 2003: <a href="http://www.kajros.pl">www.kajros.pl</a>, cooperates with universities (standards of education) and promotes ECArTE's ideas and events</li> <li>• Association Psychiatry and Art: <a href="http://www.psychiatriaisztuka.pl">www.psychiatriaisztuka.pl</a></li> <li>• Polish Association of Therapy through Art: <a href="http://www.arteterapia.pl">www.arteterapia.pl</a></li> </ul>

**PROFESSIONAL ASSOCIATIONS**  
continued

- The Polish Association of Music Therapists: [www.muzykoterapia.pl](http://www.muzykoterapia.pl)
- The Music Therapy Association in Lublin, founded in 2012: [www.arteterapia.pl](http://www.arteterapia.pl)
- The Polish Bibliotherapy Society  
<http://biblioterapiatow.pl/index.php/galeria/otwarcie-gabine-tu-biblioterapeutycznego/category/2-gabinet>
- The Polish Society of Choreotherapy  
<http://www.psch.org.pl/en/>
- The Polish Society of Psychotherapy with Dance and Movement (PSPTiR);  
<http://www.stowarzyszeniedmt.pl/en/>
- The Institute DMT  
<https://www.instytutdmt.pl/>

The Polish Association of Music Therapists, founded in 1996, collaborates closely with the Music Therapy Department of the Music Academy in Wrocław in teaching and research. It has around a hundred members and represents the interests of the majority of Polish music therapists. Since 2002 it has published its own journal, Polish Music Therapy.

**RESEARCH**

ATs are not an independent scientific discipline. Research is conducted within various disciplines, e.g. Pedagogy, Psychology, Health Sciences, physical education, Arts, and literary studies.



## SLOVENIA

<b>HISTORY</b>	<ul style="list-style-type: none"> <li>• Development of postgraduate ATs training in 1991 (within <a href="#">European Tempus project</a>).</li> <li>• Programme recognised by the <a href="#">University of Ljubljana</a> and by the Government of Slovenia (the <a href="#">Board for Higher Education</a>) in 1996.</li> <li>• Recognised by ECArTE in 2001.</li> <li>• Run as an international part-time programme. Approximately 100 part-time students have completed the programme to date.</li> </ul>
<b>MODALITIES</b>	AT/DMT/DT/MT
<b>TRAINING &amp; COURSES</b>	<p><a href="#">University of Ljubljana</a> (more information on the Arts Therapy programme at the University of Ljubljana can be found at: <a href="http://www.pef.uni-lj.si/818.html">http://www.pef.uni-lj.si/818.html</a>):</p> <ul style="list-style-type: none"> <li>• Postgraduate ATs programme established at Masters level in 2009.</li> <li>• Four arts therapy modalities are offered: art, dance-movement, drama and music.</li> <li>• Accredited by the <a href="#">Slovenian Quality Assurance Agency for Higher Education</a> in 2012.</li> </ul>
<b>PROFESSIONAL RECOGNITION</b>	<ul style="list-style-type: none"> <li>• Not yet recognised or regulated.</li> <li>• Graduates practice as ATs in context of their undergraduate qualifications (i.e. as teachers, educators, psychologists, etc.) or in private practice.</li> <li>• Currently there are over 60 ATs (20 DMT, 25 AT, 10 DT, 6 MT) working in hospitals, clinics, schools, community centres and private practice.</li> </ul>
<b>PROFESSIONAL ASSOCIATIONS</b>	<p>Slovenian Arts Therapists Association was founded in 2004:</p> <ul style="list-style-type: none"> <li>• Represents all modalities.</li> <li>• Main task is to establish ATs as a recognised profession.</li> <li>• Serves as a network for Slovenian arts therapists across the arts therapy modalities (c.40 in 2011), students and other professionals interested in arts therapies.</li> </ul>
<b>RESEARCH</b>	



## SPAIN

<b>HISTORY</b>	<p><b>Art Therapy</b></p> <p>Emergent from the Civil War (1936-1939) in work done with exiled children and supported by Quakers, members of the International Brigades, and Aldous Huxley.</p> <p>The <a href="#">Spanish Federation of Professional Associations of Art Therapy</a> (FEAPA) was founded in 2010. Its mission is to promote the professional development of AT for recognition as an independent discipline.</p> <p>The five founding members of FEAPA are:</p> <ul style="list-style-type: none"><li>• <a href="#">Asociación Española de Arteterapia</a> (ATE)</li><li>• <a href="#">Foro Iberoamericano de Arteterapia</a> (AFIA)</li><li>• <a href="#">GREFART - Grup de Recerca i Formació en Artterapia</a></li><li>• <a href="#">MURARTT - Asociación Profesional de Arteterapia de la Región de Murcia</a></li><li>• <a href="#">Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano</a> (ATH)</li></ul>
<b>MODALITIES</b>	AT/DMT/MT
<b>TRAINING &amp; COURSES</b>	<p><b>Art Therapy</b></p> <p>Two types of Masters programmes are offered:</p> <ul style="list-style-type: none"><li>• A professional Masters, delivered by universities but not recognized by the <a href="#">Ministry of Education</a>,</li><li>• A full Masters, that combines training and research and allows students to progress to PhD studies, offered by the University Complutense of Madrid/Autonomous University of Madrid and recognised/regulated by the <a href="#">Ministry of Education</a>. Re-accreditation occurs at 3 yearly intervals.</li></ul> <p>ECArTE member institutions offering Masters programmes in ATs include:</p> <ul style="list-style-type: none"><li>• The <a href="#">Universidad Complutense de Madrid</a> runs a full Masters programme in Art Therapy.</li><li>• The <a href="#">University of Barcelona</a> runs a Masters programme in Music Therapy.</li></ul>

<p><b>TRAINING &amp; COURSES</b> continued</p>	<ul style="list-style-type: none"> <li>• The <a href="#">Universitat Autònoma de Barcelona (UAB)</a> runs a Masters programme in Dance Movement Therapy.</li> </ul> <p>Other Universities in Spain offering Masters in the Arts Therapies include:</p> <ul style="list-style-type: none"> <li>• The University of Pablo de Olavide, Sevilla</li> <li>• The University of Murcia</li> <li>• The University of Valencia</li> <li>• ISEP (Madrid).</li> </ul> <p>There is currently no training for DT.</p> <p><b>Dance Movement Therapy</b></p> <ul style="list-style-type: none"> <li>• A Masters programme is offered at the Autonomous University of Barcelona.</li> <li>• Since 2003, c.400 students have received training (see: <a href="https://masterdmt.uab.cat/en/home/">https://masterdmt.uab.cat/en/home/</a>).</li> </ul>
<p><b>PROFESSIONAL RECOGNITION</b></p>	<p>The ATs are not yet recognized officially as a profession.</p> <p>No protected title at present.</p> <p>FEAPA is in negotiations with the Ministry of Work to secure professional status for both AT and DMT.</p> <p>Most ATs work in educational, clinical, cultural and social settings.</p>
<p><b>PROFESSIONAL ASSOCIATIONS</b></p>	<p><b>Art Therapy</b></p> <ul style="list-style-type: none"> <li>• Asociación Española de Arteterapia (ATE): <a href="https://arteterapia.org.es/">https://arteterapia.org.es/</a></li> <li>• Foro Iberoamericano de Arteterapia (AFIA): <a href="http://www.afia.es/">http://www.afia.es/</a></li> <li>• GREFART - Grup de Recerca i Formació en Artterapia: <a href="http://www.grefart.org">www.grefart.org</a></li> <li>• Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano (ATH)</li> <li>• MURARTT - Asociación Profesional de Arteterapia de la Región de Murcia: <a href="http://terapiascreativas.org/murartt/">http://terapiascreativas.org/murartt/</a></li> <li>• EARTDI, 941035, research group of Art Education, Art Therapy and Social Inclusion: <a href="https://www.ucm.es/eartdi">https://www.ucm.es/eartdi</a></li> </ul>

**PROFESSIONAL ASSOCIATIONS**  
continued

**Dance Movement Therapy:**

- The [Spanish Association for Dance Movement Therapy](#) /Asociación Española de Danza Movimiento Terapia (ADMTE) was founded in 2001. ADMTE is actively working on recognition within the European Federation of Psychotherapeutic Associations (FEAP) in order to register DMT as a psychotherapeutic approach.

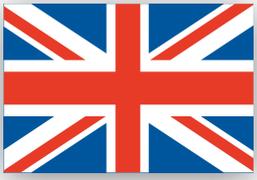
**RESEARCH**

**AT Research**

- University-centred, primarily through the University Complutense and the Autonomous University of Madrid.
- The Ministry of Competitiveness funds a research grant through the University Complutense (see: <https://www.ucm.es/aletheia/que-es-aletheia>).
- Full Masters AT programmes link internships with research.
- 10% of students who finish their full Masters at the University of Madrid follow PhD studies.
- Doctoral studies are being offered the University of Granada and Barcelona
- Currently, around 20 PhD theses have been produced in Spain.
- Most PhDs receive no scholarships or funding.

**DMT Research**

- Research forms part of the DMT Master's training.
- The programme has published two books following its 10th and 15th anniversary (see: <https://masterdm.t.uab.cat/en/what-is-dmt/>).



## UNITED KINGDOM

<b>HISTORY</b>	<ul style="list-style-type: none"><li>• ATs have developed rapidly in the UK over the second half of the 20th century and into the 21st.</li><li>• Developments include regulation and registration as a state registered profession through the <a href="#">Health and Care Professions Council</a> (HCPC) and the establishment of the <a href="#">International Centre for Research in the Arts Therapies</a> (ICRA) at Imperial College, London UK.</li><li>• Professional title of Arts Therapist for AT, DT and MT is now protected and may only legally be used by a registrant with the HCPC. DMT is yet to be recognised by the HCPC.</li></ul>
<b>MODALITIES</b>	AT/DMT/DT/MT
<b>TRAINING &amp; COURSES</b>	<p>All the arts therapies training programmes are organised at postgraduate level (Masters) and arts therapists work in a variety of settings: psychiatry, social service, education, prisons and the voluntary sector.</p> <p>List of courses recognised by HCPC include the following (those starred are Members of ECArTE):</p> <p><b>Anglia Ruskin University *</b></p> <ul style="list-style-type: none"><li>• MA Music Therapy</li><li>• <a href="#">Music Therapy - MA - ARU</a></li><li>• MA Dramatherapy</li><li>• <a href="#">Dramatherapy - MA - ARU</a></li></ul> <p><b>Goldsmiths College University of London *</b></p> <ul style="list-style-type: none"><li>• MA Art Psychotherapy <a href="https://www.gold.ac.uk/pg/ma-art-psychotherapy/">https://www.gold.ac.uk/pg/ma-art-psychotherapy/</a></li><li>• Art Psychotherapy Foundation Course <a href="https://www.gold.ac.uk/short-courses/art-psychotherapy-foundation/">https://www.gold.ac.uk/short-courses/art-psychotherapy-foundation/</a></li><li>• MA Dance Movement Psychotherapy <a href="https://www.gold.ac.uk/pg/ma-dance-movement-psychotherapy/">https://www.gold.ac.uk/pg/ma-dance-movement-psychotherapy/</a></li><li>• Dance Movement Psychotherapy Foundation Course <a href="https://www.gold.ac.uk/short-courses/dance-movement-psychotherapy-foundation/">https://www.gold.ac.uk/short-courses/dance-movement-psychotherapy-foundation/</a></li></ul>

**TRAINING  
& COURSES**  
continued

**Guildhall School of Music and Drama**

- MA Music Therapy [https://www.gsmd.ac.uk/music/principal\\_study/music\\_therapy/](https://www.gsmd.ac.uk/music/principal_study/music_therapy/)

**Institute of Arts in Therapy and Education,  
London**

- MA Integrative Arts Psychotherapy <https://www.artpsychotherapy.org/therapy-courses/art-therapy/-arts-psychotherapy/>

**Leeds Metropolitan University**

- MA Art Psychotherapy Practice

**Nordoff Robbins**

- MA Music Therapy <https://www.nordoff-robbins.org.uk/training/our-master-of-music-therapy-programme/>

**University of Roehampton \***

- MA Art Psychotherapy <https://www.roehampton.ac.uk/postgraduate-courses/art-psychotherapy/>
- MA Dance Movement Psychotherapy <https://www.roehampton.ac.uk/postgraduate-courses/dance-movement-psychotherapy/>
- MA Dramatherapy <https://www.roehampton.ac.uk/postgraduate-courses/dramatherapy/>
- MA Music Therapy <https://www.roehampton.ac.uk/postgraduate-courses/music-therapy/>
- Play Therapy <https://www.roehampton.ac.uk/postgraduate-courses/play-therapy/>
- MA Music Therapy <https://www.roehampton.ac.uk/postgraduate-courses/music-therapy/>
- Play Therapy <https://www.roehampton.ac.uk/postgraduate-courses/play-therapy/>

**Royal Central School of Speech and Drama,  
University of London \***

- MA Drama and Movement Therapy <https://www.cssd.ac.uk/ma-drama-movement-therapy>

**University of Chester**

- MA Art Therapy <https://www1.chester.ac.uk/study/postgraduate/art-therapy>

**TRAINING  
& COURSES**  
continued

**University of Derby \***

- MA Art Therapy <https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/art-therapy-ma/>
- MA Dramatherapy <https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/dramatherapy-ma/>
- MA Music Therapy <https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/music-therapy-ma/>
- Dance Movement Psychotherapy MA <https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/dance-movement-psychotherapy-ma/>

**University of Hertfordshire \***

- MA Art Therapy <https://www.herts.ac.uk/courses/postgraduate-masters/ma-art-therapy2>

**University of the West of England, Bristol \***

- MA Music Therapy <https://courses.uwe.ac.uk/b99942/music-therapy>
- Supervision training for music therapists <https://courses.uwe.ac.uk/uspkj30m/supervision-training-for-music-therapists>
- Therapeutic songwriting <https://courses.uwe.ac.uk/uspkjc15m/therapeutic-songwriting>

**Queen Margaret University, Edinburgh \***

- MSc Art Psychotherapy (International) <https://www.qmu.ac.uk/study-here/postgraduate-study/2020-postgraduate-courses/msc-art-psychotherapy>
- MSc in Music Therapy <https://www.qmu.ac.uk/study-here/postgraduate-study/2021/msc-music-therapy>
- MSc in Play Therapy <https://www.qmu.ac.uk/study-here/postgraduate-study/2021/msc-play-therapy>
- Introduction to Dramatherapy Short Course <https://www.qmu.ac.uk/study-here/continuing-professional-development-cpd-courses/cpd-courses-folder/introduction-to-dramatherapy-short-course>

## PROFESSIONAL RECOGNITION

### **Art Therapy:**

- Nationally recognised courses in AT have been established in the UK since the early 1970s. Clinical training is at Masters level. Qualified practitioners and students register with the [British Association of Art Therapists \(BAAT\)](#).
- The professional body is recognised by state authorities.
- AT is formally recognised for employment purposes by the National Health Service, Education and Social Services.
- Practitioners are registered and regulated through the HCPC.

### **Dramatherapy:**

- Nationally recognised courses in dramatherapy have been established in the UK since the 1980s.
- Qualified practitioners register with the [British Association of Dramatherapists \(BADth\)](#).
- DT is formally recognised for employment purposes by the National Health Service. In addition, many dramatherapists work in social services, education, prisons (Home Office) and the private sector.
- Practitioners are registered and regulated through the HCPC.

### **Music Therapy:**

- Nationally recognised courses in music therapy have been established in the UK since the late 1960s.
- Qualified practitioners register with the [British Association of Music Therapists \(BAMT\)](#).
- Music Therapy is formally recognised for employment purposes by the National Health Service. In addition, many music therapists work in social services, education, prisons (Home Office) and the private sector.
- All practitioners need to register with the [Health and Care Professions Council](#).

<p><b>PROFESSIONAL RECOGNITION</b> continued</p>	<p><b>Dance-movement Psychotherapy</b></p> <ul style="list-style-type: none"> <li>• Nationally recognised courses in dance/ movement psychotherapy have been established in the UK since the late 1980s. Qualified practitioners register with the Association of <a href="#">Dance Movement Psychotherapists</a> (ADMT) and the <a href="#">UK Council of Psychotherapy</a> (UKCP).</li> <li>• Entry into the profession is through the successful completion of a post-graduate degree. Currently there are three post-graduate DMP training programmes recognized by ADMP UK, delivered by universities that are members of ECArTE: <ul style="list-style-type: none"> <li>- <a href="#">University of Derby</a></li> <li>- <a href="#">Goldsmiths, University of London</a></li> <li>- <a href="#">University of Roehampton</a></li> </ul> </li> </ul>
<p><b>PROFESSIONAL ASSOCIATIONS</b></p>	<p>There are four professional associations with their own registers, codes of professional practice, journals and research findings:</p> <ul style="list-style-type: none"> <li>• British Association of Art Therapists: <a href="https://www.baat.org">https://www.baat.org</a></li> <li>• British Association of Dramatherapists: <a href="http://www.badth.org.uk">http://www.badth.org.uk</a></li> <li>• British Association of Music Therapists: <a href="http://www.bamt.org">http://www.bamt.org</a></li> <li>• Association of Dance/ Movement Therapists: <a href="https://admp.org.uk">https://admp.org.uk</a></li> </ul>
<p><b>RESEARCH</b></p>	<ul style="list-style-type: none"> <li>• The body of research within the ATs is growing, including within PhD programmes in all the disciplines.</li> <li>• International Centre for Research in the Arts Therapies set up in 2009 at Imperial College London to support the development and research in the arts therapies.</li> <li>• Roehampton University has a centre for Research in the arts therapies: <a href="https://www.roehampton.ac.uk/research-centres/centre-for-international-research-in-arts-and-play-therapies/">https://www.roehampton.ac.uk/research-centres/centre-for-international-research-in-arts-and-play-therapies/</a></li> </ul>

**RESEARCH**  
continued

- Studies have been carried out to work towards an evidence base (e.g. the Charity Roundabout's RCT using DT with children diagnosed with autism (see: <https://www.roundaboutdramatherapy.org.uk/about/>)
- ATs are recognised within the National Institute for Clinical Excellence (NICE) guidelines (e.g. use of the arts therapies in the early intervention of psychosis <https://www.nice.org.uk/sharedlearning/dramatherapy-in-early-intervention-in-psychosis>).

# DIRECTORY OF WEB LINKS



## BELGIUM

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### TRAINING & COURSES

**Artevelde University of Applied Sciences, Ghent**

<https://www.arteveldehogeschool.be/>

**Luca - School of Arts, Leuven**

<https://www.luca-arts.be/en>

**PXL University of Applied Sciences, Hasselt**

<https://www.pxl.be/>

### PROFESSIONAL ASSOCIATIONS

**Belgian Association for Arts Therapy (BVCT-ABAT)**

<https://www.bvct-abat.be/>



## ESTONIA

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### TRAINING & COURSES

**Tallinn University**

<https://www.tlu.ee/en>

**Ministry of Education and Research**

<https://www.hm.ee/en>

**Estonian Quality Agency for Higher and Vocational Education**

<https://ekka.edu.ee/en/organization/>

**Estonian Academy of Music and Theatre**

<https://eamt.ee/en/>

### PROFESSIONAL ASSOCIATIONS

**The Estonian Society of Creative Arts Therapies**

<https://loovteraapiateyhin.wixsite.com/elty>

**The Estonian Society of Music Therapy**

<https://www.wfmt.info/Musictherapyworld/modules/emtc/estonia/emtclist.php>

## USEFUL LINKS

**Academic Library of Tallinn University** (previously Medical Library of Estonia)

<https://www.tlu.ee/en/repositories/academic-library>

**Psychiatry Clinic of North Estonia Medical Centre** (previously Tallinn Psychiatry Clinic)

<https://www.regionaalhaigla.ee/en/psychiatry-clinic-0>

**International Society for Music Education (ISME), Helsinki**

<https://www.isme.org/>

**Continuing Education Centre of Estonian Academy of Music and Theatre**

<https://eamt.ee/en/coned/continuing-education-centre/>

**World Federation of Music Therapy**

<https://wfmt.info/>

**Tallinn Psychodrama Institute, Moreno Centre**

<http://www.morenokeskus.ee/>

**Tartu Psychodrama Institute**

<https://www.psyhhodraama.ee/>



## FINLAND

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### TRAINING & COURSES

#### MUSIC THERAPY

**University of Jyväskylä**

<https://www.jyu.fi/en/frontpage>

**Aalto University** (previously The University of Art and Design in Helsinki)

<https://www.aalto.fi/en/school-of-arts-design-and-architecture>

**Open University**

<https://www.helsinki.fi/en/admissions-and-education/open-university>

**Eino Roiha Institute in Jyväskylä and Tampere**

<https://www.roihainstituutti.fi/taideterapiakoulutukset/musiikkiterapia/>

## DANCE MOVEMENT THERAPY

### **Eino Roiha Institute in Jyväskylä**

<https://www.roihainstituutti.fi/taideterapiakoulutukset/tanssi-liiketerapia/>

### **Summer University of Northern Ostrobothnia**

<https://www.ppkyo.fi/en/home/>

### **Kookos Theatre Academy in Helsinki.**

<https://www.uniarts.fi/en/locations/theatre-academy-main-building-kookos/>

### **Inartes Institute (Finland)**

<https://www.inartes.fi/>

### **European Graduate School (Switzerland)**

<https://egs.edu/>

## VISUAL ART THERAPY

### **Satakunta University of Applied Sciences**

<https://www.samk.fi/en/>

### **Finnish Art Psychotherapy Association**

<https://suomenkuvataidepsykoterapia.fi/>

### **Helsinki University Vantaa Institute for Continuing Education Professional training in Visual art therapy**

<https://hyplus.helsinki.fi/en/>

### **Finnish Association for Mental Health**

<https://mieli.fi/en>

### **Association for Art Therapists in Finland**

<https://www.kuvataidepsykoterapia.fi/in-english/>

### **Inartes Institute (Finland)**

<https://www.inartes.fi/>

### **European Graduate School (Switzerland)**

<https://egs.edu/>

## PROFESSIONAL RECOGNITION

### **Ministry of Health and Social Affairs**

<https://stm.fi/en/frontpage>

### **Ministry of Education and Culture**

<https://minedu.fi/en/frontpage>

**Finnish Society for Music Therapy**

<https://www.musiikkiterapia.net/index.php/finnish-society-for-music-therapy>

**Social Insurance Institution of Finland (KELA)**

<https://www.kela.fi/web/en/main-page>

**PROFESSIONAL ASSOCIATIONS**

**The Finnish Society for Music Therapy**

<https://www.musiikkiterapia.net/index.php/finnish-society-for-music-therapy>

**The Finnish Art Therapy Association**

<https://www.suomentaideterapiayhdistys.fi/>

**The Association for Art Therapists in Finland**

<https://www.kuvataidepsykoterapia.fi/in-english/>

**RESEARCH**

**University of Jyväskylä**

<https://www.jyu.fi/hytk/fi/laitokset/mutku/en/research/finmus>

**Doctoral thesis titles in English**

<https://jyx.jyu.fi> (search for 'music therapy')

**USEFUL LINKS**

**Sibelius Academy**

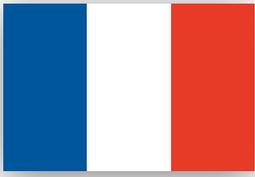
<https://www.uniarts.fi/en/units/sibelius-academy/>

**The Academy of Finland**

<https://www.aka.fi/en/>

Interdisciplinary website

<https://www.taideterapiat.fi>



## FRANCE

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### TRAINING & COURSES

#### **The University of Paris**

<https://u-paris.fr/choisir-sa-formation/>

#### **Paris 5/Descartes and Paris 3 Universities**

<https://www.masterstudies.co.uk/universities/France/Paris-Descartes/>

#### **University of Grenoble**

<https://www.univ-grenoble-alpes.fr/english/>

#### **University of Montpellier**

<https://www.umontpellier.fr/en/>

#### **University of Nantes**

<https://english.univ-nantes.fr/>

#### **University of Nice**

<https://univ-cotedazur.eu/>

#### **University of Toulouse**

<https://en.univ-toulouse.fr/>

#### **University of Tours**

<https://international.univ-tours.fr/>

### PROFESSIONAL ASSOCIATIONS

#### **Société Française de Psychopathologie de L'expression (French Society of Psychopathology of Expression)**

<https://www.sfpeat.com/>

#### **The French Federation of Music Therapy**

<https://www.afm-musicotherapie.org/>

#### **The French Federation of Art Therapy**

[www.ffat-federation.org](http://www.ffat-federation.org)

#### **La Société Française de Danse Thérapie**

<https://www.sfdt.fr/>

### USEFUL LINKS

#### **Centre d'Étude de l'Expression de Sainte Anne**

<https://cee.mahhsa.fr/>



## GERMANY

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### TRAINING & COURSES

#### ART THERAPY

**Alanus University of Arts and Social Science**

<https://www.alanus.edu/en/home>

**MSH Medical School Hamburg**

<https://arts-and-social-change.de/>

**Nuertingen Geislingen University**

<https://www.hfwu.com/>

**The Berlin Weissensee School of Art**

<http://www.kunsttherapie-berlin.de/>

**University of Applied Sciences and Arts Ottersberg**

[www.hks-ottersberg.de](http://www.hks-ottersberg.de)

**Fritz Perls Academy, Hückeswagen**

<https://www.eag-fpi.com/>

#### MUSIC THERAPY

**Augsburg University (MA)**

<https://www.augsburg.edu/mmt/overview/>

**Berlin University of the Arts (MA)**

<https://www.udk-berlin.de/en/courses/music-therapy-extra-occupational-masters-course/study-music-therapy/>

**Frankfurt am Main University of Music and Performing Arts (MA)**

<https://www.hfmdk-frankfurt.info/en/>

**Münster (MA)**

<https://www.uni-muenster.de/en/>

**Heidelberg (BA/MA)**

<https://www.healthcarestudies.com/Master-of-Arts-in-Music-Therapy/Germany/SRH-Heidelberg/>

### PROFESSIONAL ASSOCIATIONS

**Deutscher Fachverband für Kunst- und Gestaltungstherapie e.V.  
(German Professional Association for Art Therapy and Creative  
Therapy, DFKGT)**

<https://www.dfkgt.de/page.cfm?id=1451&>

**Deutsche Musiktherapeutische Gesellschaft (DMtG).**

<https://www.musiktherapie.de/>

**Bundesarbeitsgemeinschaft Künstlerischer Therapien (BAG) or  
National Association for Arts Therapies**

<https://bagkt.de/>

## RESEARCH

**The Wissenschaftliche Fachgesellschaft für künstlerische  
Therapien (WFKT)**

<http://wfkt.de/>

**The WFKT Journal of Arts Therapies (JAT)**

<http://wfkt.de/journal/>



## GREECE

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### TRAINING & COURSES

**School of Music Studies, Aristotle University of Thessaloniki-Greece**

<https://www.auth.gr/en/mus>

<https://www.mus.auth.gr/en/>

**Greek Ministry of Education**

[http://www.ermis.gov.gr/portal/page/portal/ermis/  
publicBodies?p\\_topic=8](http://www.ermis.gov.gr/portal/page/portal/ermis/publicBodies?p_topic=8)



## IRELAND

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### TRAINING & COURSES

**Munster Technological University**

<https://www.mtu.ie/>

<https://crawford.cit.ie/areas-of-study/>

**University of Limerick**

<https://www.ul.ie/>

**National Framework of Qualifications (NFQ)**

<https://nfq.qqi.ie/>

## PROFESSIONAL ASSOCIATIONS

### **The Irish Association of Creative Arts Therapists (IACAT)**

<https://www.iacat.ie/>

<http://polyphony.iacat.me/>

### **Health & Social Care Professionals Act (2005)**

<http://www.irishstatutebook.ie/eli/2005/act/27/enacted/en/html>



## ISRAEL

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### TRAINING & COURSES

#### **Beit Berl Academic College**

<https://www.beitberl.ac.il/english>

### PROFESSIONAL RECOGNITION

#### **Ministry of Health**

<https://www.health.gov.il/English/Pages/HomePage.aspx>

#### **The Council for Higher Education (CHE)**

<https://che.org.il/en/>

#### **Israeli Higher Council for Arts Therapies**

<https://www.yahat.org/template/default.aspx?PagelId=108>

### PROFESSIONAL ASSOCIATIONS

#### **National Association for Arts Therapy (Y'A.H'A.T.)**

<https://www.yahat.org/template/default.aspx?PagelId=108>

#### **Ministry of Welfare**

<https://www.gov.il/en/departments/molsa/govil-landing-page>

#### **Ministry of Defense**

[https://www.gov.il/en/departments/ministry\\_of\\_defense/govil-landing-page](https://www.gov.il/en/departments/ministry_of_defense/govil-landing-page)

### RESEARCH

#### **Planning and Budgeting Committee (PBC)**

<https://che.org.il/en/about-us/>



## LITHUANIA

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### TRAINING & COURSES

**Lithuanian University of Health Science**

<https://ismuni.lt/en/>

**Vilnius Academy of Arts Kaunas Faculty**

<https://www.vda.lt/en/>

**University of Vilnius**

<https://www.vu.lt/en/>

<https://www.mf.vu.lt/stojantiesiems/studiju-programos/magistranturos-studiju-programos/menu-terapija>

**Lithuanian Academy of Music and Theatre**

<https://lmta.lt/en/>

### PROFESSIONAL RECOGNITION

**Ministry of Health**

<https://sam.lrv.lt/en/>

### PROFESSIONAL ASSOCIATIONS

**Lithuanian Art Therapy Association**

[http://www.menoterapija.info/about\\_us.html](http://www.menoterapija.info/about_us.html)

**Lithuanian Music Therapy Association (LUMTA)**

<http://www.muzikoterapija.lt/en/>

**Lithuanian Psychodrama Union**

<https://www.psichodrama.lt/en>

**Lithuanian Dance Movement Therapy Association**

<http://www.lsjta.lt/>

### USEFUL LINKS

**The International Networking Group of Art Therapists**

<https://www.behavior.net/forums/arttherapy/2000/msg134.html>

**Clinics of Psychiatry, Vilnius University**

<https://www.mf.vu.lt/en/institutes/institute-of-clinical-medicine/clinic-of-psychiatry>



## NETHERLANDS

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### TRAINING & COURSES

#### **NHL Stenden in Leeuwarden**

<https://www.nhlstenden.com/>

Full-time Programme:

<https://www.nhlstenden.com/hbo-opleidingen/vaktherapie>

#### **HAN in Nijmegen**

<https://www.han.nl/>

Bachelor Arts Therapies:

<https://www.han.nl/opleidingen/hbo/vaktherapie/voltijd/index.xml>

Master Arts Therapies:

<https://www.han.nl/opleidingen/master/vaktherapie/deeltijd/index.xml>

#### **Hogeschool Zuyd in Heerlen**

<https://www.zuyd.nl/opleidingen/vaktherapie>

#### **HU in Utrecht and Amersfoort**

<https://www.hu.nl/>

Fulltime programme:

<https://www.hu.nl/voltijd-opleidingen/vaktherapie>

Parttime programme:

<https://www.hu.nl/deeltijd-opleidingen/vaktherapie>

#### **Codarts in Rotterdam**

<https://www.codarts.nl/>

Music Therapy Programme:

<https://www.codarts.nl/en/master-music-therapy/>

Dance Therapy Programme:

<https://www.codarts.nl/en/master-dance-therapy/>

Master of Arts Therapies:

<https://www.youtube.com/watch?v=gPcEG05TGcU>

#### **Hogeschool Leiden in Leiden**

<https://www.hsleiden.nl/>

<https://www.hsleiden.nl/vaktherapie>

#### **Artez in Arnhem and Enschede**

<https://www.artez.nl/opleidingen/muziektherapie>

<https://www.artez.nl/opleidingen/muziektherapie-master>

## PROFESSIONAL RECOGNITION

### **The Dutch Association of Mental Health**

<https://www.denederlandseggz.nl/information-in-english>

**Zorginstituut Nederland** (the national body that regulates health insurance in The Netherlands)

<https://www.zorginstituutnederland.nl/>

### **The Register Vaktherapie or Stichting Register Vaktherapeutische Beroepen**

<https://www.registervaktherapie.nl/>

## PROFESSIONAL ASSOCIATIONS

### **Federatie Vaktherapeutische Beroepen (FVB)**

<https://fvb.vaktherapie.nl/>

### **Nederlandse Vereniging Beeldende Therapie (NVBT)**

<https://nvbt.vaktherapie.nl/>

### **Nederlandse Vereniging voor Danstherapie (NVDAT)**

<https://www.nvdat.vaktherapie.nl/>

### **Nederlandse Vereniging Dramatherapie (NVDT)**

<https://dramatherapie.nl/>

### **Nederlandse Vereniging voor Muziektherapie (NVvMT)**

<https://www.nvmt.nl/>

### **Psychomotor therapy (NVPMT)**

<https://www.nvpmt.nl/>

### **Psychomotor therapy (NVPMKT)**

<https://nvpmkt.nl/>

### **Play therapy (NVVS)**

<https://www.speltherapie.net/>

## RESEARCH

### **HAN University of Applied Sciences' Arts Therapies with Personality Disorders project**

<https://www.han.nl/onderzoek/lectoraten/bijzonder-lectoraat-vaktherapie-bij-persoonlijkheidsstoornissen/index.xml>

### **Codarts in Rotterdam's Excellence and Wellbeing project**

<https://www.codarts.nl/en/research/>

**Stenden University**

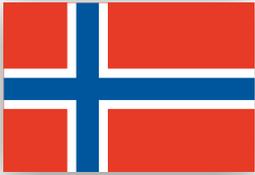
<https://www.nhlstenden.com/en/research/professorships/social-work-and-arts-therapies>

**KenVaK Research Centre for the ATs**

<https://kenvak.nl/en/>

**Anthroposophic Healthcare**

<https://www.hsleiden.nl/antroposofische-gezondheidszorg-english>

**NORWAY**

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**TRAINING & COURSES****Academy of Music in Oslo**

<https://nmh.no/en>

**University of Bergen.**

<https://www.uib.no/en>

**Oslo Metropolitan University (OsloMet) formerly Oslo and Akershus University College of Applied Sciences**

<https://www.oslomet.no/en>

**University of South-Eastern Norway**

<https://www.usn.no/english/>

**PROFESSIONAL ASSOCIATIONS****The Norwegian Music Therapy Association**

<https://www.omicsonline.org/societies/norwegian-music-therapy-association/>

**The Norwegian Art Therapy Association**

<https://www.musikkterapi.no>

<https://norskforeningforbilledterapi.wordpress.com/>

**USEFUL LINKS****European Association for Psychotherapy**

<https://www.europsyche.org/>



## POLAND

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### TRAINING & COURSES

#### ART THERAPY

**The A. Mickiewicz University, Poznań**

<https://amu.edu.pl/>

**The Academia Ignatianum, Krakow**

<https://www.ignatianum.edu.pl/>

**The University of Zielona Góra**

<https://www.uz.zgora.pl/index.php?en>

**The Pedagogical University, Krakow**

<https://www.up.krakow.pl/en/>

**The Maria Grzegorzewska Academy of Special Pedagogy,  
Warszawa**

<http://www.aps.edu.pl/University/>

**The University of Silesia, Katowice**

<http://english.us.edu.pl/university-silesia-katowice>

**The University of Medicine, Katowice**

<https://smk.sum.edu.pl/>

**The State University of Applied Sciences, Sosnowiec Humanitas**

<https://www.humanitas.edu.pl/en>

**The Karol Godula Upper Silesian Academy of Entrepreneurship,  
Chorzów**

<https://www.gwsp.edu.pl/en/>

**UMCS Lublin**

<https://www.umcs.pl/en/>

**University of Lower Silesia, Wrocław**

<https://www.dsw.edu.pl/english1>

**The Academy of Fine Arts (ASP), Katowice**

<https://asp.katowice.pl/en>

#### MUSIC THERAPY

**The Music Academy, Wrocław**

<https://en.amuz.wroc.pl/>

**The Music Academy, Łódź**

<http://www.amuz.lodz.pl/en/>

**K. Szymanowski Music Academy, Katowice**

<https://study.gov.pl/university/karol-szymanowski-academy-music-katowice>

**UMCS Lublin**

<https://www.umcs.pl/en/>

**DANCE MOVEMENT THERAPY**

**The Polish Institute for Dance Movement Psychotherapy, Warsaw**

<https://www.instytutdmt.pl/>

**DRAMATHERAPY**

**The University of Zielona Góra**

<https://www.uz.zgora.pl/index.php?en>

**BIBLIOTHERAPY**

**Wroclaw University**

<https://uni.wroc.pl/en/>

**PROFESSIONAL ASSOCIATIONS**

**Association of Polish Arts Therapist Kajros**

[www.kajros.pl](http://www.kajros.pl)

**Association Psychiatry and Art**

[www.psychiatriaisztuka.pl](http://www.psychiatriaisztuka.pl)

**Polish Association of Therapy through Art**

[www.arteterapia.pl](http://www.arteterapia.pl)

**The Music Therapy Association, Lublin**

[www.arteterapia.pl](http://www.arteterapia.pl)

**The Polish Bibliotherapy Society**

<http://biblioterapiatow.pl/index.php/galeria/otwarcie-gabinetu-biblioterapeutycznego/category/2-gabinet>

**Polish Psychiatric Association**

<https://psychiatria.org.pl/news,tekst,350,en>

**The Polish Society of Choreotherapy**

<http://www.psch.org.pl/en/>

**The Polish Society of Psychotherapy with Dance and Movement (PSPTiR)**

<http://www.stowarzyszeniedmt.pl/en/>

## USEFUL LINKS

**The K. Lipiński Music Academy, Wrocław**

<https://en.amuz.wroc.pl/>

**University of Medical Sciences, Poznań**

<https://pums.ump.edu.pl/>



## SLOVENIA

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### TRAINING & COURSES

**The University of Ljubljana**

<http://www.pef.uni-lj.si/818.html>

<https://www.uni-lj.si/eng/>

<https://www.uni-lj.si/university/>

**Government of Slovenia (the Board for Higher Education)**

<https://www.gov.si/en/policies/education-science-and-sport/higher-education/>

**Slovenian Quality Assurance Agency for Higher Education**

<https://www.enqa.eu/membership-database/sqaa-nakvis-slovenian-quality-assurance-agency-for-higher-education/>

**European Tempus project**

<https://cordis.europa.eu/programme/id/ET-TEMPUS-1>

### PROFESSIONAL ASSOCIATIONS

**Slovenian Arts Therapists Association**

<https://www.facebook.com/pages/category/Nonprofit-Organization/SZUT-Slovensko-zdruzenje-umetnostnih-terapevtov-851287608261468/>



## SPAIN

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### HISTORY

**The Spanish Federation of Professional Associations of Art Therapy (FEAPA)**

<http://feapa.es/>

*Founding members of FEAPA are:*

**Asociación Española de Arteterapia (ATE)**

<https://arteterapia.org.es/>

**Foro Iberoamericano de Arteterapia (AFIA)**

<http://www.afia.es/>

**GREFART - Grup de Recerca i Formació en Artterapia**

<https://www.grefart.org/>

**MURARTT - Asociación Profesional de Arteterapia de la Región de Murcia**

<http://terapiascreativas.org/murartt/>

**Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano (ATH)**

<https://www.artterapia.net/indice.htm>

### TRAINING & COURSES

#### ART THERAPY

**Ministry of Education**

<https://www.educacionyfp.gob.es/portada.html>

**The University Complutense of Madrid/Autonomous University of Madrid**

<https://www.ucm.es/>

<https://www.uam.es/uam/inicio>

**The Universidad Complutense de Madrid**

<https://www.ucm.es/>

#### DANCE MOVEMENT THERAPY

**The Universitat Autònoma de Barcelona (UAB)**

<https://masterdmt.uab.cat/en/home/>

## MUSIC THERAPY

### **The University of Barcelona**

<https://www.il3.ub.edu/master-musicoterapia>

### **The International University of la Rioja**

<https://www.unir.net/musica/master-oficial-musicoterapia/>

## OTHER MASTERS IN THE ARTS THERAPIES

### **The University of Pablo de Olavide, Sevilla**

<https://www.upo.es/portal/impe/web/portada?lang=en>

### **The University of Valencia**

<https://www.uv.es/uvweb/college/en/university-valencia-1285845048380.html>

### **ISEP (Madrid)**

<https://www.isep.es/sede/madrid/>

## PROFESSIONAL ASSOCIATIONS

## ART THERAPY

### **Asociación Española de Arteterapia (ATE)**

<https://arteterapia.org.es/>

### **Foro Iberoamericano de Arteterapia (AFIA)**

<http://www.afia.es/>

### **GREFART - Grup de Recerca i Formació en Artterapia**

<https://www.grefart.org/>

### **MURARTT - Asociación Profesional de Arteterapia de la Región de Murcia**

<http://terapiascreativas.org/murartt/>

### **Asociación de Arte terapeutas Transdisciplinarios para el Desarrollo Humano (ATH)**

<https://www.artterapia.net/indice.htm>

### **EARTDI, 941035, research group of Art Education, Art Therapy and Social Inclusion**

<https://www.ucm.es/eartdi>

## DANCE MOVEMENT THERAPY

**The Spanish Association for Dance Movement Therapy**  
- **Asociación Española de Danza Movimiento Terapia (ADMTE)**  
<https://danzamovimientoterapia.com/>

### RESEARCH

**The Ministry of Competitiveness/University Complutense**  
<https://www.ucm.es/aletheia/que-es-aletheia>

**The University of Barcelona**  
<https://www.ub.edu/web/portal/en/>

**The University of Granada**  
<https://www.ugr.es/en>



## UNITED KINGDOM

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### TRAINING & COURSES

#### **Anglia Ruskin University**

Music Therapy - MA - ARU  
<https://aru.ac.uk/study/postgraduate/music-therapy>

Dramatherapy - MA - ARU  
<https://aru.ac.uk/study/postgraduate/dramatherapy>

#### **Goldsmiths College University of London**

MA Art Psychotherapy  
<https://www.gold.ac.uk/pg/ma-art-psychotherapy/>

Art Psychotherapy Foundation Course  
<https://www.gold.ac.uk/short-courses/art-psychotherapy-foundation/>

MA Dance Movement Psychotherapy  
<https://www.gold.ac.uk/pg/ma-dance-movement-psychotherapy/>

Dance Movement Psychotherapy Foundation Course  
<https://www.gold.ac.uk/short-courses/dance-movement-psychotherapy-foundation/>

#### **Guildhall School of Music and Drama**

MA Music Therapy  
[https://www.gsmd.ac.uk/music/principal\\_study/music\\_therapy/](https://www.gsmd.ac.uk/music/principal_study/music_therapy/)

**Institute of Arts in Therapy and Education, London**

MA Integrative Arts Psychotherapy

<https://www.artpsychotherapy.org/art-therapy/-arts-psychotherapy/masters-degree-in-integrative-arts-psychotherapy>

**Leeds Beckett University** (formerly Leeds Metropolitan University)

MA Art Psychotherapy Practice

<https://www.prospects.ac.uk/universities/leeds-beckett-university-3812/health-and-community-studies-10882/courses/art-psychotherapy-practice-42544>

**Nordoff Robbins**

MA Music Therapy

<https://www.nordoff-robbins.org.uk/music-therapy/>

**University of Roehampton**

MA Art Psychotherapy

<https://www.roehampton.ac.uk/postgraduate-courses/art-psychotherapy/>

MA Dance Movement Psychotherapy

<https://www.roehampton.ac.uk/postgraduate-courses/dance-movement-psychotherapy/>

MA Dramatherapy

<https://www.roehampton.ac.uk/postgraduate-courses/dramatherapy/>

MA Music Therapy

<https://www.roehampton.ac.uk/postgraduate-courses/music-therapy/>

Play Therapy

<https://www.roehampton.ac.uk/postgraduate-courses/play-therapy/>

**Royal Central School of Speech and Drama, University of London**

MA Drama and Movement Therapy

<https://www.cssd.ac.uk/courses/drama-and-movement-therapy-ma>

**University of Chester**

MA Art Therapy

<https://www1.chester.ac.uk/study/postgraduate/art-therapy>

## **University of Derby**

MA Art Therapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/art-therapy-ma/>

MA Dramatherapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/dramatherapy-ma/>

MA Music Therapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/music-therapy-ma/>

MA Dance Movement Psychotherapy

<https://www.derby.ac.uk/postgraduate/therapeutic-practice-courses/dance-movement-psychotherapy-ma/>

## **University of Hertfordshire**

MA Art Therapy

<https://www.herts.ac.uk/courses/postgraduate-masters/ma-art-therapy2>

## **University of the West of England, Bristol**

MA Music Therapy

<https://courses.uwe.ac.uk/b99942/music-therapy>

Supervision training for music therapists

<https://courses.uwe.ac.uk/uspkj30m/supervision-training-for-music-therapists>

Therapeutic songwriting

<https://courses.uwe.ac.uk/uspkjc15m/therapeutic-songwriting>

## **Queen Margaret University, Edinburgh**

MSc Art Psychotherapy (International)

<https://www.qmu.ac.uk/current-students/current-students-general-information/induction-for-new-students/induction-programme-list-september/art-psychotherapy-international-induction-programme/>

MSc in Music Therapy

<https://www.qmu.ac.uk/study-here/postgraduate-study/2021/msc-music-therapy/>

MSc in Play Therapy

<https://www.qmu.ac.uk/study-here/postgraduate-study/2021/msc-play-therapy>

Introduction to Dramatherapy Short Course

<https://www.qmu.ac.uk/study-here/continuing-professional-development-cpd-courses/cpd-courses-folder/introduction-to-dramatherapy-short-course/>

## **PROFESSIONAL RECOGNITION & PROFESSIONAL ASSOCIATIONS**

Health and Care Professions Council (HCPC)

<https://www.hcpc-uk.org/>

UK Council of Psychotherapy (UKCP)

<https://www.psychotherapy.org.uk/>

British Association of Art Therapists

<https://www.baat.org>

British Association of Dramatherapists

<http://www.badth.org.uk>

British association of Music Therapists

<http://www.bamt.org>

Association of Dance/ Movement Therapists

<https://admp.org.uk>

## **RESEARCH**

**International Centre for Research in the Arts Therapies,  
Imperial College London**

<https://www.imperial.ac.uk/events/113395/the-launch-of-icra/>

**Roehampton University Centre for Research in the Arts Therapies**

<https://www.roehampton.ac.uk/research-centres/centre-for-international-research-in-arts-and-play-therapies/>

**Roundabout Dramatherapy**

<https://www.roundaboutdramatherapy.org.uk/about/>

**National Institute for Clinical Excellence (NICE) guidelines**

<https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines>

<https://www.evidence.nhs.uk/search?q=art%20therapy%20mental%20health>

## **OTHER**

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### **THE EUROPEAN FEDERATIONS**

European Association of Dance Movement Therapy (EADMT)  
<https://eadmt.com/>

European Dramatherapy Association (EFD)  
<https://www.efdramatherapy.com/>

European Federation of Art Therapy (EFAT)  
<https://www.arttherapyfederation.eu/>

European Music Therapy Confederation (EMTC)  
<https://www.emtc-eu.com/>

### **BOLOGNA DECLARATION (1999)**

<https://ehea.info/page-ministerial-conference-bologna-1999>

### **WORLD HEALTH ORGANISATION (WHO)**

Fancourt, D. and Finn, S. (2019) 'What is the evidence on the role of the arts in improving health and well-being'? Copenhagen: WHO Regional Office for Europe; Health Evidence Network synthesis report, No. 67  
<https://www.euro.who.int/en/publications/abstracts/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review-2019>

World Health Organisation (WHO) report factsheet (2018) 'Strengthening our Response'  
<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

World Health Organisation (WHO)(1986) Ottawa Charter for Health Promotion  
<https://www.who.int/teams/health-promotion/enhanced-wellbeing/first-global-conference>



# Promoting Excellence in Arts Therapies Education at a European level

## The State of the Arts Therapies Training in Europe (SATTIE)

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This report offers a review of the current state of the arts therapies training in Europe (SATTIE). This first stage of the project offers a review of programmes across Europe and presents up to date information for each country with a current member institution. The material is presented through the convention of four domains: History, Training, Profession and Research.

The project is part of ECArTE's strategy. As a consortium of Universities, ECArTE's primary aim is to develop standards of education and training in arts therapies across Europe. This report offers a review and a mapping of existing practices and benchmarking, which will support collaborations and developing programmes.

The report will be of interest to existing arts therapy practitioners, academics, scholars, researchers and social policy makers.



**EUROPEAN CONSORTIUM FOR  
ARTS THERAPIES EDUCATION**

[www.ecarte.info](http://www.ecarte.info)