

Shades of uncertainty: how futureproof is arts therapies training?

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If dark times are with us now, what does this mean for prospective generations of arts therapists? How can they be prepared to navigate future challenges with their clients creatively? This panel discussion will seek to explore and promote open debate about the direction of arts therapies training in the near future. To begin, four different panel members, each of them creative arts therapies educators representing a different modality (music, art, drama and dance movement therapy), will in turn present a personal overview of current training issues. Presentations will draw on themes from the ECARTE report *State of the Arts Therapies Training in Europe* (SATTIE) and may reference national/international training initiatives relevant to each modality. The presentations and subsequent discussion will aim to address issues as diverse as the lifelong learning span of training, similarities and differences across modalities, critical views around competencies, assessment, responsible preparation of trainees, trainee-led ideas, social justice and sustainability in education. These are examples and not an exclusive list.

Each presentation will last 8-10 minutes, and the remaining period will be for discussion.

In the discussion, a facilitated fishbowl technique will be used where self-selecting members of the audience will be invited to sit in a circle and contribute their thoughts. This democratic technique can allow anyone in attendance to participate actively and involves a dynamic process of changing contributors. A scribe will notate the themes as they arise for future dissemination.

The aims of the discussion will be to identify and discuss key contemporary issues in arts therapies training and, crucially, to facilitate cross-modal discussion. It will be of particular interest to creative arts trainees, educators, practitioners and researchers.

Biography

Dr Esa Ala-Ruona is Associate Professor, music therapist and psychotherapist at the University of Jyväskylä.

Marius Den Otter is a dramatherapist and Professor at the NHL Stenden Hogeschool, Netherlands.

Dr Vincenzo Puxeddu is a dance movement therapist, medical doctor and Professor at Paris Sorbonne University.

Dr Eha Riiütel is Professor of Creative Arts Therapies at Tallinn University and an artist.

Dr Catherine Warner is a music therapist, programme leader of the MA Music Therapy at the University of the West of England, UK, and that University's representative for EArTE. She is chair of the Education Action Group of EArTE and the chair of the Training and Education Committee for the British Association of Music Therapy.

Marc Willemsen is a dramatherapist and Senior Lecturer at the HU University of Applied sciences in the Netherlands.

Recent publications and conference presentations

Krüger, V., Macedo, E, Addessi, A.R., Rützel, E., Warner, C., Carvalho, A., Bunt, L. (2020) **Learning how to learn: The role of music and other expressive arts in responding to Early Leaving from Education and Training (ELET) in the STALWARTS project.** *Voices: A World Forum for Music Therapy*, 20 (3), 17. DOI: [10.15845/voices.v20i3.3084](https://doi.org/10.15845/voices.v20i3.3084).

Salokivi, Maija, Salanterä, Sanna, Saarikallio, Suvi, Ala-Ruona, Esa (2023). **Promoting emotional skills in early adolescents with mental health conditions in music therapy – a content analysis of focus group interviews.** *Nordic Journal of Music Therapy*.

Warner, C. and Watson, T. (2024) **Contemporary issues in music therapy training.** Routledge (in press).

Warner, C. and Sloboda, A. (2024) **The culture and practice of music therapy supervision.** Jessica Kingsley Publishers (in press).