

The vicissitudes of professional recognition

Die Wechselfälle der beruflichen Anerkennung

Le vicissitudini del riconoscimento professionale

Las vicisitudes del reconocimiento profesional

Maria d'Elia (Luxembourg)

Richard Hougham (UK)

Johannes Junker (Germany)

Rosa María Rodríguez-Jiménez (Spain)

Elide Scarlata (Italy)

The complex question of professional recognition in the arts therapies goes to the heart of the professions and how we position ourselves and present our teaching, practice and research. This panel draws together the chairs/presidents of the four European professional organisations and EArTE to discuss challenges and opportunities of professional recognition. Each panel member will offer a brief provocation, which responds to this question in light of the theme of creation and resistance in the arts therapies. These will include questions of communication, scope, transferability, training levels, documentation, strategy, and a critique of the notion of recognition as a construct. How to resist uniformity, welcome diversity and develop agency in creating criteria for recognition?

The opportunity for professional associations to join forces and advocate for the overall arts therapy project is one of the premises of this panel. How to create a dialogue and strategy which effectively tells the story of training, practice and research, which is contemporary, engaging and progressive? How do our professions align with specific policy developments across Europe, such as the WHO European Framework for Action on Mental Health (2021-25)? How do we avoid duplication of work across the arts therapy disciplines and regions of Europe? The differences in training benchmarks, types of recognised evidence, and pedagogical approaches all present challenges for this enterprise.

In 2019 WHO stated that the use of arts in health care and in communities can have a variety of benefits for health outcomes, communicating valuable messages across cultures and political divides (WHO, 2019). In the same way the different European arts therapies associations and EArTE should be able to develop equally effective communication strategies.

Further, the question of validation, approval and regulation in the arts therapies can itself be challenged. By whom are we aiming to be recognised?

Biographies

Maria d'Elia holds an M.A. in Art Education, Art History and Psychology from Ludwig-Maximilians-University in Munich (Germany) and an M.A. in Art Therapy from Vermont College of Norwich University in Montpelier, VT (USA). From 1991 to 1998 she worked as an art therapist at a psychiatric and psychotherapeutic day clinic in Stuttgart (Germany), followed by child rearing years and a move to Luxembourg. She has held a full-time art therapy position at the acute psychiatric department of Hôpital Kirchberg, Luxembourg since 2003. Maria is a founding member, former president and current vice president of the Association Luxembourgeoise des Art-thérapeutes Diplômés (ALAtD). From 2011 to 2018 she co-ordinated the informal Network of European Art Therapists (NEAT) with Paola Luzzatto from Italy. A founding member of the European Federation of Art Therapy (EFAT), she has been serving as its president since 2019. She has published and presented internationally.

Richard Hougham is a principal lecturer and Course Leader of the MA in Drama and Movement Therapy at the Royal Central School of Speech and Drama, University of London. He has a special interest in storytelling and the language of myth as part of the Sesame approach to dramatherapy and as a teaching pedagogy. He is currently Chair of the European Consortium of Arts Therapies Education (EArTE). Richard continues to develop his interest in the connections between analytical psychology and the arts.

Professor Johannes Junker studied theology and philosophy in Germany and drama therapy in the Netherlands where he also completed his supervision and coach training. He also has 21

years professional experience as a dramatherapist and head of department in a psychiatric and forensic clinic in Germany. In 2011 Johannes Junker was appointed Professor and Rector at the Hochschule für Kunsttherapie in Nürtingen, Germany. From 2016 he has been Professor and Dean of the BA Drama Therapy at the University of Nürtingen-Geislingen. He is the president of the European Federation of Dramatherapy and on the board of the German Scientific Society of Arts Therapies.

Dr. Rosa María Rodríguez-Jiménez is a professor with 25 years of experience and a senior researcher. She holds a BSc and a PhD in Physics of the Atmosphere, a degree in Psychology and in Education for Special Needs. She has extensive training in dance and a Master's in Dance Movement Therapy. She is supervisor member of the Spanish DMT Association. Since September 2022 she has been the President of the European DMT Association. She has led several research projects focused on experiential learning, development of soft skills in university students, inclusive education, clinical applications of DMT, and dance and embodiment applied to well-being and personal growth in higher education. She participates as a guest lecturer and tutor in national and international DMT trainings, in particular, in the Universidad Autónoma of Barcelona (Spain) and in Codarts, University of Arts (Rotterdam, Netherlands). Since September 2023 she teaches at the Universidad Francisco de Vitoria (Madrid, Spain).

Elide Scarlata is President of the European Music Therapy Confederation (EMTC), a GIM Fellow (Guided Imagery and Music- Bonny Method) at the Association of Music and Imagery (AMI) and European Association of Music and Imagery (EAMI). She is Professor of Music Therapy and Coordinator of the MA Music Therapy program at the Conservatory of Music Alessandro Scarlatti, Palermo, and Music therapist at Alzheimer's Centers, Mental Health Department, ASP 9 Trapani (Italy). From 2009 to 2019 she was a member of the Board at the Italian Association of Professional Music Therapists (AIM). From 2013 to 2022 she was EMTC country representative for Italy. From 2016 to 2022 she was EMTC regional coordinator- South.

She has 18 years of experience as a music therapist clinician in health and school settings. She is a PHD student at the Department of Music Therapy, Faculty of Music, Art and Culture studies, University of Jyväskylä.

Recent publications and conference presentations

D'Elia, M. (2023). **Die Situation der Kunsttherapie in Europa - Eine Momentaufnahme (The Situation of Art Therapy in Europe - A snapshot)**. In: Masuch, J./ Singler, K./ (Eds.) Kunsttherapie. Chancen und Herausforderung der Forschung (Art Therapy. Opportunities and Challenges of Research). Frankfurt/Main: Mabuse-Verlag (in print at the time of submission)

Havsteen-Franklin, D., D'Elia, M. (publication expected in 2024). **La formation en art-thérapie: une perspective Européenne (Art Therapy Education: A European perspective)**. From conference presentation in Toulouse (France), 8th September 2023. In: Sudres, J-L. / Chardon, F. (Eds). Les Diplômes Universitaires d'Art-Thérapies en rencontres:Tisser l'avenir... (University Diplomas in Art-Therapies in encounter: Weaving the future....) Paris: Harmattan.

D'Elia, M., (in process) **updated chapter on Art Therapy in Europe**. In: Gussak, D. / Rosal, M. (Eds). The Wiley Handbook of Art Therapy, 2nd edition.

Richard Hougham

2021: **Dramatherapy, the nature of interruption**, Routledge

2021: **Imagining windmills, trust, truth and the unknown in the arts therapies**, Routledge

2019: **Traditions in transition in the arts therapies**, University of Plymouth Press

Johannes Junker

Constien, T., Junker, J. (2023). **Analysis of the body of literature based on a new drama therapy literature database.** *The Arts in Psychotherapy* (82), doi: 10.1016/j.aip.2022.101989

Junker, J. (2020). **Participant observation in drama therapy.** In: Gruber, H., Schmid, G., Sinapius, P., Tüpker, R. (eds). *Participant observation in art and therapy.* Hamburg: HPB-press, 50 - 72

Junker, J. (2017) **Fare evasion.** In: Hamberger C., Kahle, M., Strub F., Gneist, S. (eds.). *Please get in! Art therapy schedules and destinations.* Cologne: Claus Richter Verlag, 82 -90

Junker, J. (2017) **Artistic therapies: A cooperation model?** (2017). In: by Spreti F, Martius P, Steger F (eds.) *Art therapy effect - craft - practice.* Stuttgart: Schattauer, 385 – 391

Junker, J. (2018). **Dramatherapy work in the treatment of schizophrenic psychoses.** In K. Danneker (Hrsg.), *Arts Therapies and New Challenges in Psychiatry.* Routledge, 73 - 98.

Rosa María Rodríguez-Jiménez

Rodríguez-Jiménez, R.-M. et al. (2022). **Stress, subjective wellbeing and self-knowledge in higher education teachers: A pilot study through bodyfulness approaches** *Plos One.* 17-12, pp.e0278372. <https://doi.org/10.1371/journal.pone.0278372>.

Rodríguez-Jiménez, R.-M. et al. (2022). **Embodied learning for well-being, self-awareness, and stress regulation: a randomized trial with engineering students using a mixed-method approach.** *Education Sciences.* 12. <https://doi.org/10.3390/educsci12020111>.

Rodríguez-Jiménez, R.M.; Carmona, M. (2021). **A rationale for transformative education from a bodyfullness paradigm: an experience in higher education.** *Education Sciences*. 11-9, pp.460. <https://doi.org/10.3390/educsci11090460>

Savidaki, M., Demirtoka, S., Rodríguez-Jiménez, R.M. (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. <https://doi.org/10.1186/s40337-020-00296-2>

Rodríguez-Jiménez, R.M.; Carmona, M. (2020). **Mixed methods for evaluating embodied processes in higher education the art and science of embodied research design: concepts, methods and cases.** Routledge. pp.229-241. ISBN 978-1-138-36707-4.

Elide Scarlata

MusicTeamCare (MTC): Theory and practice of clinical intervention for music therapists offering remote support to clients during emergencies, *British Journal of Music Therapy*, 1-13, 2022, <https://journals.sagepub.com/doi/10.1177/13594575221117968>

Receptive music therapy to reduce stress and improve wellbeing in Italian clinical staff involved in COVID-19 pandemic: A preliminary study, *The Arts in Psychotherapy*, ISSN: 0197-4556, 70 (2020) 101688, Elsevier Ltd. <https://doi.org/10.1016/j.aip.2020.101688>

12th European Music Therapy Conference, Edimburgh (UK), June 2022

Nordic Music Therapy Conference, Helsinki (FI), April 2022

11th European music Therapy Conference, University of Aalborg (Denmark), June 2019,

ECArTE conference: Cultural Landscapes in Arts Therapies, Palermo (Italy), September 2015