

INTERNATIONAL EXPRESSIVE ARTS THERAPY ASSOCIATION (IEATA) GENERAL REGISTRATION STANDARDS AND REQUIREMENTS

For Expressive Arts Therapist
(Revised as of 9/24/05)

The following criteria must be met before sending an application for consideration:

I. EDUCATION

Must meet one of the standards described in category **A, B, C, or D**. If education has been obtained from an educational institute that is not state-accredited, applicant must include an official course syllabus for each course taken. Transcripts must be official, sent in a sealed envelope, with the signature of the registrar or other designated official across the seal.

A. 1) A Master's Degree in Expressive Arts Therapy or equivalency in a Creative Arts Therapy Program.

This must include a practicum (internship) of at least 500 hours of supervised clinical work plus 50 hours of individual supervisory sessions, or 100 hours of group supervisory sessions, or a combination of the two.

2) Demonstration of arts practice and involvement

B. 1) A Master's Degree in Psychology, Educational Psychology, Counseling, Social Work, Marriage and Family Therapy, or related mental health discipline,

2) PLUS completion of training in one or several professional Expressive Arts Therapy Institutes. (See definition of "Professional Expressive Arts Therapy Institutes" Doc. A)

Training in the above-mentioned Expressive Arts Institutes must be documented by a letter of completion from the Institute, sent in a sealed envelope with the signature of an Institute trainer across the seal.

The Institute training must include at least 200 hours of supervised clinical practicum (internship) and 25 hours of individual supervisory sessions or 50 hours of group supervisory sessions or a combination of the two.

3) Demonstration of arts practice and involvement.

(Continuation of Educational Requirement Categories)

C. 1) A Master's Degree in Fine Arts (music, visual arts, dance, drama, etc.)

2) PLUS completion of training from one or several professional Expressive Arts Therapy Institutes or Programs.

Applicants under this category must have completed a practicum (internship) of at least 500 hours of supervised clinical work and 50 hours of individual supervisory sessions, or 100 hours of group supervisory sessions or a combination of the two from the identified Expressive Arts Training Institute. (Again, see definition of "Professional Expressive Arts Therapy Institutes" on attached Document A.)

3) In addition, three of the four requirements under "General Therapy Competencies" must be met through continuing education, non-degree or degree courses, or other means, but not from audited courses.

D. 1) Doctoral Degree in Expressive Arts Therapy or equivalency in a Creative Arts Therapy Program.

Program must include a practicum of 1000 hours of supervised clinical work and 100 hours of individual supervisory sessions, or 200 hours of group supervisory sessions or a combination of both.

2) Demonstration of arts practice and involvement.

E. If applying under the "Exceptional Category", applicant must fulfill one of the four educational categories above to be considered for professional registration.

II. EXPERIENCE:

Experience must have been acquired after completion of categories **A, B, C, or D** (Post Graduate), and must include the following:

A. **2,000 hours** (equal to approximately 20 hours per week for 24 months), or an equivalent time over a longer period of time, not to exceed 48 months (or 4 years).

B. **100 hours of individual supervised sessions or 200 hours of group supervisory sessions or a combination of these** (see definition of supervision on Document A).

(Continuation of Experience Requirements)

C. For Category “D” Only - experience after completion of category “D” above must include:

1) **1,500 hours** (equal to approximately 25 hours per week for 12 months) or an equivalent time over a longer period of time, not to exceed 48 months (4 years).

2) **75 hours** of individual supervised sessions or 150 hours of group supervisory sessions, or a combination of the two.

D. Exceptional Category Only - (Must have 10+ years experience) This category has been added for those individuals who began acquiring their post-masters/post-doctoral experience, without supervision from an expressive arts or creative arts therapist because there were none available at the time. They have demonstrated high ethical standards of practice and are respected by others in the field. They must, however, meet specific criteria to be considered under this “exception”. [See attached Document B regarding this category].

Completed applications for registration may be submitted at any time. Incomplete applications will be returned to the applicant after three months if necessary parts have still not been received. This includes the required triplicate copies requested for the review process. The reviewing process will take a minimum of three months for regular submissions and four months for the Exceptional Category.

III. COMPETENCIES:

A clear demonstration that all three (3) required competencies (**A, B & C**) have been met. This will be documented in the:

- Narrative Statements
- Transcripts
- Institute Course descriptions

A. Expressive Arts Therapy. A minimum of 3 of the following 4 categories below must be satisfied and the applicant must have completed a minimum of 25 hours of instruction for each of the 3 categories.

- 1) **Individual Expressive Arts Therapy Process** - coursework
- 2) **Group Expressive Arts Therapy Process** - coursework

(Continuation of Required Competencies)

- 3) **Applications of Expressive Arts Therapy**; i.e., how the applicant applies diagnostic impressions, personality tendencies, expressive communication styles and previous arts experience of client.
 - 4) **Approaches to, or styles of Expressive Arts Therapy** in practice and study; i.e., various approaches used by the applicant in integrating multi-arts in therapy.
- B. General Therapy.** A minimum of 3 of the following 4 categories below must be satisfied and the applicant must have completed a minimum of 25 hours of instruction for each of the 3 categories.
- 1) **Ethics/Professional Practice**
 - 2) **Personal Styles** (e.g., personality theory)
 - 3) **Psychopathology**
 - 4) **Development** (child and adult)

C. The Arts. Addressed the following areas.

- 1) **Arts Practice.** Describe your ongoing involvement with an art(s) in your narrative and in any included video, audio or artistic representations included in application.
- 2) **Coursework in chosen arts medium/media.** A total of 50 contact hours is required in a chosen art(s). This must be documented in the transcript(s) or Institute description approved by instructor of courses.

IV. PERSONAL EXPRESSIVE ARTS THERAPY

(**100 hours required** for individual or group expressive arts therapy), not including personal process as required in Master's or Institute training classes or coursework. Your expressive arts therapist **cannot** be the same person as your supervisor, teacher or head of training program. (**This means your own therapy within a private context outside of the academic program or training institute.**)

Applicant's personal process must be with a R.E.A.T. or with a certified or registered therapist in any art form (art therapist, dance therapist, etc.) The credentials of the non-R.E.A.T. therapist must accompany applicant's documentation. This personal process may be obtained prior to or following Master's degree or Institute training.

V. AUTOBIOGRAPHICAL STATEMENT:

The essential background and training elements of a seasoned Expressive Arts Therapist include personal experience and artistic and psychological competencies. In order to understand and review these elements of applicant's professional experience, we request a **five-page essay** (typed and double-spaced), which should include the following:

An autobiographical statement describing applicant's experience and mastery in the arts, including present work, certifications and credentials from other associations, personal therapy, special awards, publications, and other related information.

VI. PHILOSOPHY OF EXPRESSIVE ARTS THERAPY

Our field is defining itself through our many voices. This category provides an opportunity for you to crystallize your ideas and describe your practice. Please include thoughts about major influences of the arts in your life, images and concepts that inform your work and your approach or style of practice. Include any examples of your work that will help us to understand your philosophy. Your written statement should be **at least five pages** (typed and double-spaced).

VII. TWO LETTERS OF REFERENCE

The letters of reference can be from your supervisor who is a Registered Expressive Arts Therapist, Registered Creative Arts Therapist, or Licensed Mental Health Professional with a background in the arts including your supervisor from pre-master's degree and/or post-master's degree experience.

These are the individuals who are familiar with your work and progress and have witnessed your professional development in the therapeutic environment.

The letters of reference CANNOT be from your personal therapist.

Note: For those applying under the “**Exceptional Category**”, you may not have had an expressive arts or creative arts supervisor but you will still need to include references from prior supervisors, colleagues and teachers in the Mental Health Profession. Remember that you will need five (5) letters of reference if applying under this category. The individuals must be familiar with your skills and reputation as an Expressive Arts Therapist, with at least two of the references being past supervisors.

HELPFUL DEFINITIONS AND CLARIFICATIONS FOR THE REAT APPLICATION PROCESS

(Document A)

Professional Expressive Arts Therapy Institute: a program which is conducted by a person(s) who:

- (1) is a Registered Expressive Arts Therapist with IEATA or
- (2) Has training and experience as a creative or expressive arts therapist which is equivalent to the qualifications set forth in IEATA's general registration standards.

Supervision: is defined as direct contact with a supervisor for the purpose of reviewing therapeutic work either in an individual or group setting. Direct contact may be on-site or through video or audiocassettes accompanied by transcripts of sessions. A ratio of ten hours of client contact to one hour of supervision is recommended. Supervision time includes time for reviewing of work and giving feedback to supervisee.

Supervisor Qualifications: It is strongly urged that an individual conducting supervision as defined above, should be a R.E.A.T. "Distant supervision" may be conducted as explained in above paragraph. A list of R.E.A.T.s may be obtained by calling IEATA at **(415) 522-8959 (USA)**.

If access to a R.E.A.T. is impossible, a case-by-case evaluation of another supervisor will be made by the Professional Standards Committee for Expressive Arts Therapists, prior to their submission of an application, at the applicant's request.

The non-R.E.A.T. supervisor will be considered in one of the two following manners:

- 1) The supervisor is a certified or registered creative arts therapist in one of the other nationally recognized arts therapy professions such as but not limited to: Drama Therapy, Movement Therapy, Art Therapy or Music Therapy.
- 2) A non-R.E.A.T. potential supervisor who is not registered or certified by one of the above mentioned creative arts therapy professions must send two copies of his/her resume, including information on his/her own training and supervision regarding any creative arts background. This information should be sent to Anin Utigaard, Co-Chair of Professional Standards Committee for Expressive Arts Therapists at 817 Lyon Street, San Francisco, CA 94115 (USA).

Any questions about whether your supervisor meets criteria before collecting your hours or before applying for R.E.A.T. status, should be clarified by contacting the Professional Standards Committee for Expressive Arts Therapists by email at **www.reat@ieata.org**, or phone at **415/522-8959**.

Please be aware that the Co-Chairs for the Professional Standards Committee for Expressive Arts Therapists cannot review your application or coursework before you apply, as this would be considered an unfair business practice w/regards to other applicants. We usually recommend that you consult with your academic advisor or supervisor who can look through the requirements with you for clarification.

Guidelines for Exceptional Application

(Document B)

For applicants who have a master's degree or higher in a related field and

- 1) have exceptional professional qualifications,
- 2) have practiced expressive arts therapy for a minimum of (10) years, and
- 3) have demonstrated a clear contribution to the field and are highly respected by their peers in the profession.

If applicants meet the criteria above but do not meet the current requirements for professional registration, they may apply under the EXCEPTIONAL CATEGORY. Applications may be submitted to the Co-Chairs of the Professional Standards Committee for consideration. The Co-Chairs will assign the application to two committee members who will then review the applicant's qualifications. Once the application has been evaluated by no less than two reviewers, their collective findings will be presented to the full Professional Standards Committee for approval.

To be considered by IEATA's Professional Standards Committee Reviewers, the "Exceptional" applicant must submit the following:

- Letter of intent and why the applicant feels that they should be considered under the Exceptional Category
- Application for REAT registration, completed as fully as possible
- Documentation that verifies applicant's prior 10 years+ experience in the field of expressive arts therapy, that clearly represents a multi-modal approach
- Curriculum Vitae, illustrating evidence of conference presentations, teaching positions and/or presentations, published works, etc., showing evidence of experience relevant to expressive arts therapy and professional standing
- Examples of authorship of publications, videos and/or audio works relevant to expressive arts therapy that illustrate the applicant's professional standing
- Minimum of five (5) letters of reference, with at least two of them being past supervisors.

The Professional Standards Committee will then assess the documentation and application supplied. Based upon its recommendations to the full committee, other materials, interviews and/or a video case presentation may be required. Because the documentation is lengthy and the Professional Standards Committee is made up of volunteers, the application review process under this option will take a minimum of four months.