

# REAT Supervision Standards and Requirements

## Description - Supervision

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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 audio with 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 work and giving feedback to supervisee.

## Update to Supervision Requirements – Effective January 1, 2025

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### By January 1, 2025:

- 50% of supervision Postgraduate, must be provided by a REAT
- the remaining 50% may be by another approved supervisor registered in one of the creative arts therapies.

*(Exceptions may be approved on a case-by-case basis for supervision beginning prior to December 31, 2024).*

## Supervisor Qualifications - REAT

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It is strongly urged that an individual conducting supervision as defined above, should be a REAT. "Distant supervision" may be conducted as explained in the above paragraph. A list of REATs may be obtained by visiting our [REAT Supervisor Directory](#). If you are having problems finding someone please email us at [reat@ieata.org](mailto:reat@ieata.org) or by calling us at +1 (415) 487-0698 (U.S.A.).

### Qualifications of REAT Supervisor (Effective 4/1/24):

A REAT that has practiced for at least one year.

## Supervisor Qualifications – Non-REAT

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If access to a REAT 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 or supervisor's request.

**Qualifications of Non-REAT Supervisor (Effective 4/1/24):**

Must be a licensed therapist, counselor, social worker, psychologist, psychiatrist who is:

- A) Registered in one of the creative arts therapies, as a CAT or in a single modality (ie. art therapist, music therapist, poetry therapist, drama therapist, dance therapist),

**and has:**

- B) 75+ hours of education in expressive arts therapy

**or**

5+ years working continuously in expressive arts therapy with two or more creative arts therapies

**NON-REAT Supervisors must submit a copy of their CV, any EXA education, and a short philosophical statement about their use of expressive arts therapy and intermodal process to: [reat@ieata.org](mailto:reat@ieata.org).**

## **Requirements for Non-REAT Supervisors - Effective 4/1/24**

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Once a non-REAT supervisor is approved and documented by the REAT Committee, **you must apply for the REAT Credential** after completing the following:

- Conducting supervision for 5 years &
- Provided a minimum of 25 hours of supervision a year

You will be able to apply for the REAT credential under Category E, **without prior internship/practicum and without having to have practiced expressive arts therapy for a minimum of (15) years.**

*(Exceptions may be approved on a case-by-case basis in areas of the world.)*

## **Contact Us with Questions**

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Any questions about whether your supervisor meets criteria before collecting your hours or before applying for REAT status, should be clarified by contacting the REAT Co-chairs by email at [reat@ieata.org](mailto:reat@ieata.org) or phone at +1 (415) 487-0698 (U.S.A.).

Please be aware that the REAT Co-Chairs cannot review your application or coursework before you apply, as this would be considered unethical practices and unequitable to other applicants. We highly recommend that you consult with your academic advisor or supervisor who can look through the requirements with you for clarification.