

Standards and Requirements of REAT

Registered Expressive Arts Therapist

IEATA Professional Membership

All Registered Expressive Arts Therapists must have and maintain a Professional Membership with IEATA. When you apply as a REAT applicant, you are required to be a Professional Member or you need to update your membership to the Professional Membership type.

Please review all requirements before sending your application questions into the committee.

Please note there are 3 Categories to the Standards & Requirements:

- 1) Competencies
- 2) Education
- 3) Experience

There are 5 parts that must be submitted to fulfill the Categories:

- 1) Completed REAT Application
 - A. Standard Application for Education Categories A-D
 - or
 - B. Exceptional Application for Education Category E - Exceptional
- 2) Official Transcripts and/or Program Certificates & Syllabus
- 3) Letters of Reference and Supervision Forms
- 4) Narrative Statements (Philosophical & Autobiography)
- 5) Acknowledgement of REAT Code of Ethics

1. Competencies

A clear demonstration that all three required Competencies (A, B and C below) have been met. This will be documented in the:

- 1) Narrative Statements (Philosophical & Autobiography)
- 2) Official Transcripts and/or Program Certificates & Syllabus

Note: Education Category E (Exceptional) does not require Competency A with formal Expressive Arts Therapy training, but unconventional training should be documented. **(see Education requirements below)**

A. Expressive Arts Therapy

Expressive Arts Therapy training must be obtained by a program or institute that meets the following definition:

****Definition of Expressive Art Therapy Institute:**

- Was founded by or currently has courses/classes taught by a Registered Expressive Arts Therapist with IEATA and...
- Has facilitators/instructors who have had training and experience as a creative or expressive arts therapist, with equivalent qualifications set forth in IEATA's general registration standards and requirements for REATs.

The applicant must fulfill 3 of the 4 following categories with a minimum of 25 hours of coursework/instruction per category:

- 1) Individual Expressive Arts Therapy Process – coursework
- 2) Group Expressive Arts Therapy Process – coursework
- 3) Application of Expressive Arts Therapy:
How the applicant applies intermodal arts therapy to address client issues and meet the needs of their client given their experience with the arts and diagnosis.
- 4) Approaches to, or styles of, intermodal Expressive Arts Therapy in practice and study:
Various approaches used by the applicant in integrating intermodal expressive arts in therapy.

B. General Therapy

The applicant must fulfill 3 of the 4 following categories with a minimum of 25 hours of coursework/instruction per category:

- 1) Ethics/Professional Practice
- 2) Personal Styles (e.g., personality theory)
- 3) Psychopathology
- 4) Development (child and adult)

C. The Arts

Address the following areas:

- 1) Arts Practice. Describe your ongoing involvement with an art(s) in your narratives and in any included video, audio or artistic representations included in the application.

- 2) Combination of coursework and personal hours spent on professional and personal development in the arts. A minimum total of 50 hours of participation is required and must be documented in the narratives, transcript(s), and course description(s).

2. Education

Review the Educational Categories below and select the one that your degree falls under. Note the following:

- *Competencies A (Expressive Arts Therapy Training) and B (General Therapy) must be met in order for your practicum and clinical hours to be counted.*
- *IF you didn't have a practicum during your Expressive Arts Training, clinical hours and supervision requirements can be added to the Post-Graduate Experience requirement.*

Education Category E (Exceptional) does not require Competency A with formal Expressive Arts Therapy training, but unconventional training should be documented.

Your Education and Competencies will be documented in the:

- 1) Application & Forms Completed
 - 2) Transcripts & University or Institute Course descriptions
 - 3) Letters of Reference and supervision forms
- You must meet one of the education standards described in Category A, B, C or D below.

Official transcripts and/or Program Certificates & Syllabus

- 1) Transcripts must be official and can be sent to IEATA in one of two ways:
 - 1) They may be sent electronically to REAT@ieata.org,
or
 - 2) mailed to IEATA in a sealed envelope, with the signature of the registrar or other designated official across the back seal.
- 2) If education has been obtained from an educational institute or program that is not accredited by your state or country, the institute must include an official course syllabus for the program.

Category A:

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

Supervision Requirement (both bullet points apply):

- 500 hours practicum of supervised clinical work

- 50 hours of supervised individual clinical sessions;
or
100 hours of supervised group clinical sessions
or
a combination of individual and group sessions

Demonstration of Arts Practice and Involvement (see Competency C)

- Programs that include arts courses

Category B:

**A Master's Degree in Psychology, Educational Psychology, Counseling, Social Work, Marriage and Family Therapy, or Related Mental Health Discipline
PLUS**

Completion of training in one or several professional **Expressive Arts Therapy Institutes (see Competency A)

Art Therapy Institute Supervision Requirement (both bullet points apply):

- 200 hours of supervised clinical practicum
- 25 hours of individual supervisory sessions,
or
50 hours of group supervisory sessions
or
combination of individual & group supervisory sessions

Demonstration of arts practice and involvement (see Competency C)

- Programs that include arts courses

Category C:

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

Completion of training in one or several professional **Expressive Arts Therapy Institutes (see Competency A): *program must include study of Psychology ie. theory, development, disorders, and assessment*

Art Therapy Institute Supervision Requirement (both bullet points apply):

- 500 hours of supervised clinical Practicum (internship)
- 50 hours of individual supervisory sessions
or
100 hours of group supervisory sessions
or
combination of individual & group supervisory sessions

Continuing Education in General Therapy & Psychology

- See Competency B

Category D:

Doctoral Degree in ****Expressive Arts Therapy or equivalency in a Creative Arts Therapy Program (see Competency A)**

Supervision Requirement (both bullet points apply):

- 1,000 hours of supervised clinical practicum work
- 100 hours of individual supervisory sessions
or
200 hours of group supervisory sessions
or
combination of individual & group supervisory sessions

Demonstration of arts practice and involvement (see Competency C)

- Programs that include arts courses

Category E:

Exceptional Category

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.

Applicant must:

- have exceptional professional qualifications
- have practiced expressive arts therapy for a minimum of (15) years, post masters, and
- have demonstrated a clear contribution to the field and are highly respected by their peers in the profession and can demonstrate this by publications, videos, brochures, testimonies, awards, etc.
- must fulfill one of the four educational categories above (**A, B, C, or D**) and document both practicum, and clinical supervision hours obtained, if any (note Competency A is not required)
- must fulfill Competencies B and C
- 5 letters of references required should be from individuals familiar with your skills and reputation as an Expressive Arts Therapist
- 2 of the 5 letters must be from past supervisors

3. Post-Graduate Experience

Post Graduate Experience must have been acquired after completion of your Competencies & Education in categories A, B, C or D (post-graduate). Your education will be documented in the:

- 1) Letters of Reference and Supervision Forms

2) Narrative Statements (Philosophical & Autobiography)

Your Experience is fulfilled by completing the following:

- 1,000 direct client hours of supervised clinical experience (equal to approximately 20 hours per week for 12 months), or an equivalent time over a longer period of time, not to exceed 48 months (or four years)
- 50 hours of individual supervised sessions
or
100 hours of group supervisory sessions
or
combined individual and supervised sessions

For a definition of “Supervision” click [HERE](#)

Education Category E (Exceptional)

Your 15+ years of Expressive Arts Therapy experience will be documented in:

- 1) Resume or CV
- 2) Letters of Reference
- 3) Narrative Statements (Philosophical & Autobiography)

Narratives

Well crafted Narratives significantly help your application in many ways. Narratives are engaging and provide a storyline or context to show your passions, educational achievements, talents and problem-solving skills. Not only does narratives show your character, critical thinking and ethics, but it can help to describe your understanding and healing uses of intermodal expressive arts in ways your application might lack elsewhere.

Autobiographical Statement

The essential background and training elements of a seasoned Expressive Arts Therapist include personal experience and artistic and psychological competencies. To understand and review these elements of an applicant’s professional experience, we **require a minimum 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.

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; add clear and defined examples of how you use the arts integratively (intermodally) with your clients.

- **We require your written statement to be a minimum of five pages (typed and double-spaced) and it must include 1 CASE STUDY involving expressive arts.**

Letters of Reference

Letters of Reference support your application and speak to your skills and abilities, as well as character and aptitude. *Letters of reference CAN NOT be from your personal therapist.*

Education Categories A, B, C, and D:

Two (2) letters of reference are required. They 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 your pre-graduate degree and/or post-graduate degree experience.
- from individuals who are familiar with your work as it relates to expressive arts therapy, your progress, and have witnessed your professional development in the therapeutic environment.

Education Category E (Exceptional):

Five (5) letters of reference are required.

- At least two (2) of these letters of reference must be from past supervisors.
- The other letters of reference must be from colleagues or instructors in the mental health profession, who are familiar with your skills and reputation as an Expressive Arts Therapist.

REAT Code of Ethics

In order to become a REAT® you must agree to the REAT® Code of Ethics upon Approval of your application. Please read the code of ethics and make sure to initial the section on the application, that you have read and understand the oath and that you will agree to the code upon confirmation.

Continuing Education Requirement (Effective September 1, 2024):

REAT Expressive Arts Therapy Continuing Education (EXA CE) includes activities that enhance the professional REAT's knowledge and competence. REAT EXA CE hours reflect the actual clock hours of participation in any activity.

ALL REAT's are responsible for obtaining new CE's following the first year of obtaining initial REAT Registration beginning September 1, 2024, upon REAT's designated renewal date. REAT's can check with the course instructor, institution or person(s) offering REAT EXA CE's to make sure the education meets the criteria below.

[Click HERE for the full Continuing Education Requirement.](#) All questions regarding EXA CE's can be directed to the REAT Co-Chair's at reat@ieata.org.

Personal Expressive Arts Therapy

IEATA highly recommends personal expressive arts therapy as self-care, an opportunity to enhance your ethical understandings and skills in expressive arts, as well as give you 'first-hand' knowledge of the client's perspective of this work. This experience can add to your overall application and narrative and be helpful for those applying under the exceptional category. Please include comments about any personal expressive arts therapy in your autobiographical statement.

NOTE: As of 2015, personal expressive arts therapy is no longer required to receive Registration.

Where To Go From Here

- [Click here to go to our application page](#)
- [Click here to read the REAT Code of Ethics](#)
- COMING SOON - "Helpful Definitions and Clarifications for the REAT Application Process"
- [Click HERE for a PDF document to track your supervision hours.](#)