REAT Application - Exceptional Category

IEATA welcomes your application for Registration as an Expressive Arts Therapist (REAT) under the Exceptional Category (Category E). Please engage in this process as a creative challenge in describing your professional path and philosophy of Expressive Arts Therapy.

The Exceptional Category is intended for applicants who demonstrate exceptional professional qualifications, a sustained history of expressive arts therapy practice, and significant contributions to the field. The application must include documentation that verifies applicant's experience in the field of expressive arts therapy, *minimally since January 2012*, that clearly represents an intermodal approach.

Applicants must:

- Must fulfill one of the four educational categories **A, B, C, or D.** (Hold a master's degree or higher in Psychology, Educational Psychology, Counseling, Social Work, Marriage and Family Therapy, or Related Mental Health Discipline.) Competency A (EXAT training at a qualified institute) is not required.
- Meet the general education requirements (Competency B)
- Meet the requirements of Arts Practice (Competency C)
- Document both practicum and clinical supervision hours obtained (if any)
- Have practiced expressive arts therapy for a minimum of 15 years.
- Demonstrate significant contributions to the field through publications, presentations, teaching, leadership, research, awards, media, or other professional accomplishments.
- Be highly respected by peers and provide supporting evidence of professional standing.

Please download and review the PDF version of the REAT APPLICATION before starting to fill out this form. You must finish filling it out and submit in one session.

In order to assess your qualifications, please provide all information requested. Only completed applications will be reviewed. To facilitate diverse reviewers from different regions/countries and to maximize efficiency, IEATA will create a digital copy (PDF) of your completed application and email it for review. Please submit all documents electronically in this form. If you have Google Docs file sharing links, make sure to include them in your uploaded documents. We understand transcripts and references will be coming separately. Where items must be mailed, please use the address below.

The Professional Standards Committee for Expressive Arts Therapists
c/o International Expressive Arts Therapy Association
PO Box 40707
San Francisco, CA 94140-0707, U.S.A.

Official documents can also be sent electronically to REAT@ieata.org.

There are 5 parts that must be submitted to fulfill Category E of the REAT application:

1. Completed REAT Application for Category E
2. Official Transcripts and/or Program Certificates and/or Syllabi
3. Letters of Reference (5 required)
4. Narrative Statements (Philosophical & Autobiography)
5. Acknowledgement of REAT Code of Ethics

Your application will be reviewed by two (2) anonymous reviewers from the Professional Standards Committee for Expressive Arts Therapists. We kindly request your patience with the review process. All reviewers, co-chairs, and IEATA board members are volunteers with busy schedules in addition to their work with IEATA. We appreciate your patience with this process, as it can take up to 2 months to review a completed application. **Again, the review process does not begin until we have all required documents.**

If you have any further questions, please email us at reat@ieata.org. You may review the Standards and Requirements under Professional Registration on our website at wwww.ieata.org, or by clicking HERE. This application is designed for you to document each requirement clearly and completely.

Thank you for your dedication to Expressive Arts Therapy and your interest in becoming a REAT with IEATA. Good luck and we look forward to reviewing your application.

Respectfully,

The Professional Standards Committee for Expressive Arts Therapists (c/o International Expressive Arts Therapy Association

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For your convenience, here is a list of required forms that are part of this application. You can also find these in the application as you move through each section.

- Reference Form

* Indicates required question

1. Email *

IEATA Membership and Application Fee

I understand I must become an IEATA member before my application is reviewed. **There is an application/membership fee.** You must be a Professional Member of IEATA to apply. Not a member? Click HERE to join IEATA. Already a Professional Member? Click HERE to pay the application fee. If you are having problems accessing the form to pay the application fee, please email reat@ieata.org.

2. Application Fee Attestation *

I attest that I have paid the application fee and I am a Professional Member of the IEATA. If you are unsure if you are a Professional Member, Click Here to review your membership profile and view paid invoices.

Mark only one oval.

- ◯ Yes

APPLICANT INFORMATION

3. Full Legal Name *

4. Phone Number *

5. Full Mailing Address: *

6. Professional Website (optional)

7. Professional Social Media or Online Portfolio (optional)

8. **Upload Professional CV** *

Curriculum Vitae, illustrating evidence of professional expressive arts therapy experience over the past 15+ years.

Files submitted:

EXCEPTIONAL CATEGORY REQUIREMENTS

Please confirm that you meet the following minimum requirements. If you answer "no" to any of these questions, please email reat@ieata.org before proceeding.

9. **Degree Type** *

You must have completed a degree in one of the following areas.

Mark only one oval.

- A. Master's Degree in Expressive Arts Therapy or equivalency in a Creative Arts Therapy program
- B. Master's Degree in Psychology, Educational Psychology, Counseling, Social Work, Marriage and Family Therapy, or Related Mental Health Discipline
- C. Master's Degree in Fine Arts (music, visual arts, dance, drama, etc.)
- D. Doctoral Degree in Expressive Arts Therapy or equivalency in a Creative Arts Therapy program

10. I have practiced Expressive Arts Therapy since, minimally, January 2012. *

Mark only one oval.

- Yes
- No

11. I have made significant contributions to the field of Expressive Arts Therapy. *

Not to include contributions to the field of singular modalities under the creative arts umbrella. This credential is reviewing your work specifically in Expressive Arts Therapy.

Mark only one oval.

- Yes
- No

12. Briefly describe why you believe you qualify for the Exceptional Category pathway. *

Education and Training

13. **Degree Title and Transcripts** *

Official transcripts from your Master's or Doctorate degree is required. List all institutions from which official transcripts will be submitted (include any Expressive Arts Therapy training from institutes and programs who offer official transcripts)**.**

Format: Please list institution, degree title, month and year degree awarded

14. **Expressive Arts Therapy Training Institute(s)** *

List all Institutes where expressive arts therapy training was obtained. If applicable, official transcripts are required to be sent to reat@ieata.org. If training came from a single course(s) outside of a training program, upload your certificate of completion. Reviewers will be looking for the applicants experience/training in the following areas:

- Individual Expressive Arts
- Group Expressive Arts
- Application of Expressive Arts
- Approaches to Expressive Arts

Format: Please list institution, course title, month and year certificate earned
If there was no official expressive arts training, please list N/A.

15. Certificates

Please upload a single file, preferably PDF, of any certificates of completion from singular workshops in Expressive Arts Therapy (if applicable).

Files submitted:

16. Practicum and Clinical Supervision

Please submit any documentation of both practicum and clinical supervision hours obtained (if any).

This form allows for 1 document to be uploaded at a size of 100 MB or under.

Files submitted:

Professional Experience

Contributions to the Field and Professional Standing

The applicant has practiced expressive arts therapy since, minimally, January 2012 and:

- Demonstrates significant contributions to the field of Expressive Arts Therapy through publications, presentations, teaching, leadership, research, awards, media, or other professional accomplishments.
- Be highly respected by peers and provide supporting evidence of professional standing.

17. **Professional Experience and Contributions to the field of Expressive Arts Therapy** *

Describe your professional experience and contributions to the field of expressive arts therapy since minimally since January 2012. Maximum 2,500 characters

18. Contributions to the Field of Expressive Arts Therapy *

Provide evidence that demonstrates a "**clear contribution**" to the field of Expressive Arts Therapy and "**are highly respected**" by peers.

Note that you can upload a maximum of 5 files sized at 100 MB or less. PDFs allow you to compress files and is our preferred format. We require official documentation of your contributions that clearly indicate the work is yours.

Files submitted:

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).

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. We require your written statement to be a **minimum of five pages** (typed and double-spaced) and includes the following:

- **1 CASE STUDY** involving expressive arts. *Case Study Guidelines:*
    - Be sure not to breach confidentiality
    - Minimum of 1 paragraph; Can include images
    - Should include an appropriate level of information describing how you approached the use of EXA with a client. (Possible information to include, but not limited to: minor demographics/history & background of a client, observations, analysis of symptoms/challenges, your EXA approach, any goals or processes, and a discussion of outcome.)

Make sure your essays include examples of your ongoing involvement with the arts

19. **Autobiographical Essay** *

Upload Autobiographical Essay Here: The autobiographical statement should provide evidence of your professional development, artistic identity, and integration of expressive arts therapy principles. Your statement should address the following:

- **Journey:** Describes your personal and professional path toward becoming an Expressive Arts Therapist.
- **Artistic Competence:** Demonstrates artistic skill and development through training, creative practice, professional experience, teaching, presentations, publications, exhibitions, performances, or other relevant accomplishments.
- **Professional Practice:** Explains your current role, expressive arts therapy work, populations served, areas of specialization, and relevant credentials or professional affiliations.
- **Personal Growth:** Reflects on experiences that have contributed to self-awareness and professional development, including therapy, supervision, mentorship, expressive arts processes, or other transformative experiences.
- **Professional Contribution:** Identifies contributions, leadership, service, or advocacy within the expressive arts therapy profession.
- **Professional Identity:** Demonstrates thoughtful integration of personal experiences, artistic practice, and professional development in shaping their identity as an Expressive Arts Therapist.

Format Requirements: Submit a statement that is a minimum of five double-spaced pages in length.

Files submitted:

20. **Philosophy of Expressive Arts Therapy** *

Upload Philosophy of Expressive Arts Therapy Here: The Philosophy of Expressive Arts Therapy Statement should demonstrate your understanding of expressive arts therapy principles, theoretical foundations, personal philosophy, and clinical application. Your statement should address the following:

- **Philosophy & Influences:** Clearly articulates philosophy of expressive arts therapy and identifies the significant influences, values, principles, concepts, images, or metaphors that shape their practice.
- **Professional Identity:** Describes how the arts inform your worldview, professional identity, and approach to expressive arts therapy.
- **Therapeutic Practice:** Demonstrates how your philosophy is reflected in assessment, treatment planning, interventions, client engagement, and professional decision-making.
- **Intermodal Integration:** Provides clear examples of purposeful use of multiple art modalities and intermodal transfer within clinical practice.
- **Reflective Integration:** Demonstrates thoughtful reflection on the relationship between philosophy, artistic process, therapeutic practice, and professional identity.
- **Case Study:** Includes a case study that illustrates the practical application of expressive arts therapy principles and methods.

Format Requirements: Submits a statement that is a minimum of five double-spaced pages in length.

Files submitted:

The Arts

Address the following areas:

1. **Arts Practice.** Describes ongoing involvement with the arts in the narratives and in any video, audio or artistic representations included in the application.
2. **Coursework/Training:** Combination of coursework and hours spent on professional 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).

21. **Arts Practice:** *

Please describe your ongoing involvement with the arts. Examples can include ongoing attendance to workshops, coursework, art gallery shows, art studio involvement, personal art making, etc.

22. **Coursework/Training:** *

Please describe your coursework/training in any chosen medium/media. List all the areas in which we can find documentation of your 50 contact hours (i.e. narratives, transcripts...etc).

23. The Arts Documentation

Upload any additional files that document your coursework/training in Arts Media.

You are limited to 5 files at a maximum of 100 MB. A single PDF is preferred as you can compress this file type.

Files submitted:

Letters of Reference

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

Send this Reference Form to those writing your letters as a cover letter.

Education Categories E:
Five (5) 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.

Forms must be sent by the supervisor to the REAT committee at REAT@ieata.org or mail to:

The Professional Standards Committee for Expressive Arts Therapists
c/o International Expressive Arts Therapy Association
P.O. Box 40707
U.S.A

24. First and Last Name of First Reference *

25. First and Last Name of Second Reference *

26. First and Last Name of Third Reference *

27. First and Last Name of Forth Reference *

28. First and Last Name of Fifth Reference *

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.

29. REAT Code of Ethics *

Confirm you have read and agree to the REAT Code of Ethics

Mark only one oval.

- ( ) Yes, I have read and agree with the REAT Code of Ethics

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.

30. Code of Ethics Attestation *

I attest that upon receiving my REAT that I will adhere to the Continuing Education Requirements as stated above.

Mark only one oval.

- ( ) I will adhere to the Continuing Education Requirements

Application Submission

31. Electronically Sign Here *

32. Date *

Example: January 7, 2019

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