



Arts therapies in Wales

Good Health Wales 2017

Arts for Health & Wellbeing Symposium

Arts Hall, Lampeter Campus
University of Wales Trinity Saint David

In this session you will hear from:

- Gudrun Jones (Art therapist): HDUHB with Joseph Keenan (Psychology Lecturer), Aberystwyth University
- Penny Hallas (Art therapist) and Lydia Cleaves (Dramatherapist): ABUHB
- Phil McFadden (Art therapist): HDUHB
- Blanka Hubena (Art therapist): University of South Wales

Arts therapies: Who are we and what do we do?

- We are four distinct professions often described by the term 'arts therapy':
 - Art therapy/art psychotherapy
 - Dramatherapy
 - Music therapy
 - Dance movement psychotherapy
- We provide therapeutic services where the specific arts medium is used as a main mode of communication and expression



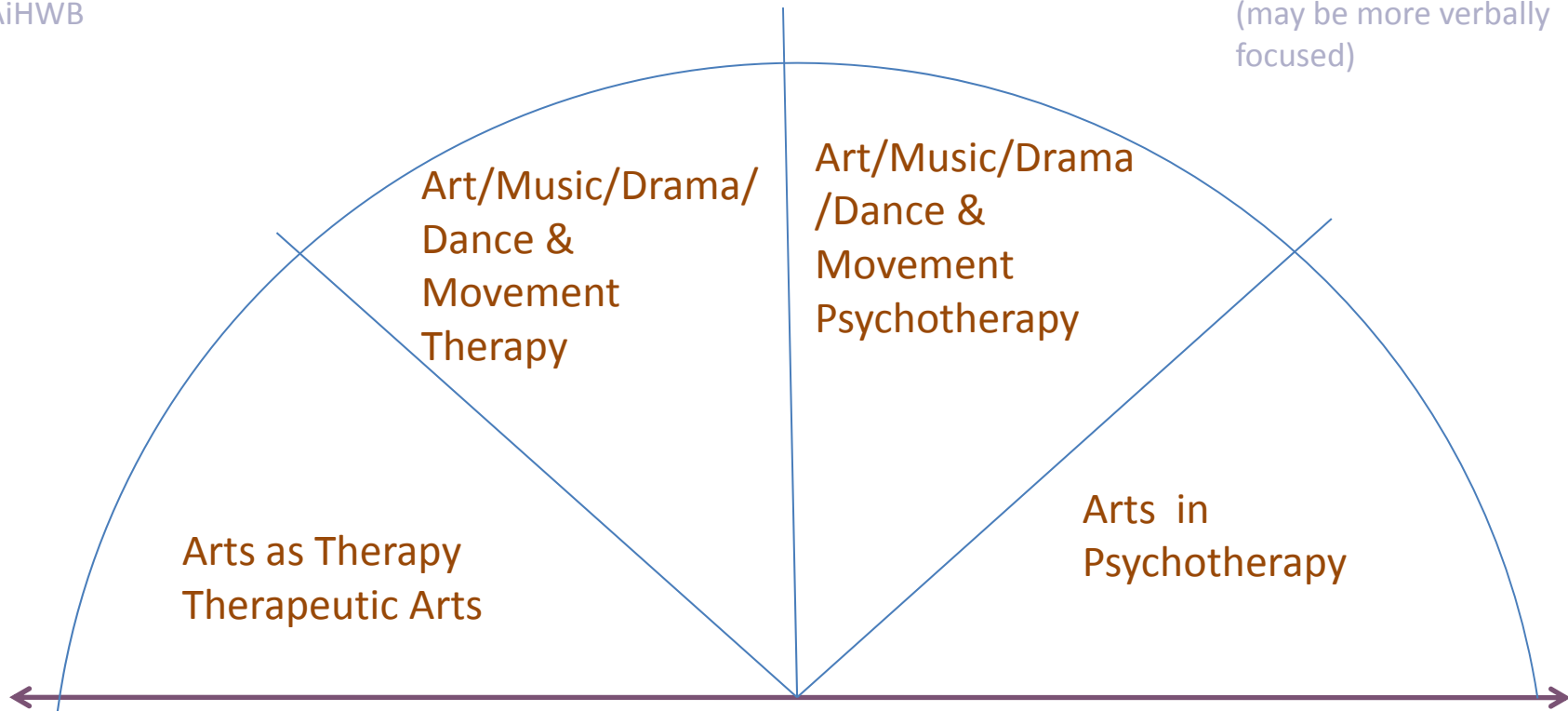
Arts Therapies spectrum

Arts as therapy
Person centred
Arts Groups
AiHWB

Art/Music Therapy
Person Centred
Humanistic

Art/Music Psychotherapy
Psychodynamic
Psychoanalytical

Arts in Psychotherapy
Gestalt/ Jungian
CBT
(may be more verbally
focused)



History of arts therapies in Wales

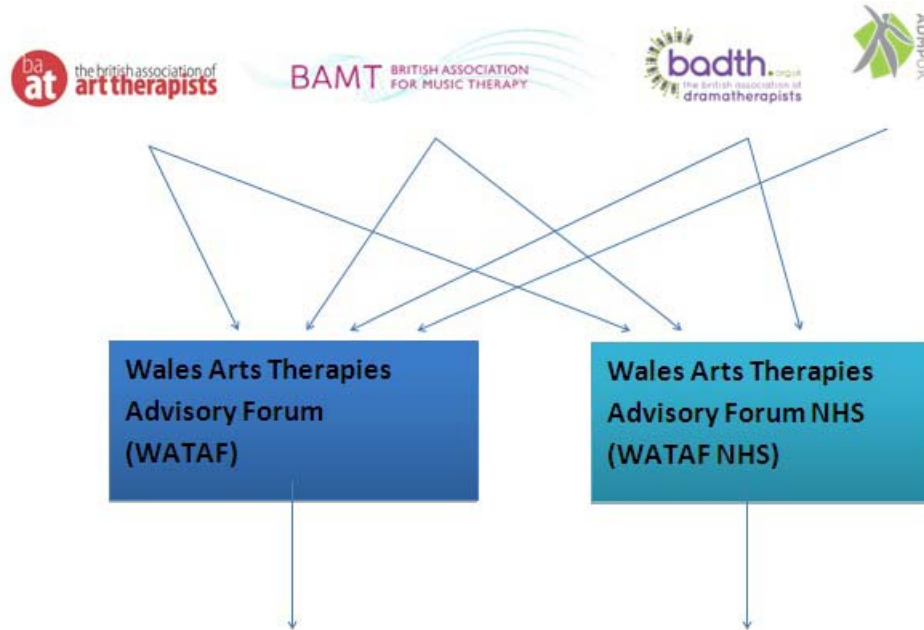


- Advisory Role to Welsh Office through Professions Allied to Medicine (1980s to 2000s)
- Change in advisory structure in Wales and role of Allied Health Professions (AHP) following UK-wide professionalisation and regulation of AHPs in 2003
- Registered with Health and Care Professions Council (HCPC) (except Dance Movement Psychotherapy)

Wales Arts Therapies Advisory Forum (WATAF)



- Formed in 1989
- Evolved from an initial recognition of the need for support of each other and to share information about regional/practice based/professional issues
- Has grown into a professional body representing arts therapies and their interests in Wales and feeding into Welsh Government's Advisory Structure



Welsh Therapies Advisory Committee (WTAC)

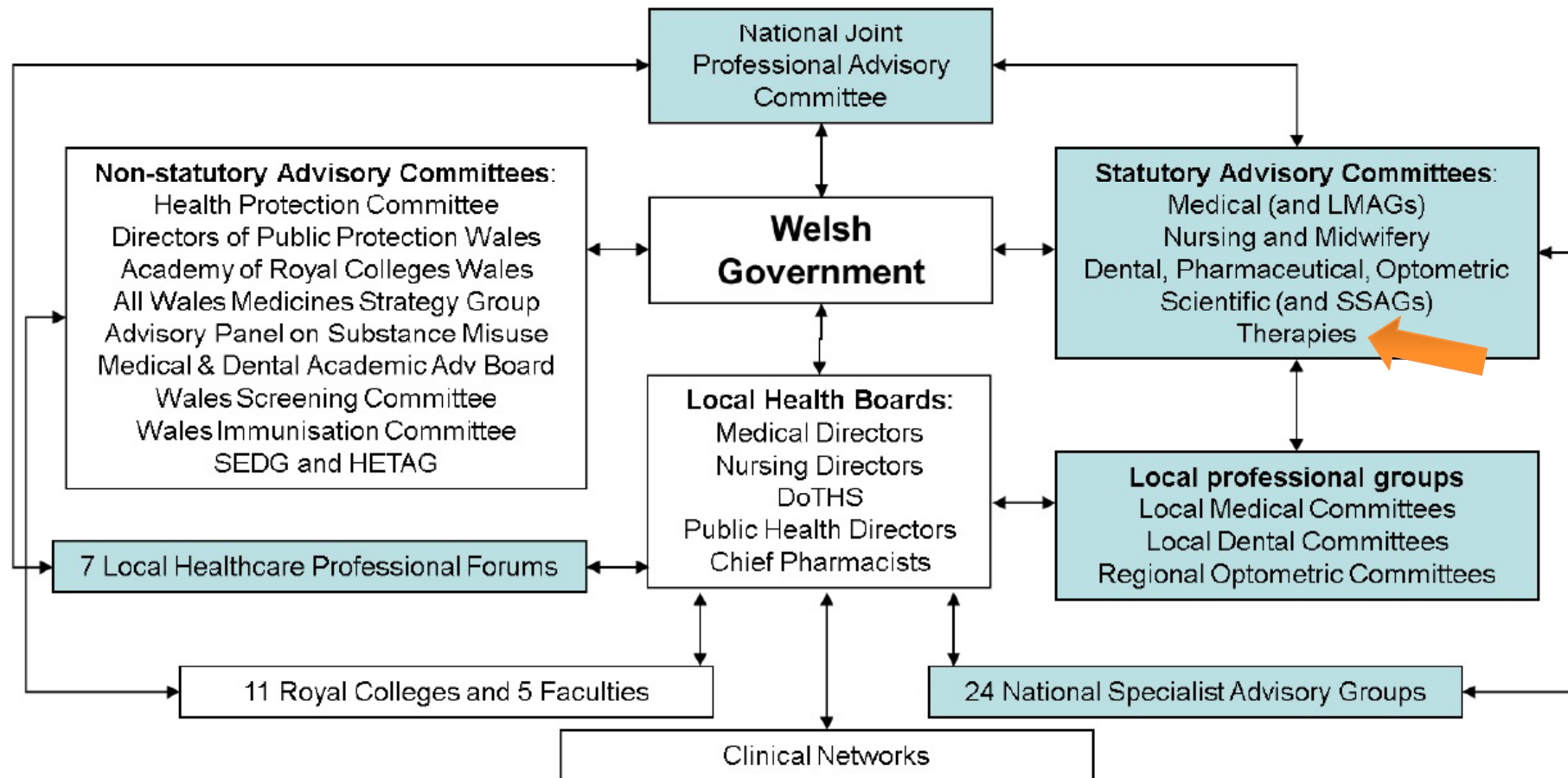
WTAC is the therapies advisory committee to the Welsh Government providing independent expert and professional advice on health issues relating to the healthcare professions in Wales.

The following professions are represented on WTAC:

- Arts Therapies (Art, Music, Drama therapists)
- Chiropody and Podiatry
- Dietetics
- Occupational Therapy
- Physiotherapy
- Speech and Language Therapy
- Orthotics and Prosthetics

WTAC provides, either directly or non-directly through nominated experts, responses to the Welsh Government consultations; representatives to all Wales strategy development and implementation groups; speakers for conferences and professional assessors for LHB Therapy Board appointments. WTAC has an extensive electronic communication network that enables information to be cascaded quickly and intelligence to be gathered from across Wales.

Wales only advisory bodies



Arts in Health and Wellbeing

- Arts therapists are both artists as well as psychological therapists, bringing together expertise in two professional fields
- Working in a range of settings, incl. statutory and 3rd sector, non-traditional and outdoor work
- As artists, Arts therapists can providing an insight into participants' wellbeing and recognise when engaging in the arts can become harmful
- AiHWB ***Statement of Principles*** provides an overview of how arts therapies contribute to AiHWB

We are excited about all arts!

Please follow us on:

<http://watafonline.org/>

<https://twitter.com/watafonline>

<https://www.facebook.com/watafonline1/>

Interested in training to be an arts therapist?

Please visit:

<https://www.healthcareers.nhs.uk/EXPLORE-ROLES/allied-health-professionals/art-therapist>

<https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/dramatherapist>

<https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/music-therapist>

<http://admp.org.uk/training/>



Statutory Representation of
Arts Therapies in Wales



mail@watafonline.org



<http://www.facebook.com/watafonline1>



[@ArtsTherapiesWales@watafonline](https://twitter.com/ArtsTherapiesWales)

www.watafonline.org

