

# ART AND RELATED THERAPIES

Areas covered by this sheet:

Art Therapist, [Music Therapist](#) & [Drama Therapist](#)

## ART THERAPIST

### BACKGROUND INFORMATION

Art Therapists use their professional skills to help clients express their emotions. Through the creative use of art materials they promote the physical, mental social and emotional well-being of their clients, who may be recovering from traumatic experiences, be mentally ill, have learning difficulties or be suffering from terminal illness.

Qualified Art Therapists may be required to work within any of the following areas; Psychiatry, Mentally Handicapped, Special and Mainstream Education, Social Services and in the Prison Service.

### INDUSTRY REQUIREMENTS

Art therapists must hold a post-graduate Diploma in Art Therapy or Art Psychotherapy. Applicants for the Diploma must normally have a relevant degree in the Arts but special entry may be available to people with a degree in psychology or a qualification in a helping profession.

### REGISTRATION WITH A PROFESSIONAL BODY

In order to work in the UK Art Therapists must be registered with the Health Professions Council (HPC). This applies to all areas of work. To retain their names on the register therapists are required to re-register annually.

Overseas workers who have an overseas therapist qualification that has not been obtained from a UK educational institution as noted above, should contact the HPC for advice. HPC may request that an EEA worker undergo a period of adaptation training in this country before they gain their registration. All other overseas workers must submit an application for membership that meets HPC standards before a licence to practice in the UK is issued.

(The procedures for issuing licences to practice in the UK are laid out in legislation approved by the UK parliament - which became effective July 2003 - based on the general system directive)

Any person holding a recognised post graduate qualification in Art Therapy can apply to become a full member of the British Association of Art Therapists (BAAT) but membership is not compulsory.

### WORK PERMITS (UK) TREATMENT

**B&C:** The job meets the criteria. Art Therapists employed in the private or public sector

meet the occupational skills criteria, where they possess a relevant/associated degree and a post graduate diploma in art therapy. They must be registered with the HPC as it is illegal for anyone to call themselves an Art Therapist unless they are state registered. This applies to both the private and public sector. Registration can be checked (free of charge) on the HPC online register at [www.hpc-uk.org](http://www.hpc-uk.org).

Caseworkers should ensure that the therapist is not self-employed.

TWES: TWES training is not applicable.

TWES Work Experience: Applications made under the work experience aspect of TWES may be approved provided a recognised qualification is held, the applicant is registered with the HPC and the conditions in the guidance notes are met. The post must be additional to the normal staffing requirements for the company.

## **SALARY**

An Art Therapist would normally earn between £22,328 to £30,247 p.a. for the NHS, but ranges outside of the NHS are more variable, rising to £32,000 p.a. depending on the employer

The highest pay scale could be awarded to a Head of Department from £34,372 – £71,494. (The pay scales within the NHS are subject to the Agenda for Change.)

## **MUSIC THERAPIST**

### **BACKGROUND INFORMATION**

The purpose of music therapy is to facilitate positive changes in behaviour and emotional well-being. The therapist aims to develop an increased sense of self-awareness in a client thereby enhancing their quality of life. Clients are encouraged to use accessible percussion, other instruments and their own voice to explore the world of sound and to create a musical language of their own.

### **INDUSTRY REQUIREMENTS**

Professional music therapy qualifications are at postgraduate level in the UK. The Association of Professional Music Therapists (APMT) has a list of approved courses which require a high level of musicianship. Students are usually only accepted on these postgraduate courses if they have had three years musical training leading to a diploma or a university degree in music or have graduated from a college of music. Very occasionally students who hold qualifications in subjects other than music i.e. education or psychology, may be accepted if they have achieved a high standard of musical performance.

### **REGISTRATION WITH A PROFESSIONAL BODY**

In order to work in the UK Music Therapists **must** be registered with the Health Professions Council (HPC). This applies to all areas of work. To retain their names on the register, therapists are required to re-register annually. (See HPC information above.)

Music Therapists can register with the Association of Professional Music Therapists but the list is not circulated outside the membership.

## **WORK PERMITS (UK) TREATMENT**

B&C: The job meets the criteria. Music Therapists employed in the private or public sector meet the occupational skills criteria, where they possess a relevant/associated degree and a post graduate diploma in music therapy. They must be registered with the HPC as it is illegal for anyone to call themselves a Music Therapist unless they are state registered. This applies to both the private and public sector. Registration can be checked (free of charge) on the HPC online register at [www.hpc-uk.org](http://www.hpc-uk.org).

Caseworkers should ensure that the therapist is not self-employed.

TWES: TWES training is not applicable.

TWES Work Experience: Applications made under the work experience aspect of TWES may be approved provided a recognised qualification is held, the applicant is registered with the HPC and the conditions in the guidance notes are met. The post must be additional to the normal staffing requirements.

## **SALARY**

A Music Therapist would normally earn between £18,375 – £28,540 depending on the employer. These pay scales indicate the starting salary of a newly qualified Music Therapist, and the highest pay scale could be awarded to a Head of Department.

## **DRAMA THERAPIST**

### **BACKGROUND INFORMATION**

Drama therapy uses the healing aspects of drama and theatre as a therapeutic process. It makes use of role play, voice work, myth, ritual and storytelling and movement.

The therapist encourages self-awareness and the exploration of feelings and relationships with others. This offers the opportunity to change by experimenting with different ways of thinking, feeling and behaving. Dramatherapy offers a safe environment to reflect upon existing beliefs, attitudes and feelings and the opportunity to try alternative ways of acting in the world.

### **INDUSTRY REQUIREMENTS**

Drama Therapists must hold a post-graduate Diploma in Drama Therapy to become a registered Dramatherapist. Entry to the Diploma is at degree level but appropriate experience in practical drama or theatre work, together with relevant experience in a clinical setting, is usually required.

### **REGISTRATION WITH A PROFESSIONAL BODY**

In order to work in the UK Drama Therapists **must** be registered with the Health Professions Council (HPC). This applies to all areas of work. To retain their names on the register, therapists are required to re-register annually. (See HPC Information above).

Only State Registered therapists can become members of the British Association of Drama Therapists.

## **WORK PERMITS (UK) TREATMENT**

**B&C:** The job meets the work permit criteria. Drama Therapists employed in the private or public sector, meet the occupational skills criteria, where they possess a relevant/associated degree plus a post-graduate diploma in drama therapy. They **must** be registered with the HPC, as it is illegal for anyone to call themselves a Drama Therapist unless they are state registered. This applies to both the private and public sector. Registration can be checked (free of charge) on the HPC online register at [www.hpc-uk.org](http://www.hpc-uk.org).

Caseworkers should ensure that the therapist is not self-employed.

**TWES:** TWES training is not applicable.

**TWES Work Experience:** Applications made under the work experience aspect of TWES may be approved provided a recognised qualification is held, the applicant is registered with the HPC and the conditions in the guidance notes are met. The post must be additional to the normal staffing requirements for the company.

## **SALARY**

Drama therapists usually earn from £20,000 p.a. for a newly qualified therapist up to £30,000 p.a.

## **ADVERTISING**

**Therapy Weekly**, Emap Healthcare, Greater London House, Hampstead Rd, London NW1 7EU, Tel: 020 7874 0200, Fax: 020 7874 0201  
[www.therapy.co.uk](http://www.therapy.co.uk)

## **FURTHER INFORMATION**

### **The Health Professions Council**

Park House, 184 Kennington Park Road, London, SE11 4BU, tel: 020 7582 0866, Registration Department tel. no: 0845 3004 472 website: [www.hpc-uk.org](http://www.hpc-uk.org)

### **British Association of Art Therapists**

Southampton Place Business Centre, 16-19 Southampton Place, London, WC1A 2AJ.  
Contact: Richard Turner, Tel: 0207 745 7262, website: [www.baat.org.uk](http://www.baat.org.uk), E-mail: [baat@ukgateway.net](mailto:baat@ukgateway.net)

**Association of Professional Music Therapists**

26 Hamlyn Road, Glastonbury, Somerset, BA6 8HT (Tel) 01458 834 919. Contact Mrs Diana Asbridge E-mail [APMTOffice@aol.com](mailto:APMTOffice@aol.com), website: [www.apmt.org.uk](http://www.apmt.org.uk)

**The British Association of Drama Therapists** 41 Broomhouse Lane, Hurlingham

Park, London SW6 3DP, tel: 0207 731 0160. Ms G Eckley (Administrator). E-mail: [gillian@badth.demon.co.uk](mailto:gillian@badth.demon.co.uk), website: [www.badth.ision.co.uk](http://www.badth.ision.co.uk)

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