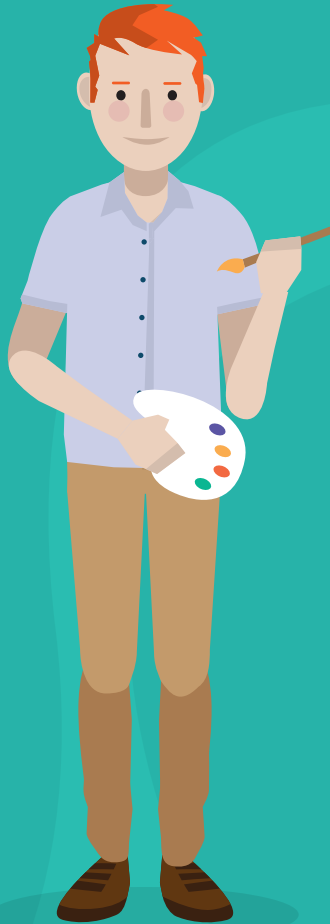


Introducing

Art therapist



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Careers



About the role

Art therapists work with children and young people, adults, and older people who may have emotional, physical or mental health problems. Through art and creative activities, art therapy helps people to express their feelings, explore their emotions and build self-confidence.

“I work with people who have something going on in their lives that they’re struggling with. This could include mental health problems, learning disabilities, life-limiting conditions, injury or illness. It’s very rewarding to see people build self-awareness and increase their confidence through the process of making art.”

– Art therapist

Did you know?

Art therapy is a form of psychotherapy dating back to the 1940s and 1950s.⁽¹⁾ There are more than 4,200 registered arts therapists in the UK, including art, drama and music therapists.⁽²⁾

→ How to pursue this role

You can get into this career through an Art Therapy or Art Psychotherapy postgraduate degree programme. You’ll then need to register with the Health and Care Professions Council (HCPC).

☆ Top skills:

- artistic skills and ideas
- communicating with people
- observation skills
- building relationships with people
- caring for people
- helping people

References:

1. British Association of Art Therapists website, accessed September 2019
2. Health and Care Professions Council, registrant data, September 2020

Find out more at
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