

# ART THERAPY FACT SHEET



## ABOUT ART THERAPY

---

Art therapy is an integrative mental health profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Guided by ethical standards and scope of practice, a master's level education and supervised training art therapists are prepared for culturally proficient work with diverse populations in a variety of settings. Honoring individuals' values and beliefs, they often work with people who are challenged with medical and mental health problems, as well as support individuals seeking emotional, creative, and spiritual growth.



## ABOUT ART THERAPISTS

---

In the US, there are approximately 7,000 Credentialed Professional Art Therapists in practice.

Art therapists are trained identically like other therapists in developmental and psychological theory, abnormal psychology, counseling skills for individual and group therapy as well as theories of art, diverse art modalities and the meaning and assessment of images.

Art therapy is used with individuals, groups and families. It can be the primary mode of therapy or an adjunctive therapy used in coordination with other treatment modalities.

Art therapy is used to assess, diagnosis, and treat people of all ages and ethnic groups. It is seen in hospitals (psychiatric and medical), schools, juvenile detention centers, safe houses, veterans hospitals and facilities, rehabilitation centers, family programs, prisons, forensic institutions, eating disorder centers, shelters, community projects, geriatric and senior facilities, community agencies and in private practice.

## ART THERAPY IN COLORADO

---



The Colorado Art Therapy Association (COATA) originated in 1978 and is a non-profit affiliate state chapter of the American Art Therapy Association (AATA), the US association for the Art Therapy profession established in 1969.

Colorado has 160 Art Therapists in various agencies, organizations and in private practice. 37% of art therapists are Art Therapist Board Certified (ATR-BC) and 20% are Registered Art Therapists (ATR).

Naropa University in Boulder, Colorado is the only Nationally Accredited Graduate Art Therapy Program in the state. Naropa University has approximately 45 Art Therapy graduate students studying art therapy.

Populations served include children, adolescents, adults and seniors. Art therapists work as counselors and psychotherapists in every sector of mental health across Colorado with a diverse range of clients.

- Children's Hospital Colorado
- National Jewish Health Hospital
- The Eating Disorder Center of Denver
- Healthy Young Minds
- CO Mental Health Institute at Fort Logan
- Assisted Living and Senior Centers
- Jefferson Center for Mental Health
- The Mariposa Center Denver
- Colorado Heritage Adoption Camps
- Marcus Institute – CU Anschutz Campus
- The Blue Bench
- In Private Practice
- Studio Spectral LLC
- Naropa Community Counseling Center
- The Denver Hospice
- Specialized Offender Services
- Denver Homeless
- Colorado Department of Corrections
- Couples Counseling of Denver
- RestART Studio



### CONTACT US

email: [coarttherapyassociation@gmail.com](mailto:coarttherapyassociation@gmail.com)

website: [www.arttherapycolorado.org](http://www.arttherapycolorado.org)

instagram: [@arttherapyco](https://www.instagram.com/arttherapyco)