



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

The Canadian Counselling and Psychotherapy Association

The Creative Arts in Counselling Chapter



Discover the therapeutic benefits of
creativity in visual art, drama, music,
dance, and poetry in your practice today!

Canadian Counselling and Psychotherapy Association
114-223 Colonnade Rd S. Ottawa, Ontario K2E 7K3
Toll Free: 1-877-765-5565 Fax: 613-237-9786

What is Creative Art Therapy?

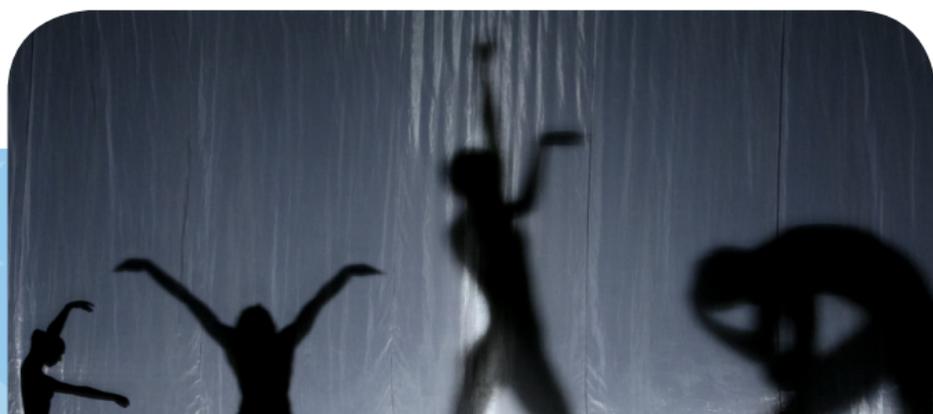
The Creative Arts Therapies include specialized modalities such as Art Therapy, Music Therapy, Drama Therapy, Dance-Movement Therapy, and Sand-Tray Therapy. What all of these approaches have in common is that they utilize the creative process as a therapeutic tool in helping a client to achieve insight, self-awareness, emotional catharsis, and connection between mind and body.

Counsellors and Psychotherapists who use these modalities in their treatment often have specialized training in the use of their creative approach in combination with clinical counselling skills and knowledge relating to emotional and cognitive human development and the therapeutic process.

The Vision of the Creative Arts in Counselling Chapter

The Creative Arts in Counselling Chapter provides a chapter specific section of CCPA's on-line forum, an annual newsletter, and an annual general meeting through which mental health practitioners can engage in open dialogue on issues pertaining to training, research, and practice of the arts in and as therapy.

The Creative Arts in Counselling Chapter offers a vehicle for lobbying appropriate university departments, governments and professional bodies, to meet the goal of preparing competent counsellors by providing education on the variance between the arts in counselling and the arts as therapy. The chapter seeks to meet the diverse needs of its members by offering subsidies to groups that would like to get together in their communities to host a meeting or workshop relating to the practice of the Creative Arts in Counselling and Psychotherapy.





Who can benefit from the Creative Arts Therapies?

Anyone at any age can benefit from the Creative Arts Therapies. No artistic skill or experience is necessary as these modalities engage the innate creative abilities that exist in every individual.

Counsellors and Psychotherapists that utilize the Arts can be found in schools, hospitals, battered women's shelters, community youth centres; addictions facilities, nursing homes, physical rehabilitation centres; mental health care agencies; aboriginal healing centres; and in private practice.

The Creative Arts Therapies can be particularly beneficial for the following populations:

- individuals or communities that have experienced psychological trauma;
- brain injury or Alzheimers; developmental disabilities;
- verbal or language barriers;
- children;
- parent-child dyads;
- mental health;
- bereavement;
- new-comers and refugees;
- anyone working to achieve enhanced personal growth.

Join us!

Fill in the membership form from the CCPA website or make a request by sending your application to:

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K2E 7K3
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Toll free: 1-877-765-5565
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Check us out!

For more information on our chapter fee and initiatives, please visit:

<http://www.ccpa-accp.ca/en/chapters/>



“Creativity involves the production of novelty. The process of discovery involved in creating something new appears to be one of the most enjoyable activities any human can be involved in. ”

– Mihaly Csikszentmihalyi,
(author of *Creativity: Flow and the psychology of discovery and invention*)

“the mainspring of creativity appears to be the same tendency which we discover so deeply as the curative force in psychotherapy”

– Carl Rogers



The Creative Arts in Counselling Chapter looks forward to you being part of our Chapter!