



FOLLOW US ONLINE AND ON SOCIAL MEDIA



<https://www.ccpa-accp.ca/chapters/creative-arts-counselling/>



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



<https://www.instagram.com/creativeartschapter/>

**QUESTIONS ABOUT THE
CHAPTER? SEND US AN
EMAIL AT
CAC.CHAPTER@GMAIL.COM**



GET IN TOUCH WITH THE CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION!

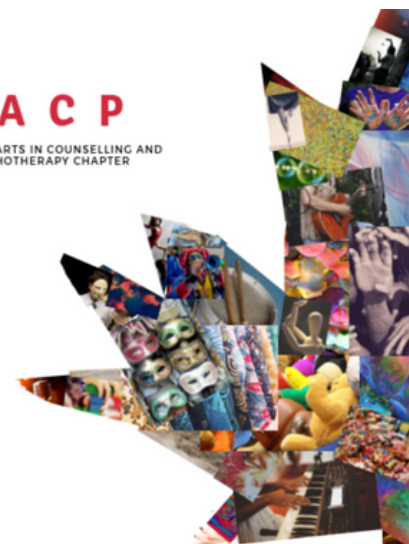
Canadian Counselling and
Psychotherapy Association
114-223 Colonnade Rd S Ottawa, Ontario
K2E 7K3
Tel: 613-237-1099
Toll free: 1-877-765-5565
Fax: 613-237-9786
<https://www.ccpa-accp.ca/>



THE CREATIVE ARTS IN COUNSELLING AND PSYCHOTHERAPY (CACP) CHAPTER

CANADIAN COUNSELLING
AND PSYCHOTHERAPY
ASSOCIATION

C A C P
CREATIVE ARTS IN COUNSELLING AND
PSYCHOTHERAPY CHAPTER



WHAT ARE THE CREATIVE ART THERAPIES?

The Creative Arts Therapies include specialized modalities such as Art Therapy, Music Therapy, Drama Therapy, Dance-Movement Therapy, Play Therapy, and Sand-Tray Therapy. What do these approaches have in common? They all 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.

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.



THE CREATIVE ARTS THERAPIES CAN BE BENEFICIAL TO:

- Individuals or communities that have experienced psychological trauma
- Survivors of traumatic and acquired brain injuries
- Persons living with dementia or Alzheimers
- Persons living with a developmental disability or complex needs
- Parent-child dyads
- People experiencing mental health challenges
- People experiencing loss or bereavement
- New-comers, immigrants, and refugees
- Anyone working to achieve enhanced personal growth.

Creative Arts Therapists can be found in schools, hospitals, shelters, community centres; addictions rehabilitation facilities, long-term care homes, physical rehabilitation centres; mental health care agencies; indigenous healing centres; and in private practice.

THE VISION OF THE CACP CHAPTER

The CACP Chapter provides workshops, seasonal newsletters, 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 creative arts in and as therapy. To increase visibility and advocacy of the creative arts in counselling and psychotherapy, the Chapter provides funding opportunities for students, researchers, and clinicians.

The Chapter engages in lobbying to appropriate university departments, governments, and professional bodies on the variance between the use of the creative arts *in* therapy and the creative arts *as* therapy.

Aiming to meet the needs of its members, the CACP Chapter hosts yearly special projects in the form of workshops and educational opportunities. For example, in 2021-2022, the Chapter hosted the *Creative Arts Therapists Against White Supremacy* speaker-discussion series. The project served as a vehicle to amplify the voices of creative arts therapists of colour and provided an opportunity for members to consider the impact of racism and white supremacy on the field of the creative arts therapies.

