

WHAT CAN I DO WITH MY MAJOR IN

CREATIVE ART THERAPIES

OVERVIEW OF MAJOR

Concordia University's Department of Creative Arts Therapies offers a Master/Magistrate in Arts in Creative Arts Therapies with a choice of three options Art Therapy, Drama Therapy and Music Therapy. A Graduate Certificate in Music Therapy is also available. For the latest information on programs, go to the Department's website at: <http://creativeartstherapies.concordia.ca>.

Creative Art Therapists work with all age groups in community, rehabilitative, educational and therapeutic settings. They normally specialize in one medium (e.g., music, drama, dance, art, poetry). This profile focuses on the three programs offered by Concordia University: art, music and drama therapy.

To advance career goals, students often pursue studies in their specialties or in fields such as psychology, social work, education, mental health fields and counseling. Certification for working in different provinces varies.

**EXAMPLES OF JOBS ACQUIRED BY
CONCORDIA GRADUATES**

The following job titles are representative of the types of entry-level positions for which Concordia University students are qualified upon graduation. Note that the numbers following each job title refer to Canada's National Occupational Classification (NOC) code. For details on these titles go to <http://www5.hrsdc.gc.ca/NOC/>

- Actor (5135)
- Art Instructor (5136)
- Art Program Coordinator (4167)
- Art Teacher (5136)
- Art Therapist (3144)
- Client Care Counsellor (4153, 4212)
- Creative Arts Therapist (3144)
- Dance Therapist (3144)
- Drama Coach (5135)
- Drama Teacher (4131, 4141, 4142, 4214, 4215, 5135)
- Drama Therapist (3144)
- Drama Therapy Assistant (3414)
- Fitness Instructor (5254)
- Mental Health Community Worker (4212)
- Movement Therapist (3144)
- Museum Educator (5124)
- Music Therapist (3144)
- Occupational Therapist Assistant (3414)
- Part-Time Drama Teacher (4131, 4141, 4142, 4214, 4215, 5135)
- Play Therapist (3144)
- Puppeteer (5232)
- Social Program Planner (4164, 1226)
- Special Needs Activity Coordinator
- Therapy Assistant (3414)
- Workshop Animator (4212)

CELEBRATED INDIVIDUALS

Morengo, J.L. Founded Psychodrama in Vienna

Roger Grainger. Drama Therapist. Actor. Author

Sue Jennings. Pioneer in Dramatherapy/Playtherapy.

Author

Selwyn Hanington Dewdney, Canadian. Pioneer in Art Therapy

Ruth Bright. Prominent Pioneer of Music Therapy. Well-Known Author

Elinor Ulman. Published 1st Art Therapy Journal, the Bulletin of Art Therapy

Nancy McMaster. Co-Founder 1st **Canadian Music Therapy Training Program**

Helen Landgarten. Pioneered Art Therapy in the United States. Textbook Author

Gertrude Schattner. Used Drama Therapy with Survivors of Nazi Concentration Camps

Connie Isenberg. Concordia Graduate. Founding Professor of Music Therapy Training Program at Université du Québec à Montréal

MORE JOB TITLES

Many art, drama, music and other creative arts therapists work not only in their specialties but also in occupations such as certified occupational assistant, physical therapist, child therapist, recreation therapist, expressive therapist, activities therapist and experiential therapist. Drama and music therapists often do part-time and freelance work. Experienced individuals might establish their own practices. The titles below are not meant to be exhaustive but are representative of fields which creative art therapists pursue. Keep in mind that some occupations require further education (e.g., a higher degree, second degree, diploma). Note that the numbers following each job title refer to Canada's National Occupational Classification (NOC) code. For details on these titles go to <http://www5.hrsdc.gc.ca/NOC/>.

- Animator (5241)
- Art Therapists' Supervisor (3144)
- Art Therapy Consultant (3144)
- Art Therapy Teacher (3144)
- Assistant Practitioner, Drama Therapy
- Athletic Therapist (3144)
- Athletic Trainer (3144)
- Audiologist (3141)

- Career Counselor (4213)
- Community Worker (4212)
- Consultant for Music Educator/Special Educator (4166)
- Consultant, Recreational Activities (4167)
- Dance-Movement Therapy Researcher (3144)
- Drama Therapists' Supervisor (3144)
- Exercise Physiologist (4167)
- Marriage and Family Therapist (4153)
- Music Therapist's Supervisor (3144)
- Music Therapy Researcher (3144)
- Music Writer (5121)
- Occupational Therapist (3143)
- Physiotherapist (3142)
- Poetry Therapist (3144)
- Private Practitioner
- Probation Officer (4155)
- Psychiatrist (3111)
- Psychoanalytic Child Therapist (3144)
- Psychologist (4151)
- Public Health Nurse (3152)
- School Counselor (4143)
- Social Worker (4152)
- Sociologist (4169)
- Special Needs Teacher (4141, 4142)
- Speech Pathologist (3141)
- Speech Therapist (3141)
- Spontaneous Art Teacher, Therapy (3144)
- Supervisor, Art Therapist (2144)
- Teacher (4141, 4131)
- University Professor (4121)
- Visual Arts Teacher (5136)

SKILLS AND CHARACTERISTICS

Creative Art Therapists should possess creativity, initiative and an enjoyment for designing and implementing therapy programs as well as a dedication to helping others. They need exceptional communication skills and the strong interpersonal skills necessary for working with a wide variety of individuals/groups/families and for collaborating with an interdisciplinary team. In addition, they will find the following skills, interests, values and other characteristics valuable for succeeding in the field.

- Ability to Improvise
- Ability to Keep Calm Under Pressure
- Adeptness for Making Quick Decisions
- Analytical Skills
- Capacity for Establishing Rapport with Others

CONT. – SKILLS AND CHARACTERISTICS

- Comfortable Working with Those who are Frustrated or Upset
- Desire for Continuing Education
- Emotional Maturity
- Empathy
- Enthusiasm
- Flexibility
- Friendly Manner
- Good Listening Skills
- Good Sense of Humour
- Imagination
- Insight into Human Behavior
- Keen Observation
- Maturity for Working With Diverse Age Groups
- Open Minded and Non Judgmental Attitude
- Patience
- Reliability
- Respect for Others
- Self-Awareness
- Self-Understanding
- Sensitivity to Confidentiality
- Spontaneity
- Stamina
- Supportive Manner
- Tact
- Team Playing Spirit
- Tolerance for Ambiguity
- Trustworthiness
- Understanding of Family and Group Dynamics

PROFESSIONAL ASSOCIATION AND OTHER LINKS

Making wise career decisions requires exploring your field. A multitude of Internet sites and other resources will help you do this to the best of your ability. Professional association sites, in particular, are very useful for their career descriptions and job hunting tips. Moreover, these authoritative sites frequently provide links to Internet sites which announce job openings and list potential employers. A few recommended sites are included below.

CANADIAN

Association des art-thérapeutes du Québec (AATQ)

<http://aatq.org/en/>

Bilingual. Student membership is offered at a discount. Presents links to art therapy organizations, publishers and Canadian training programs. The e-group allows you to network with those in the field, exchange ideas, learn about job opportunities and keep up with current trends.

Association québécoise de musicothérapie (AQM)

<http://www.musicotherapieaqm.org>

L'Association québécoise de musicothérapie (AQM) est une section provinciale de l'Association de musicothérapie du Canada. Vous trouverez sur le site Internet un Guide d'embauche et autres ressources. De plus l'AQM offre un programme de mentorat, de la formation continue, des bourses et diffuse des demandes d'emploi par courriel.

Canadian Art Therapy Association (CATA)

<http://canadianarttherapy.org/>

Offers student membership at a reduced rate and opportunities to make contact with professionals and potential employers. Its publications help art therapists keep up to date in the field. Click on Events to learn about conferences and activities of interest.

Canadian Association for Music Therapy / Association de musicothérapie du Canada

<http://www.musictherapy.ca/>

Offers students membership discounts and a place where they can receive guidance, keep up with trends in the field and network with others. Check out the Internship Registry and bursary program.

Canadian Psychological Association (CPA)

<http://www.cpa.ca/>

Promotes the field of psychology through education, research and the advancement of knowledge. Be sure to use the Site Map, looking under Students, to zoom in on awards and informative articles.

Ontario Art Therapy Association (OATA)

<http://www.oata.ca/>

Provides information on upcoming events and a newsletter for keeping current in the field. Lists links to art therapy related associations worldwide and institutions offering training in Canada.

INTERNATIONAL

American Art Therapy Association (AATA)

<http://www.arttherapy.org/>

Scroll through the Association's Site Map to locate the job board, research, recent trends, educational programs, resources, links, benefits of student membership and financial aid.

American Music Therapy Association (AMTA)

<http://www.musictherapy.org>

Check out the Education & Careers page to learn about potential occupations, programs, job opportunities, internships and more. Student membership is offered.

British Association of Dramatherapists (BADth)

<http://badth.org.uk>

Provides good links to associations worldwide.

International Expressive Arts Therapy Association (IEATA)

<http://www.ieata.org/>

Offers an international network which supports those in fields related to expressive art therapy. Provides a discounted student membership, international conferences, other events, a directory of members, a bulletin board for dialogue, a newsletter and useful links.

North American Drama Therapy Association

<http://www.nadta.org/>

List events, educational programs, publications and resources valuable to drama therapists. Check out the contact for Canada's regional representative and learn about the discounted student membership. Joining the Association's listserv allows you to network with members and keep up in the field.

World Federation for Music Therapy (WFMT)

<http://www.wfmt.info/WFMT/Home.html>

Dedicated to developing music therapy worldwide through, among other things, promoting international cooperation, exchanging information, holding international conferences, publishing and establishing guidelines in the field. Take a look at the Regional Liaisons' Blog, Job & Volunteering Center and the Global Calendar to stay connected.

CREATE YOUR AMAZING CAREER – CAREER RESOURCE CENTRE TITLES

For those who need more help with their career and educational planning, the Career Resource Centre (CRC) offers books, pamphlets, DVDs and recommended Internet sites. It is located in the Hall Building, H-440, at 1455 de Maisonneuve Blvd. West. The following titles are just a few of the titles available in the CRC.

- The Academic Job Search Guide
- Actor's Guide to Auditions & Interviews
- The Art Therapy Sourcebook
- Career Opportunities in Theatre and the Performing Arts
- Careers for the Stage-Struck & Other Dramatic Types
- Careers in Art
- Careers in Music Panel Discussion
- Creative Careers
- Great Jobs for Art Majors
- Great Jobs for Music Majors
- Great Jobs for Theatre Majors
- The Helping Professions: A Career Sourcebook
- Life on the Tenure Track
- 101 Careers in Counseling
- Opportunities for Careers in Art
- Opportunities in Music Careers
- Theatre and the Performing Arts
- Wings for our Children – Essentials of Becoming a Play Therapist