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# Working Group Reports

**Network of European Art Therapists - NEAT**

Status July 2017

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# Overview of the Art Therapy Profession in Europe - Survey

**Coordinator:** Celine Schweizer, Netherlands

**Members:**

Sibylle Cseri, Spain

Eleni Giannouli, Greece

Persephoni Krasidou, Cyprus

Leonor Isidoro, Portugal (new)

**Aim:** Create an overview of the professional situation of art therapy in Europe

- Define the professional practice:
  - Number of art therapists, professional organizations, certificates ...
  - Theoretical backgrounds, work contexts, target groups ...
  - Problems, methods, interventions, aims, results ...
- Contribute to the foundations of NEAT and the future European Art Therapy organization by providing the statistics needed for backing claims with authorities.

5 Skype meetings took place between October 2016 and April 2017

**Accomplished tasks:**

- Review of existing literature & of information about other surveys into art therapy: Vicky Karkou / UK, Johannes Junker / Germany (via Maria d'Elia)
- Development of a research plan:
  - What kind of questionnaire? Aim of the research? Qualitative or quantitative?
  - > Both quantitative and qualitative data will be gathered
- Exchange of information with NEAT WG Professional Identity re: overlap
- Agreement with HR educations Stenden University Leeuwarden (Netherlands):
  - Jacqueline Rietveld, prof. At HR education

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- Information about ownership of research material and results: Willem Bakker, Stenden hogeschool Leeuwarden (NL).
  - Informing HR students about Art Therapy as a profession and NEAT: Celine Schweizer (NL)
  - Preparation of directions for HR students of Stenden University, Leeuwarden / Netherlands, who will perform research in different stages:
    - Interviews of Art Therapists in 5 different countries as a qualitative pilot study to gather information for the EU Survey. This study was finished by July.

#### **Next steps / focus / tasks:**

- September – December, 2017: quantitative survey in all NEAT Countries?

**Long term:** Eventually, a publication is planned

#### **Other points of attention**

- Need: **commitment & agreement** of NEAT members to involve as many art therapists in their country as possible.
- Celine is contact person for the Working Group at Stenden University
- During the meeting in Luxembourg there seemed to be an overlap with the WG Professional identity. This overlap has been growing despite of communication during the period before the April NEAT meeting. During the NEAT meeting we tried to clarify about this overlap by talking with both WG's, and the issues seemed to be solved. However, during the presentation of the WG Professional Identity a new confusion arose and it seems as if the overlap still exists. Our WG decided to continue our plans and see what happens.

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## Creation of a European Art Therapy Organization - „Federation Development Working Group“ (FDWG)

**Coordinators:** Elza Strazdina, Latvia / Dominik Havsteen-Franklin, UK

**Members:**

Henk Aartsma, Netherlands (new member),

Laura Baltaitytė, Lithuania,

Britt Bernard, Luxembourg

Audra Brazauskaitė, Lithuania

Nada Ivanovic, Croatia

Irina Katz-Mazilu, France

Natacha Pirotte, Belgium (new member)

Viviana Rodriguez, Spain

Ausra Sumakariene, Lithuania (new member) *as replacement for Dovile Jankauskienė*

Maria d'Elia (support)

Welcome to new FDWG members Ausra, Natacha and Henk!

**Aim:** Creation of a European Art Therapy Federation for individual professionals and national art therapy associations

At the meeting in Luxembourg, the FDWG presented the draft of the statutes as well as the results of the first formal consultation held with national art therapy associations.

The FDWG continues to meet monthly, with different levels of participation. The hope and aim is to launch the federation for next spring. We are currently in the process of thinking about what way NEAT members will be represented and engage in the federation. In essence the NEAT members are the collective behind the ideals, motivation and represent the need and expertise for a federation to have a purpose. At the Luxembourg meeting there was great enthusiasm which we will need to make this happen!

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## **Work Completed:**

The key tasks completed are:

- NEAT consultation and vote
- 1<sup>st</sup> round consultation to associations
- Draft of statutes
- Draft of social priorities

## **Next Steps:**

The key tasks of this group for the coming year are to:

1. Provide a successful transition for NEAT in the establishment of a federation
2. Complete and translate the statutes
3. Consultation of individuals and organisations about the social priorities of the federation
4. Finalise priorities
5. Register the federation in Belgium
6. Develop the operational policy, functions and clear tasks for the federation
7. Establish support
8. Launch the federation

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## Professional Development

**Coordinator:** Tanaïs Verbist, Belgium

**Members:**

Valentina Canonico & Simone Donnari, Italy

Paula Guerrinha, Portugal (new)

Paola Partsalaki, Greece

Lotte Pedersen, Denmark

Carmith Shaï, France

Vibeke Skov, Denmark

Lene Hassig Vilslev, Denmark

Dace Visnola, Latvia

The Professional Development group originally had two subgroups: **Clinical Exchange** and **Research**. It became clear during the meeting in Luxembourg, that the roles and definitions have changed and that the focus has shifted, especially in the „Research“ group which finally has begun concentrating on Ethics.

**Completed Tasks:**

- Tanaïs and Paola have organized the clinical exchange during the meeting in Luxembourg. The topic was „borderline“
- Simone and Valentina have created a NEAT group on Basecamp ([www.basecamp.com](http://www.basecamp.com)) whereby NEAT members may communicate and exchange on various projects. If you have not yet received access, please contact Simone at: **s.donnar@tin.it** !
- Vibeke, Lotte and Lene have elaborated an ethical code for the future European organisation, and they have also developed suggestions for minimum demands for membership. The respective documents have been uploaded on Basecamp and have been given to the FDWG group as a supplement to the final frame for a European Organisation. The subgroup is available for further tasks...

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- Carmith has researched and found a very appropriate exchange platform calendar to be used on the website of the NEAT group and of the European organisation later on, and she cooperates closely with the website group. This calendar was presented in Luxembourg and will contain all the art therapy events all over Europe

### **Next Steps:**

The members of the Professional Development group

1. will work on creating an Erasmus multilateral project in-between countries
2. will organize the clinical exchange for the next meeting
3. and will be available to work on whatever is needed for the association to be established

Paula Guerrinha has expressed a special interest in research and would like to work on the compilation of information about publications and projects

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## Professional Identity

**Coordinator:** Liz Stone Matho, France

**Members:**

Beate Albrich, Czech Republic

Helga Bachofner, Austria

Andrea Hanzlová, Czech Republic

Nicole Heusch, Switzerland

Avgustina Stanoeva, Bulgaria (new)

Martina Toman, Austria (new)

Our two new members are Avgustina and Martina joined us during the Luxembourg meeting, whereas Nicole was not able to attend.

**Our projects:**

- Our first activity was the creation of a Professional Identity Survey to be distributed among art therapists in Europe that would yield important information about different facets influencing the professional identity of art therapists in Europe. A preliminary version was distributed to NEAT members to test the efficacy of the survey and to find out what improvements were needed. We were pleased to have had 41 responses, or approximately 2/3 of the NEAT membership and mostly positive feedback. Responses included quite a few write-in answers that were very helpful to us. We were very pleased that evaluation tools and graphs are now automatically built into the Google survey, which means that once the deadline for taking the survey arrives, finding out the results are automatically known.

We decided that a few revisions to the survey were necessary: a clearer introduction/instructions and a section describing philosophical/psychological approaches to clinical practice, supervision and personal therapy. We omitted the latter at first to keep the survey as short as possible. We felt that the more streamlined it would be, the more participants would be encouraged to take it and answer questions until the end. However, we decided that this element would add important information so should be included.



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Translating the survey into several European languages will require work by a few volunteers. We hope that art therapists in Europe will be able to take the survey in French, Spanish, German and Italian. Translations into other languages not mentioned will always be welcomed. We will send out a call for translators as soon as the updated survey is ready.

- Our second planned project is to collect definitions of the profession of art therapy based upon gathering definitions from professional national art therapy associations and other art therapists. We will use results of our survey to help inform our definitions. This project will begin once the survey has been dispatched to the various countries.
- During the Luxembourg meeting, we were grateful for the suggestion of Paola Luzzatto to collect actual stories of art therapists and compile them into book form to examine the professional identity of the art therapist. All members of our WG are very enthusiastic about pursuing this project, whose aim would be publication. Some members felt that we ought to discontinue the survey effort and begin the story collection process right away. However, considering the great effort we already put into the survey, and the fact that we are so close to disseminating it.

### **Our present status:**

Normally our WG meets at least once a month on Skype. However, since the Luxembourg meeting, members have been very busy with other commitments. Therefore, the regularity of our meetings along with our productivity has slackened off. That said, we have been a very committed and dedicated group and do intend to resume our active participation in the near future.

**Coordinators:** Barbara Kariž, Catherine Phillips

**Members:**

Alkistis Boura, Greece (new)

Iwona Bugajska-Bigos, Poland

Zsuzsa Geréb, Hungary

Mall Tamm, Estonia (new)

(and, if needed, Tanais Verbist & Simone Donnari for technical support)

**Aim:** Creation and maintenance of NEAT's website [www.neatgroup.org](http://www.neatgroup.org)

**Definition of Tasks:**

- Designing and managing website
- Gathering and preparing data for publishing
- Updating website
- Organising and co-ordinating WG meetings and correspondence

**Definition of Priorities:**

- Publishing the documents, information discussed and agreed upon at the Agistri and Luxembourg meeting (short-term objectives)
- Changing the website provider: Has already been done with the help of Catherine Phillips and Iwona Bugaskaja-Bigos

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## Completed Tasks:

- Collecting and sending relevant information from / to NEAT members to be published on the website
- Publication of the list of National Art Therapy Associations
- Carrying out the logo contest: informing NEAT members, gathering proposals, voting, announcing the winner

*The winner of the logo contest:*



*by Aneta Wojcik,  
student of State Higher Vocational School, Nowy Sacz / Poland*

- Publishing information about the upcoming events (Luxembourg meeting)
- Creating folder on GoogleDrive for uploading photos
- Creating folders by categories: Luxembourg pictures, Events for the Calendar, Bibliography by countries, Articles
- Color coding article folder: red – private, yellow – ask author for permission, green – article with free access for everyone
- Changing website provider

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## **Next Steps:**

### **Short-term**

- Uploading photos (sent and agreed upon by NEAT members) + group photo-collage (from all the meetings held till now)
- Reconsider the webpage design putting out the logo
- Uploading relevant information, documents, papers ... (agreed upon at the Luxembourg meeting)

### **Medium-term**

- Making an automatically refreshing event calendar ( That is a medium term goal)

### **Long-term**

- Private section (to be accessed by members using password)
- Creating a tab for each member country which holds relevant up to date information on art therapy in that country
- Changing / completing / adjusting the website in accordance with future AT Federation