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Creative Arts Therapy

ANZACATA

Creative Arts Therapists are allied health professionals who use creative processes to help students explore feelings that may be hard to put into words, using approaches that reduce anxiety, improve self-awareness and find new pathways to healing.

📍 Online ACT NSW NT QLD SA Tas Vic WA

Pricing: Paid

Origin: Developed in Australia for Australian schooling contexts

Product type: Program, Professional learning, Presentation by an expert or speaker, Drama performance, Whole school approach or initiative, Educator wellbeing resources or services, External support services

Contact details

ANZACATA
ABN: 63 072 954 388

🌐 <https://www.anzacata.org/>

✉ member.services@anzacata.org

AHPA, NDIS, Approved elsewhere: VIC

Focus areas



Positive relationships



Belonging and inclusion



Bullying and cyber-bullying



Mental health literacy and life skills



Self-regulation and engagement



Resilience and optimism



Grief and loss



Self-esteem and body image



Drug and alcohol education



Respectful relationships and consent education



Suicide and self-harm

Curriculum alignment



Health and PE



Humanities and Social Science



The Arts

Prospective users

Audience: Whole school universal (Tier 1), Whole class universal (Tier 1), Targeted small group early intervention (Tier 2), Intensive individualised approach (Tier 3)

Communities: Diverse cultures and language groups, Faith-based, First Nations, Neurodiversity and disability, Rainbow and LGBTQIA+

Context: E-schools, Outside School Hours Care (OSHC), School or Centre-based

Main beneficiaries: Year 1, Year 2, Year 3, Year 4, Year 5, Year 6, Year 8, Year 9, Year 12

Aims & approach

Creative Arts Therapy is an experiential psychotherapeutic approach offered by qualified practitioners utilising a range of creative modalities. It is holistic, attending to emotional, cognitive, physical and spiritual wellbeing and aligns well with indigenous and non-indigenous models of health and wellbeing.

Use the ANZACATA directory to [FIND A THERAPIST](#) in your area. All the therapists listed in the directory are professional members of ANZACATA and are qualified to the highest international standards.

Implementation support

- ✔ Access to professional facilitator, instructor or mentor
- ✔ Implementation training webinars or modules
- ✔ Ongoing help-desk email and phone support
- ✔ Regular webinars or access to community of professional practice

Evidence

Creative Arts Therapy is conducted by university trained clinicians using evidenced-informed psychotherapeutic interventions, such as CBT, DBT, trauma informed counselling, ACT and similar. A summary report of 40 large scale RCT, meta-analysis and systematic reviews can be found [here](#).