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Most recently I have been receiving more and more inquiries to my website and via phone from students in high school, and from those pursuing their undergraduate degree with an interest of becoming an art therapist. I have prepared this handout as a guide for some helpful tips for moving into a career in Art Therapy.

My first suggestion is to visit the American Art Therapy Association website, there you will find a list of schools across the country and I recommend you choose a school that is approved by AATA. The website is www.arttherapy.org/aata-education.html

My next suggestion is to work toward either a double major in art and psychology or majoring in one with a minor in the other. It is important to be well versed in all different types of art making processes and to have a clear understanding of how the material can be used in art, as well as an understanding of human behavior and development.

My next suggestion is to read up on art therapy by authors such as Judy Rubin, Bruce Moon or Shawn McNiff- through familiarizing yourself with their work, you will gather a clearer understanding of how art therapy works.

My next suggestion is to do some social service, volunteer or related work with a population that you have an interest in. The experience of working with people is invaluable and will only help you have a deeper understanding and will improve your knowledge as you move forward into your career.

My last suggestion is most important. Make art. Make lots of art. Make art about yourself, about your life, about your dreams, your fears, your passions, your feelings, your inner self. Don't be afraid to let the art guide you and lead you and help you to understand yourself. Your art is your language that no one can tell you is wrong or bad or not important, it is very important . There is no right or wrong art or good or bad art . It is just important that you let go of any fear, doubt and allow your art to lead you where you need to go. Your art is your light and it will lead the way.

Good luck I wish you the best and if you have more specific questions feel free to shoot me an email!

-Mary