Art Therapist

What They Do
Plan or conduct therapy sessions using the creative process of art to improve clients’ physical, emotional, and cognitive well-being.

Is This For You?
Work Interests are described in the following categories (compatible with Holland’s Model). People who tend to succeed in this career are:

Social – involves working with, communicating with, and teaching people. Involves helping or providing service to others.

Artistic – involves working with forms, designs and patterns. Require self-expression and the work can be done without following a clear set of rules.

Investigative – involves working with ideas, and require an extensive amount of thinking. Involves searching for facts and figuring out problems mentally.

Work Values are aspects of work that are satisfying to you. The following work values are generally associated with this career:

Relationships – allows employees to provide service to others and work with co-workers in a friendly non-competitive environment.

Achievement – results oriented and allow employees to provide service to others and work with co-workers in a friendly non-competitive environment.

Independence – allow employees to work on their own and make decisions.

Abilities reflect a person’s aptitude to acquire skills and knowledge. The following abilities are important for success in the career:

- Deductive Reasoning
- Oral Comprehension
- Oral Expression
- Speech Clarity
- Inductive Reasoning
- Problem Sensitivity
Skills You Need

- Social Perceptiveness – being aware of others’ reactions and understanding why they react as they do.
- Active Listening – Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.
- Speaking – Talking to others to convey information effectively.
- Critical Thinking – Using logic and reasoning to identify the strengths and weaknesses.
- Judgement and Decision Making – Considering the relative costs and benefits of potential actions to choose the most appropriate one.

Education & Training

People starting in this career usually have:

- Bachelor’s degree
- No work experience
- No on-the-job training

Where They Work

The South Dakota Industries which employ the largest number of art therapists are:

- State Government Educational Services
- General Medical and Surgical Hospitals
- Colleges and Universities
- Offices of Other Health Practitioners
- Local Government Educational Services

US Employment & Wages

<table>
<thead>
<tr>
<th>2016 Workers</th>
<th>2026 Workers</th>
<th>Numeric Change</th>
<th>Percent Change</th>
<th>Average Annual Demand for Workers</th>
<th>Median Annual Wage</th>
</tr>
</thead>
<tbody>
<tr>
<td>19,200</td>
<td>20,500</td>
<td>2,300</td>
<td>7%</td>
<td>1,200</td>
<td>$46,330</td>
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</tbody>
</table>

Activities: what you might do in a day

- Interact with patients to build rapport or provided emotional support.
- Treat patients using psychological therapies.
- Develop treatment plans to use non-medical therapies.
- Prepare reports summarizing patient diagnostic care activities.
- Monitor patient progress or responses to treatments.
- Record patients’ medical histories.

Additional References

- www.careeronestop.org
- O*Net Online
  - online.onetcenter.org

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