



Standards of Professional Practice and Code of Ethics of the Australian and New Zealand Art Therapy Association Inc.

Preamble

Art Therapists are committed to the absolute welfare of their clients and to the preservation of their human rights and privileges. This document is based upon that commitment. The following ethical principles serve as a guideline for the professional conduct of Art Therapists, to ensure integrity and a high standard of Art Therapy practice. This code affirms the ardent pursuit of professionally responsible actions and the appraisal of ethical issues and their implications, so that Art Therapists provide services that are ethically sound and therefore in the best interest of our clients.

ANZATA recognizes the ability of all art forms to enrich and enhance our lives. The mission of ANZATA is to lead the profession of art therapy in Australia and New Zealand. The Association attends to ethical standards of professional regulation and registration.

ANZATA represents all art psychotherapies and has a category of professional membership for individuals who have completed an equivalent Masters degree in an art modality which complies with the training standards of ANZATA.

Principle I: Professional Responsibility (General)

1. Art Therapists are expected to support and further the goals of the profession by acting with integrity in maintaining the highest standards of Art Therapy practice.
2. Art Therapists shall seek to be informed about the meaning and implications of the Treaty of Waitangi in their work. They shall understand principles of protection, participation and partnership and with Maori people. In Australia art therapists recognise the unique position of Aboriginal people in Australian culture and history. Art therapists recognize that Aboriginal people are the original Custodians of the Land.
3. Art Therapists recognize and respect cultural differences and diversity among people, and oppose discrimination and oppressive behaviour.
4. Art Therapists will abide by the ethical standards of their professional association in all work settings, whether employed by government/ non-government agencies or self employed.
5. Art Therapists abide by the laws of the society in which they practice.
6. Art Therapists will only provide assessment, treatment and professional advice for which they are formally qualified, as recognized by their professional registration/s.
7. Art Therapists will present themselves as Art Therapy professionals, and will never misrepresent their credentials in education, experience, affiliations or advertising.
8. Art Therapists shall not exploit their clients financially. They are required to be honest, straightforward and accountable in all financial matters and to keep accurate records concerning their clients and other professionals.
9. Art Therapists are responsible for setting and maintaining appropriate professional boundaries. This includes avoiding any situations that compromise a sense of objectivity, and/or presents a conflict of interests. They must not engage in dual relationships (e.g. personal or business relationships with clients).
10. Art Therapists are prohibited from exploiting clients, past or present, in a financial, sexual, emotional or any other way.

11. Art Therapists contribute to promoting Art Therapy to the professional community of related health workers and to the general public, acting to expand Art Therapy opportunities for all appropriate client populations.
12. When an Art Therapist offers art therapy workshops, presentations, growth groups etc. They must make it clear to participants whether the activity is therapy or education. They must ensure the well being of the participants by providing therapeutic assistance if needed during or following the Art therapy experience.
13. When it is apparent that the Art Therapist is unable to be of professional help to a client, the Art Therapist should not start treatment or should terminate treatment if it has already begun, while offering help in seeking satisfactory alternative services for the client.
14. Art Therapists end treatment in a responsible manner when, the therapist and client agree that the client has gained as much as possible, and /or that the treatment goals have been achieved and that termination of Art Therapy is a logical extension of the therapeutic process.
15. Art Therapists must guard against fostering a dependent relationship with clients and are clear at the outset about therapeutic aims and the duration of the therapy.
16. It is an expectation that Art Therapists have regular supervision and use such supervision to develop art therapy skills, monitor performance and provide accountability for practice. Where possible, supervision should be from an experienced registered Art Therapist.
17. Art Therapists will seek counsel from their supervisors, colleagues, and experts in a particular therapeutic area, to serve the best interests of their clients.
18. Art Therapists are obligated to maintain continuing professional education, which includes seminars/ conferences/ reading/teaching etc. To continue to relate to all aspects of being an Art Therapist including the need to maintain a personal art making practice.

Principle II: Confidentiality

Art Therapists have a primary responsibility to respect and honour client confidentiality and to safeguard all written, taped and visual information gained during the course of therapy.

1. In both individual and group therapy, and prior to the commencement of Art Therapy, Art Therapists are obliged to inform clients of their right to confidentiality.
2. All information obtained during the course of treatment, be it verbal, written, taped or visual is shared only with the Art Therapist's supervisor and where necessary, with the appropriate professionals concerned with the client's case.
3. Art Therapists must obtain each and every clients' written permission before any verbal, written, taped or visual information is shared, outside of that mentioned in Point 2. When permission has been given by the client, the Art therapist must remove all identifying information, ensure that content revealed is accurate and unbiased and directly relates to the client's therapeutic relationship with the therapist.
4. The Art Therapist takes the necessary precautions to protect the confidences of clients who are minors, or other clients who are unable to give voluntary informed consent, due to impairments which limit comprehension or communication.
5. Art Therapists may breach confidentiality without client consent when mandated by law, or when the client's mental and emotional state clearly indicates an immediate danger to the client and/or others. In such cases, the Art therapist must act in accordance with the law, while at all times respecting the client's dignity.
6. Art Therapists must keep adequate records (notes, artwork/photos) for a minimum of seven years. The keeping of ANZATA records is to be for seven years. All client material, whether written, art, audio or other, must be kept in a secure location until disposed of appropriately, ensuring ongoing confidentiality at every stage of the process.
7. Art Therapists should inform the Association of persons using the title of Art Therapist, who are either unqualified and/or unregistered as Art Therapists, so that a formal complaint can be made by the Association.

Principle III: Responsibility to Art Therapy Colleagues

Art Therapists are respectful in their regard for colleagues, both within and outside the Art Therapy profession.

- 1 Art Therapists cooperate with and support other Art Therapy colleagues. They are committed to the development of Art Therapy Practice and issues which arise for Art Therapists as a professional group.
2. When deemed appropriate: Art Therapists will refer clients to other therapeutic services, which may better suit the client's needs.
3. Art Therapists do not offer professional services to individuals receiving Art Therapy from another Art Therapist.
4. In conducting research, Art Therapists officially acknowledge all colleagues/administrators and other professionals who have contributed to their research efforts. Before embarking on research in an agency, organization or institution, Art Therapists provide adequate information about the research and obtain formal permission from the appropriate authorities.
5. If an Art Therapist becomes aware of an ethical violation by an Art Therapy colleague, an attempt to informally resolve the issue should be considered first. The ANZATA Ethics and Standards of Practice Sub-Committee should be notified if:
 - a) An Art Therapist does not wish to make an informal approach him/herself
or
 - b) The ethical violation cannot be resolved informally
or
 - c) The ethical violation is of a serious nature.
- 6 If there is a formal complaint made to ANZATA regarding the professional practice of an Art Therapist, the formal complaint will be presented to The Ethics and Standards Sub Committee of ANZATA. This sub committee will follow the 'Procedures Regarding The Ethical Standards for Art Therapists' document. Art Therapists found to be in serious violation of the Code of Ethics may be subject to expulsion from the association.