The Essential Intermodal Creative Arts Therapy Primer For Icaf Icat Certification

Expressive arts therapy is introduced in this exploration of the basic principles and foundations in using the arts in therapy. The roles of expression and catharsis provide a theoretical foundation for understanding this creative approach to therapy.

The creative arts therapies are more different than they are similar to one another. I think it is a mistake to lump the creative arts therapies together as if they were interchangeable.

Creative Arts Therapy is a form of non-verbal psychotherapy using the senses to open new channels of communication. Therapists guide patients to use art forms as a means of expression.

Expressive arts therapy combines psychology and the creative process to promote emotional growth and healing. This form of therapy uses the creative process to access and release emotions and help clients gain insight into themselves and their experiences.

The intermodal creative process rooted in the theory of EXAT. The EXAT respects the client’s inherent creativity. The EXAT honors the essential connection between art and life by striving to promote health, personal growth, and healing.

Creative Arts Therapy Certification Programs

Creative Arts Therapy Certification Programs provide a comprehensive education and training for professionals who wish to provide therapeutic services using the arts.

The Essential Primer is not only a step-by-step guide for applying to internships and the CELA internship program, it also provides needed information about Intermodal Creative Arts Therapy to prepare you to be an effective arts-based therapist.