




WHAT IS ART THERAPY?

Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. A goal in art therapy is to improve or restore a client's functioning and his or her sense of personal well-being. Art therapy practice requires knowledge of visual art (drawing, painting, sculpture, and other art forms) and the creative process, as well as of human development, psychological, and counseling theories and techniques.



The New Jersey Art Therapy Association (NJATA) is an organization of professionals and students residing and/or working in New Jersey who are dedicated to the ethical practice and foundations of the field of Art Therapy. NJATA, founded in 1997 is a non-profit entity and is an official affiliate of the American Art Therapy Association (AATA).

There are approximately one hundred and fifty professional art therapists and art therapy students who are members of NJATA who are dedicated to the belief that the creative process involved in the making of art is healing and life-enhancing.



info@njarttherapy.com



[@njarttherapy](https://www.instagram.com/njarttherapy)



New Jersey Art
Therapy Association



NJATA MISSION

To build and nurture a supportive community for New Jersey art therapists while advancing the practice of art therapy as a regulated mental health profession.



NJATA VISION

Providing the New Jersey community with a clear understanding of Art Therapy, education on the components and power of its treatment, and resources and methods to access appropriate Art Therapy services and Art Therapy Education.

NEW JERSEY ART THERAPY ASSOCIATION

The New Jersey Art Therapy Association (NJATA), a chapter of the American Art Therapy Association (AATA), has been entrusted with providing leadership and assistance in engaging a developing and diverse membership of professional art therapists in New Jersey whose services are highly valued and regarded as essential to the public in mental health, healthcare, education, arts, and community programs.

BECOME A MEMBER

In order to become a member of New Jersey Art Therapy Association, you must join the American Art Therapy Association (AATA).

INJATA annual rates will be an add-on and are as follows:

Credentialed Professional: \$35
New Professional (recent graduate): \$25
Student: \$15
Friend: \$25

FIND AN ART THERAPIST

www.njarttherapy.com/members-in-private-practice