



Standards of Professional Practice and Code of Ethics of the Australian, New Zealand and Asian Creative Arts Therapy Association Ltd

Preamble

The ANZACATA Code of Ethics articulates and promotes the ethical principles, and sets specific standards to guide both creative arts therapists, and members of the public, to a clear understanding and expectation of what is considered ethical and professional conduct, by creative arts therapists.

Codes of professional associations, should be reviewed regularly to ensure they remain relevant and functional in the face of the evolution of the relevant associations and changes in its environment. This 2018 Code of Ethics, marks the beginning of ANZACATA, a new company, and it is a requirement of all members, upon joining the association, to read this document and abide by it.

The Code is built on three general ethical principles:

- Professional responsibility
- Confidentiality
- Responsibility to creative arts therapy colleagues

Creative arts therapists are committed to the absolute welfare of their clients and to the preservation of their clients' human rights and privileges. This document is based upon that commitment. The following ethical principles serve as a guideline for the professional conduct of creative arts therapists, to ensure propriety and integrity towards a high standard of creative arts therapy practice. This Code affirms the ardent pursuit of professionally responsible actions and the appraisal of ethical issues and their implications, so that creative arts therapists provide services that are ethically sound and therefore in the best interests of our clients. ANZACATA recognises the capacity of all art forms to enrich and enhance our lives.

The mission of ANZACATA is to lead the profession of creative arts therapy in Australia, New Zealand and Asia. ANZACATA has tiered levels of membership each with their own scope of practice. The Association attends to ethical standards of professional regulation and registration. ANZACATA has a category of professional membership for individuals who have completed an equivalent Masters degree in any arts modality; which complies with the training standards of the Australian Qualifications Framework. The ANZACATA Code of Ethics provides a foundation of values, principles and standards of practice to guide decision making in times of uncertainty.

The purpose of the Code is:

- To establish minimum standards of ethical practice for all ANZACATA Members;
- To identify the values, principles and responsibilities of all Members;
- To promote a professional level of competence and accountability in the field of creative arts therapy;
- To provide a guideline for clients, employers and professionals as to what constitutes ANZACATA ethical practice;
- To outline the complaints procedure regarding unethical conduct of a member
- Ethical practice encompasses all areas, including clinical or therapeutic practice, research, teaching, supervision, publication and any other professional undertakings.

The Code is an evolving document that is intended to reflect professional and community values about the practice of creative arts therapy. Each general principle is accompanied by an explanatory statement that can assist creative arts therapists and others to understand how the principle is enacted in the form of specific standards of professional conduct.

The ethical standards derived from each general principle provide the minimum expectation with regard to creative arts therapists' professional conduct, and conduct in their capacity as Members of ANZACATA. It is recommended that the Code of Ethics be read in collaboration with all other ANZACATA documents and resources to achieve an overall insight into all areas of professional practice (see website – www.ANZACATA.org – for a full list of documents).

Definitions

1. Creative arts therapy refers to creative modalities used by trained therapists and may include visual art, clay work, dance or movement, music, narrative or storytelling, drama/psychodrama, creative writing, poetry and sandplay therapies.
2. Creative arts therapist refers to an individual who provides any creative arts therapy based services in various roles, including clinical practice/private practice, educator, supervisor and researcher, or as a provider or manager of any of these services.
3. Client refers to individual, couples, families, groups or communities as a recipient of a creative arts therapy service
4. College refers to a specialist college which operate autonomously with the support of ANZACATA. A college can be based on region, creative modality or special interest. Colleges are tiered within a Leadership Group framework, who report to the ANZACATA Advisory Group. The Advisory Group reports to the ANZACATA Board.
5. Code refers to this 2018 Code as amended from time to time and includes the definitions, interpretation, and the application of all the general principles and ethical standards of the Code.
 - a) Conduct refers to any act or omission by creative arts therapists that others may reasonably consider to be a creative arts therapy service
 - b) outside their practice of creative arts therapy which casts doubt on practitioners' competence and ability to practise as creative arts therapists
 - c) outside their practice of creative arts therapy which harms public trust in the discipline or the profession of creative arts therapy
 - d) in their capacity as Members of the Association as applicable in the circumstances.
6. Conflict of interest refers to any situation where a member may be in (or potentially be in) a position of being involved in a decision or action where they may not be perceived to be able to put the client's well-being first.
7. Informed consent refers to verbal and written permission given by an individual in full knowledge of the possible risks and benefits. Informed consent is sought from a minor, or adult, unable to give consent. Consent can only be given by a parent, or authorised guardian, on behalf of a minor, or adult, unable to give consent themselves. A person giving informed consent has a right to withdraw consent at any time.
8. Member refers to any member of the Association, no matter what level.
9. Multiple relationships occur when a creative arts therapist giving a therapeutic service to a client, also is, or has been
 - a) in a non-professional relationship with the same client;
 - b) in a different professional relationship with the same client;
 - c) in a non-professional relationship with an associated party; or
 - d) a recipient of a service provided by the same client.
10. Peoples are defined as distinct human groups with their own social and cultural structures who are linked by a common identity, common customs and collective interests.
11. Professional relationship refers to the relationship between the creative arts therapist and the client, which involves the delivery of a creative arts therapy service.
12. The Process refers to the processes involved in the provision and delivery of a creative arts therapy service to a client. The process includes, but is not limited to: the quality of the creative arts therapy relationship, the setting and the materials utilised.

13. Supervisor refers to professional creative arts therapy or counselling supervision (as distinct from line management).

Acronyms

ANZACATA – Australian, New Zealand and Asian Creative Arts Therapies Association Ltd.

Principle I: Professional Responsibility

1. Creative arts therapists are expected to support and further the goals of the profession by acting with integrity in maintaining the highest standards of creative arts therapy practice.
2. Creative arts therapists shall seek to be informed about the significance of respecting, understanding and considering the meanings of indigenous cultures in their work. This includes the meaning and implications of the Treaty of Waitangi and the principles of protection, participation and partnership with Maori people of New Zealand. In Australia, creative arts therapists recognise the unique position of Aboriginal people in Australian culture and history. Creative arts therapists recognise that Aboriginal peoples as the first nation peoples of Australia, who are the original custodians of the land. This cultural sensitivity applies to individuals who identify in their communities as a person of Aboriginal or Torres Strait Islander descent. In all Asian countries and territories, including the People's Republic of China, Hong Kong, Macau and Taiwan, and South-East Asian countries, where a multicultural situation is present, cultural issues of indigenous people, and people from ethnic, and other minorities, must be respected and understood.
3. Creative arts therapists recognise and respect cultural differences and diversity among people, and oppose discrimination and oppressive behaviour.
4. Creative arts therapists are to assume responsibility for their own education on client issues related to gender identity/expression and sexual orientation and incorporate these concerns into the development of best practice models. To take the initiative to become as knowledgeable as they can on issues of concern to people who identify as lesbian, gay, bisexual, transgender, questioning, intersex or asexual (LGBTQIA+) through continuing education, training, supervision, professional development and consultation. Creative arts therapists will develop this understanding within the context of other significant intersections of lived experience among LGBTQIA+ such as diverse ability, age, culture, ethnicity and religious beliefs.
5. Creative arts 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.
6. Creative arts therapists abide by the laws of the society, and lands in which they practise.
7. Creative arts therapists will only provide assessment, treatment and professional advice for which they are formally qualified, as recognised by their level of professional memberships and registrations.
8. Creative arts therapists will present themselves as creative arts therapy professionals, and will never misrepresent their credentials in education, experience, affiliations or advertising.
9. Creative arts 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.
10. Creative arts 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 interest. They must not engage in dual relationships (e.g. personal or business relationships with clients).
11. Some creative arts therapies interventions necessitate a relational engagement of bodies and as such involve the use of touch amongst clients in a group or between client/s and the therapist. Any

use of touch in therapy should be approached with great sensitivity, ensuring the client agrees to any use of touch in the context of your work together. When considering touch, be sure to assess the nature and intent of the touch and the intersubjective implications. Be sure to assess that the touch will continue to promote the therapeutic aspects of the work and does not lead to any other type of relationship. If the creative arts therapist feels the client is not benefiting, or the work is developing into an area in which they do not feel adequately trained, they must consider professional consultation, and a referral to another professional.

12. Creative arts therapists are prohibited from exploiting clients, past or present, in a financial, sexual, emotional or any other way.
13. Creative arts therapists contribute to promoting creative arts therapy to the professional community of related health workers and to the general public, acting to expand creative arts therapy opportunities for all appropriate client populations.
14. When a creative arts therapist offers creative arts therapy workshops, presentations, growth groups etc, they must make it clear to participants whether the activity has a therapeutic or educational intention. They must ensure the well-being of the participants by providing therapeutic assistance if needed during or following the arts therapy experience.
15. When it is apparent that the creative arts therapist is unable to be of professional help to a client, the creative arts 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.
16. Creative arts 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 creative arts therapy is a logical extension of the therapeutic process.
17. Creative arts 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.
18. It is an expectation that creative arts therapists have regular arts based supervision and use such supervision to develop their creative arts therapy skills, monitor performance, reflective practice and provide accountability for practice. Where possible, supervision should be sought from an experienced professional creative arts therapist registered as an approved supervisor with ANZACATA.
19. Creative arts therapists will seek counsel from their supervisors, colleagues, and experts in a particular therapeutic area, to serve the best interests of their clients.
20. Creative arts therapists are obligated to maintain continuing professional education, which includes seminars/ conferences/ reading/teaching etc. To continue to relate to all aspects of being a creative arts therapist including the need to maintain a personal creative practice (see Continuing Professional Development (CPD) and Supervision CPD Policy on the website – www.ANZACATA.org).
21. Creative arts therapists must engage in appropriate information and advertising activities, which enable the public to make informed choices in relation to professional services.
22. Creative arts therapists who advertise their services should limit advertising to a statement of name, address, qualifications and type of therapy offered and such statements should be descriptive and not evaluative.
23. Creative arts therapists must accurately represent their professional competence, education, training and experience ensuring that all advertisements and publications, whether in directories, business cards, websites or conveyed through any medium, accurately convey services so that clients can make an informed decision about therapy.
24. Creative arts therapists must not mislead the public about their identity or status.
25. Creative arts therapists must not mislead or deceive the public in any use any professional identification, including qualifications and experience, and must correct, whenever possible, false, misleading or inaccurate information and representations made by others concerning qualifications and services.

26. Creative arts therapists must only represent themselves as a specialist within a specific area of creative arts therapy if they have undertaken further education, training, or experience which would enable them to practice in that specialist area.
27. Creative arts therapists must follow the ANZACATA guidelines on use of the Association logo.

Principle II: Confidentiality

Creative arts therapists have a primary responsibility to respect and honour client confidentiality and to safeguard all written, taped, digitally (or analogue) recorded, and visual, work, or information produced during the course of therapy.

1. In both individual and group therapy, and prior to the commencement of arts therapy, creative arts 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 creative arts therapist's supervisor, and where necessary, with the appropriate professionals concerned with the client's case, such as a multi disciplinary multidisciplinary team.
3. Creative arts therapists must obtain each and every client's written permission before any verbal, written, taped, recorded (digitally or analogue), or visual, information is shared, outside of that mentioned in Point 2. When permission has been given by the client, the creative arts 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. Creative arts therapists must abide by the laws of their state in relation to the correct use of technology i.e. Skype, web cameras, and in particular when working with minors, to provide best practice.
5. The creative arts 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 might limit comprehension, or communication.
6. Creative arts 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 creative arts therapist must act in accordance with the law, and document the event, while at all times respecting the client's dignity.
7. Creative arts therapists must keep appropriate records (notes, artwork/photos) for a minimum of seven years following the date of last contact. Records regarding children are to be kept until the child attains the age of 25. The keeping of ANZACATA records is to be for seven years. All client material, whether written, art, audio, digital, or other, must be kept in a secure location until disposed of appropriately, ensuring ongoing confidentiality at every stage of the process.
8. In order to preserve the integrity of the professional field, creative arts therapists should inform the Association of persons using the title of creative arts therapist, who are either unqualified and/or unregistered with an Arts Therapy Association, so that an Ethics College member can contact the person and discuss the Association's concerns, including options for training and/or membership.
9. Creative arts therapists have a responsibility to ensure that imagery created during the period of therapy be safeguarded. No photographs or exhibitions of client artwork are to be represented and no images of client's, or client artwork, are to be posted on social network sites unless written and verbal informed consent has been obtained from the client concerned or, if under 18, their parent/ carer/guardian. In addition, this requirement also applies to students and trainees who may need examples of case studies for education or supervision purposes.

Principle III: Responsibility to Creative Arts Therapy Colleagues

1. Creative arts therapists are respectful in their regard for colleagues, both within and outside the creative arts therapy profession.
2. Creative arts therapists cooperate with, and support, other creative arts therapy colleagues. They are committed to the development of creative arts therapy practice and issues which arise for creative arts therapists as a professional group.
3. When deemed appropriate, creative arts therapists will refer clients to other therapeutic services, which may better suit the client's needs.
4. Creative arts therapists do not offer professional services to individuals receiving arts therapy from another creative arts therapist, unless agreed by all parties.
5. In conducting research, creative arts therapists officially acknowledge all colleagues/administrators and other professionals who have contributed to their research efforts. Before embarking on research in an agency, organisation or institution, creative arts therapists provide adequate information about the research, and obtain formal permission from the appropriate authorities i.e. ethics.
6. If a creative arts therapist becomes aware of an ethical violation by a creative arts therapy colleague, an attempt to informally resolve the issue should be considered first. The ANZACATA Ethics and Standards of Practice College should be notified if:
 - a) a creative arts 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.
7. If there is a formal complaint made to ANZACATA regarding the professional practice of a creative arts therapist, the formal complaint will be presented to the Ethics and Standards College of ANZACATA. This College will follow the 'Procedures Regarding the Ethical Standards for creative arts therapists' document. creative arts therapists found to be in serious violation of the Code of Ethics may be subject to expulsion from the Association.