

“Chat and Chew” on Careers

Art Therapist

Art therapists help their clients communicate through the creative process of art. They analyze a patient’s responses to artwork to help reduce anxiety and increase self-esteem in their clients.

Children, because they can draw and use paint before they can communicate fully, are often the ones who benefit from art therapy. Individuals who suffer from aggressive behaviors, mental challenges or mood disorders can also benefit from art therapy.

Art therapists do not read minds through art and they cannot look at drawings and magically solve problems. The use of art is a medium that allows an individual to communicate more thoroughly to understand their problems.



Depending upon where an individual desires to work, a master’s degree may be the minimum educational requirement. Many art therapist have undergraduate degrees in psychology or a related field. While a background in art is not necessary, many art therapists have art backgrounds.



Visit the Career Center to learn more!
Tony Rand Student Center, Room 113, 678-8205
You can also visit us at www.faytechcc.edu