



University of
South Australia

International Centre for
Allied Health Evidence

Understanding Art Therapy as a Trauma Intervention for Australian Defence and Emergency Services Personnel: Barriers and Enablers to Research Development and Program Implementation

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Art Therapy Program

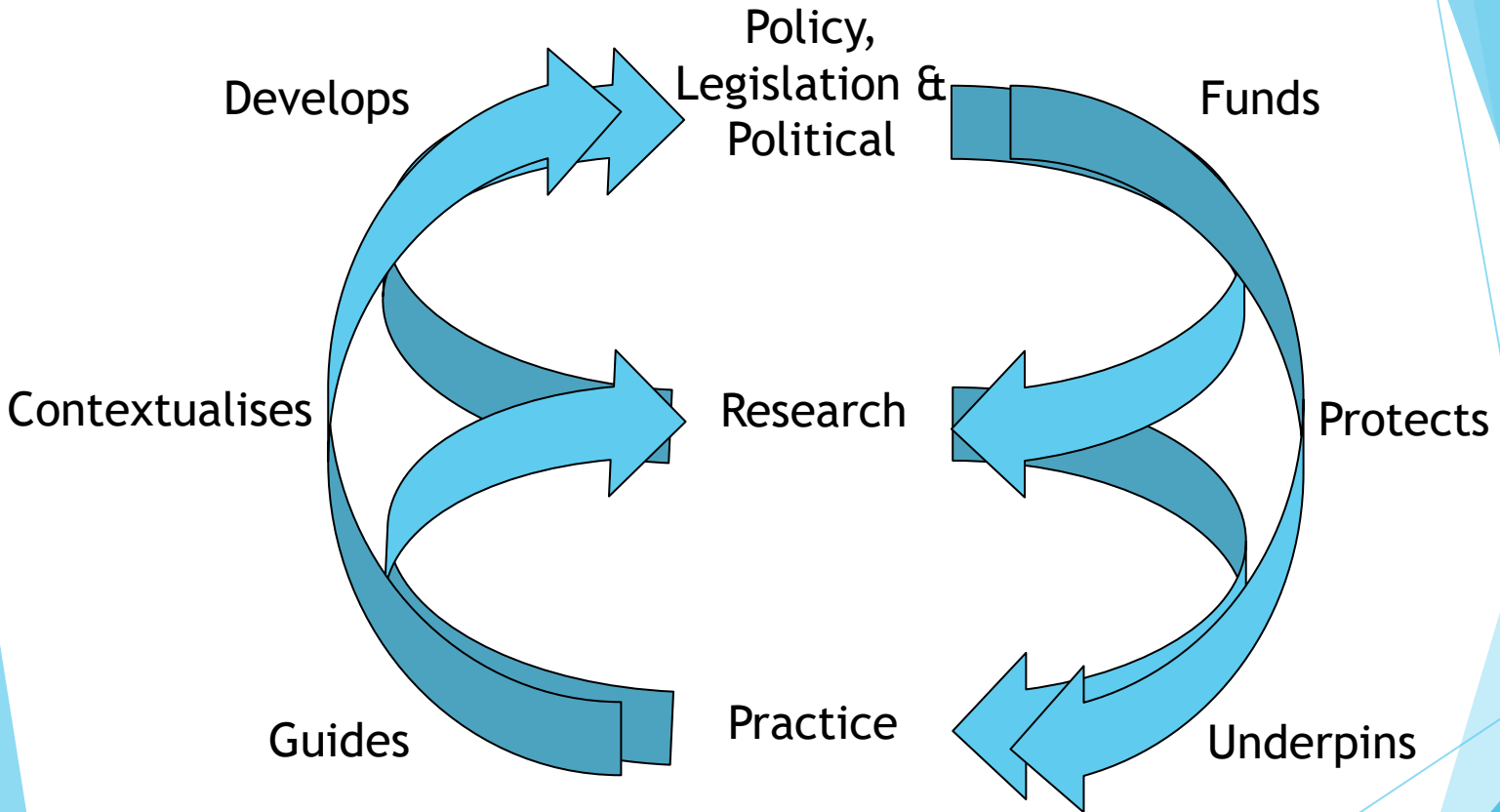


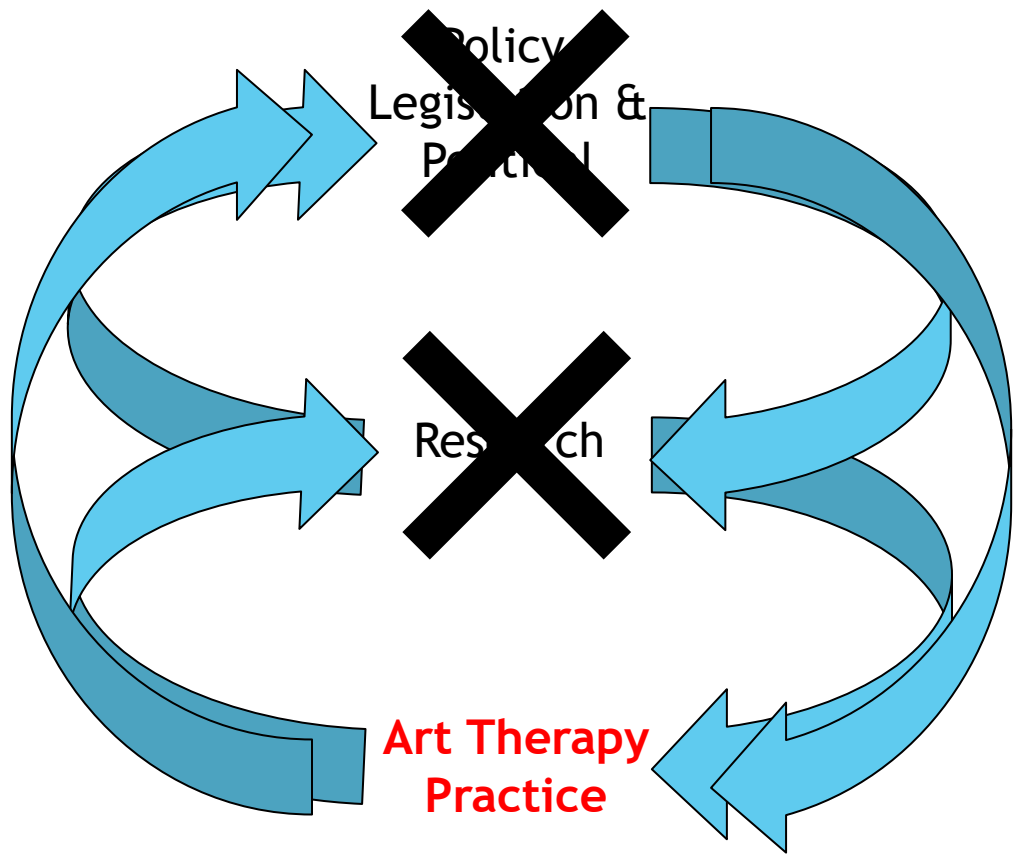
The Road Home Art Therapy Program is a free service offered to veterans and emergency service personnel through The Road Home, a charity of The Hospital Research Foundation.











~~Policy
Legislation &
Practice~~

~~Research~~

**Art Therapy
Practice**

Barriers and Enablers to Research Development and Program Implementation

Barriers

- Field development on a policy/legislative level re: licensing
- Therapist training & reliability
- Clinical practice consistency & standardisation
- Cost & who pays
- Evidence-basis for practice
- Therapy *comprehension* among fellow clinicians
- Cultural *perception* of the therapy among fellow clinicians and clientele
- Art as “therapeutic” vs Art Psychotherapy

Enablers

- Policy/legislative/cultural guides from international counterparts
- International research & practice with rich evidence base with opportunities to collaborate
- National support from leaders in the area
- Anecdotal evidence supporting program
- Recent pushes for funding for Veterans & Emergency Services mental health in Australia
- Recent pushes for research increase

Overcoming the Barriers

Steps Underway:

- Research foundation of PhD including:
 - Qualitative evaluation of current program (supporting practice)
 - Economic evaluation of current program (supporting policy)
 - Evaluation of practice country wide (supporting both practice (treatment fidelity) and policy (scope of practice))
- Program changes incl. Rebranding to combat perceptions
- Program advocacy from participants & institution

Steps Still Needed:

- More research! Of a higher rigour
- Steps towards policy and legislative requirements (registration board, licencing, therapist protections, patient protections)
- Practice consistency and training standardisation
- Increased advocacy of treatment and education of what treatment
- Trauma-treatment cultural shift to include non-biomedical trauma treatments



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Thank you for listening.



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