

## Template for **Spotlight** articles

We want our Spotlight articles to shed light on the diverse roles and settings of art therapists.

The article is a short Q&A with one art therapist about their practice. On the next page you will find the questions for the article.

### Ways to submit

There are different ways to send your answers to us:

**1. Write your answers**



**2. Send us a video or audio clip.**



**3. Organise a video call with us**



We also ask you to send:

**4 photos of you and your workplace or studio.**



**Up to 4 quotes from your clients/service users (if you have permission)**



## Template and questions

**Title: Working as an art therapist in/with \_\_\_\_\_**

**1. Who are you?**

(When did you train, are you in the UK or do you work in another region of the world?)

**2. Where I work as an art therapist**

(Who do you work with and where?)

**3. Getting here**

(What led you here - what experiences, training? What else prepared you for the role?)

**4. A typical day at work**

(A typical day at work like, including highlights, struggles and challenges etc...)

**5. What I love about what I do**

(What motivates you and why do you keep working in this field?)

**6. How I look after myself in my role**

(Any support from the organisation, your self-care practices, how you refuel)

**7. What I wish I had known when I started**

(What was unexpected or unknown before you started, what were the harder lessons learnt along the way that you'd like to share?)

**8. Moving forward**

(What are your thoughts on the growth of this area of art therapy?)



## Informed consent

Please do not mention any particular cases or people in your article.

To include quotes, you will need to follow legal requirements about data protection law and obtain informed consent, even if they are anonymised.

Fully informed consent should be obtained **before** you submit: in InSight; on our website; and across our social media platforms.

## Editing and copyright

We reserve the right to edit or amend articles for length and content or to refuse them at our discretion.

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## Submit or get in touch

To get in touch, or to send your submission please email [InSight@baat.org](mailto:InSight@baat.org)

For any big files you can send a WeTransfer link.

Thank you!

InSight team